

Table 4.5: Description Statistics Pre and Post-Test of Receiving (Paired Samples)

Variable	Paired Differences		M.D	t	df	Sig	Description
	Mean	St.D.					
Pre-Test Receiving	3.75	1.20	2.75	9.22	19	.000	Null Hypothesis & Significant
Post-Test Receiving	6.5	2.03					

Above table 4.5 shows that the mean difference between pre and post receiving test is 2.75 the 't' value for this test is found 9.22 with degree of freedom 19. which is significant at 0.01 level therefore it can be interpreted that there is significant difference in the pre and post test performance.

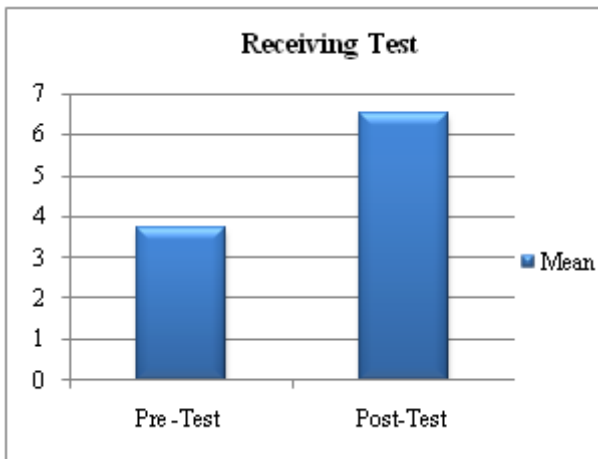


Figure 4.2

Comparison of Pre and Post Test for Receiving

From figure 4. 2 gives a clear description showing an increase in the post-test of McDonald soccer test of receiving of 9 -12 football players after the training program. There is an increase in the mean from 3.75 to 6.5. It is seen that the mean of post-test is greater than that of pre-test receiving ball.

Descriptive statistic: this statistical tool provides a comparison of the pre and post test of the strength training program on the receiving of 9-12 football players showing the mean.

The above figure gives a clear comparison of the strength training program and its effect on the receiving of 9-12 football players between the pre and post test scores. The graph shows an increase in the mean scores there was a difference in the mean in the pre-test and the post-test with the blue bar showing the results for receiving of 9 to 12 football players. Paired sample t-test: This statistical tool helps us to understand the mean, SD, T value, degree of freedom of pre and post test.

Table 4.6: Paired Correlation of Receiving

	N	Correlation	Sig.
Pre- Receiving	20	.78	.00
Post- Receiving			

From the table 4.6 the correlation between pre-test and post-test of Receiving is .78 which is statistically significant at

0.001 level. Hence, this indicates that there was an improvement due to prescribed training program.

4.3 Testing hypothesis

In order to study the effect of strength training on the passing and receiving of 9-12 football players the objective of the study was to plan and implement a strength training program .

To test the efficacy of the training program the researcher has stated a research hypothesis.

H1: There will be a significant effect of the training program on the short pass and receiving of 9-12 football players but for the statistical purposes it is necessary to state null hypothesis.

H0: Hence as there was a significant difference on the short pass and receiving after the training program the null hypothesis is rejected. And research hypothesis was accepted.

4.4 Discussion

From the statistical procedure it is interpreted that there is a significance difference found between the pre and post test on the experimental group. Descriptive statistics and paired sample t test proves that the difference found was significant in improving performance of the experimental group. Hence it may be inferred that the 8 weeks strength training program has a significant effect on the short pass and receiving of football players.

5. Summary, Conclusion and Recommendation

5.1 Introduction

This chapter provides a summary of results of research which the researcher has discussed and interpreted the findings. In conclusion, in order to go further researches and investigations, some aroused suggestions from research and some recommendations for other researcher will be rendered. Therefore, with attention to this point that the discussion and comment on the strengths and weaknesses of research findings require the comparison of these findings with similar findings, so it is essential to compare this research with the previous studies.

5.2 Summary

The research was conducted to study the effect of strength training on the short pass and receiving of 9-12 football players. 20 subjects below the age of 9-12 were selected from Maharashtra Mandal PuneVyamshala Beginner's Football Players. The subjective of the study was to test the passing and receiving of 9-12 football players, to design and implement a training program, to test the efficacy of the training program. The study was delimited to the football players M.M.P.V Beginners football players, only boys below the age of 12, and only concerned with the passing and receiving skill in soccer. There were different limitations of the study such as the day to day lifestyle, the genetic differences, dietary habits and socio economic status of the players.

5.3 Conclusions

The researcher has done his experiment on the sample of small students in the primary school named Maharashtra Mandal Pune Vyamshala. Thus, by the attending of the lesson of the physical education in the above school, the sample was chosen which includes 30 students. After testing those 30 students, 10 of them were neglected because four of them are disabled, three of them don't have the design and two of them are poor, and the last one is not healthy. More 20 students were also selected.

1. The researcher puts his training program which is suitable for both the age and the technique of the players.
2. The training program includes exercises focuses on the strength, speed and agility to improve the skills of the physical fitness of the players.
3. The researcher met the players and listened to their problems and difficulties, which may badly affect the training program and tried to solve these problems to help the researcher gets positive results during the training period.
4. The training program consists of 8 weeks which concludes their training program units. This also concludes break for one hour. The training units also consists of three main parts (warm up - main exercises - cooling down), The program started on Monday third of November 2014 at 6:00 in the evening.

5.4 Recommendations

1. Research was conducted only on boys but it can also be conducted on girls.
2. The student were of 9-12 year's age but the students of other age can also taken.
3. Only students of M.M.P.V beginner's football players were taken but the other school students could have been considered.
4. Only strength training including own body weight, there a band exercises, light weight exercises were used. Other means and methods of strength training can be used.
5. The strength training program can also be used for improvement in other skills in football.
6. The strength training can also be used for skill improvements in other sports.

References

- [1] James W SOCCER- Skills & Drill, Pg-18,. Lennox, Janet Rayfield, Bill Steffen 2010.
- [2] Hermosa S, MS Chelly, Tabka Z, Shephard RJ, Chamari K, . J Strength Cond Res 2011. "Effects of 8-week in-season upper and lower limb heavy resistance 2011. "Effects of 8-week in-season upper and lower limb heavy resistance. elite male handball players".
- [3] Hassan Gharayaghzandi & Elham Dhghani Received 16 July, 2014. "The Effects of Implementing a Psychological Skills Training (PST) Program on Selected.
- [4] Lazarus Rodney, MM's Chandrashekhar Agashe College of Physical Education & Research Center. Gultakadi, Pune-37 Year 2011-13, "To Study the Effect of Strength Training on the Kicking Distance of Under-14 Players".

- [5] Mark Williams & Nicola J. Hodges wrote in his journal on sports, "Practice, instruction and skill acquisition in soccer": Challenging.
- [6] Mohamed Souhail Chelly, 1, 2 Mohamed Ali Ghenem, 3 Khalil Abid, 1 Souhail Hermassi, 1 2 Zouhair Tabka, 3 and Roy J. Shephard, 4, "Effects of inSeason Short-Term Plyometric Training Program On Legpower, Jump and Sprint Performance Of Soccer Players". (Journal of Strength and Conditioning Research 2010).