

Effect of Football Training Program on Technical Performance of Short Pass and Receiving the Ball of Maharashtra Mandals Pune Vyayamshala Players

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Abstract: The purpose of the study was to develop skill short pass and receiving to beginners football players under 12 year. The researcher was conducted. "Effect of Football Training Program on Technical Performance of Short Pass and Receiving the Ball of Maharashtra Mandals Pune Vyayamshala Players." Population of the study were from 9 to 12 football players of M.M.P.V. Beginner Football Coaching Primary School purposive sampling technique was used to select the subjects. 20 subjects the age from of 9 to 12 were selected from M.M.P.V. Football Coaching Beginner Pune. McDonald soccer skill test was used to find the push pass of ability of the players. Experimental design was used for this research to find out the difference. The research was conducted in three phases the 1st phase the pre-test, the 2nd phase the training program, and the 3rd phase the post- test. Descriptive statistics was used to find out the mean, median, standard deviation, minimum and maximum scores. Then paired sample t-test was used to find the comparison of pre and post test. The mean score of the pre-test was 5.35 & 3.75 and post-test showing a significant increase to 8.6 & 6.5. Hence there was a significant difference of the training program on the passing and receiving of the 9 to 12 football players.

Keywords: Football, technical performance, maharashtra mandal, vyayamshala players

1. Introduction

1.1 Introduction

Soccer has a long history. In the sport's early days, players worked as individuals, running with the ball as far as they could, hoping that a teammate would take up the running after they lost control of the ball. In those days players rarely headed the ball, and goalkeepers were too unprotected to risk catching the ball too often. Then came the passing game. Let the ball do the work, someone said. Heading, tackling, intercepting and goalkeeping all became specialized skills. In the 1900s a Scottish international goalkeeper discovered scientific techniques of narrowing the angle of a player's shot, while two English defenders developed the offside tactic, whereby opponents were put offside on purpose. After this time, team tactics became important and the sport increased in its scope. The European Championship and the World Cup gave soccer more importance. And the spread of soccer in the United States has given the sport a world stage. Not only is soccer played worldwide, but it is a sport that can appeal to all ages and genders. Soccer is played worldwide, but it is a sport that can appeal to all ages and genders. It has been played by people of all shapes and sizes. Billy Bremner, Scotland's captain in the late 1960s and early 1970s, was 5ft 4in tall (1.6m) and weighed only 140lb (63.5kg). Billy Foulke, an England international in the late 1890s, weighed 294lb (133kg) at one point in his career. It is a long way from impulsive childhood kicking to World Cup soccer, but today's international stars have all come that route. As individuals, we have to take the same journey as the sport itself: getting to know the rules, practicing basic skills and then learning team tactics and organization. Take it one stage at a time. You cannot shoot before you can pass, just as you cannot run with the ball before you can bring it under control. You cannot score the winning goal in a World Cup Final until you know about soccer.

When kicking or passing the ball, different parts of the foot are used for different purposes: the instep for power, the inside of the foot for accuracy, the outside of the foot for swerve or disguise. Kicking the ball is something you can practice, either on your own or with others. Start with the ball stationary, but quickly move to kicking a moving ball, because that is what you will have to do in a game.

Instep Pass: The instep is the most powerful of all the pass types because it uses the movement that produces the most powerful kick in the soccer the instep drive. The instep pass comes off the instep, or laces, portion of the foot. **Receiving:** Involves not only gaining control of a moving ball but also being prepared to use the ball in performing a subsequent skill or tactic quickly and effectively. The true skill of receiving involves anticipating what's about to transpire on the field so that the player's first touch of the ball, which is so critical, prepares him or her optimally. Balls played on the ground can be received with any of the three main surfaces of the foot: inside, outside, or instep. Which part of the foot is used depends on the angle of the incoming ball and the action the player wants to take immediately after receiving it. A defender pressuring you as you receive the ball with your back to the goal might necessitate receiving the ball with the outside of the foot to keep your body between the defender and the ball. The inside of the foot is very effective in receiving a ball when you are facing your attacking direction; you open your hips, receive the ball across your body, and have the greatest vision of the options for passing or dribbling.

Different methods of control:

Inside and Outside of the foot
This is a technique used to control the ball cleanly and quickly on the ground.

- Player must look up to assess the game situation before the ball arrives.
- Player must select the type of control to use.
- Move into the path of the ball and meet it early.
- Player should gently cushion the ball into the direction of the original path.
- Player should try to receive the ball across the body when possible to see the field.
- If pressure is on, the player may need to turn away immediately with first touch.
- A player can receive the ball with the outside of the foot to protect the ball.
- Failing to execute next decision after controlling the ball Instep.
- Players must meet the ball, stay on their toes and lock your eyes on it.
- Quickly adjust to its trajectory of the ball.
- Before the ball arrives, present the ankle of your controlling foot.
- Try to cushion the ball using the area around your shoe laces.
- Point of contact, withdraw your controlling foot by bending the knee and ankle.
- Look to settle the ball right front of you.

Thigh

The thigh is especially useful in football when you want to trap the ball. Redirecting it into space is somewhat harder when you're using the thigh. **Chest.** The chest provides the largest surface area for trapping or receiving the ball.

When using it for control, stretch out your arms and flex your muscles. To cushion the ball, you'll need to arch your back slightly. You may also have to bend your knees or jump in order to align your chest with the height of the ball.

Head

Set up your body just as if you're about to head the ball. Instead of heading it, simply intercept its path using the surface area on.

- (i) The Public Schools and Grammar Schools until 1945. The middle of the nineteenth century saw the acceptance of games as a medium of education. The Elementary Schools Until 1945 At the turn of the century.

Children's Soccer Today

Other leisure possibilities Children today have at their disposal such a wide variety of leisure pursuits including many non-sporting activities.

The disappearance of street soccer Children hardly have the space or opportunity to play unhindered.

The wrong sort of training In many places children's soccer training has to fit in with that of organisation unsuitable adults.

Skill Training:

- Players jog around a coned area with half the players having a ball.
- Players pass the ball to each other between 3 spaces created by 4 cones over distance of approximately 20m using limited touches.

1.2 Objectives of study

- 1.5.1 To prepare football training program for short pass and receiving.
- 1.5.2 To know the weak and strong points for the football players
- 1.5.3 To analyze the technical performance of short pass and receiving football.

1.3 Assumptions

Specific skills of adolescent soccer players. The participants and number 20 players aged 9 - 12 years from M.M.P.V. Height and body mass . Six football skill tests were administered: ball control with the body, ball control with the head, dribbling with a pass, dribbling speed, shooting accuracy and passing accuracy.

- 1.6.1 It is assumed that all the players for this study will follow the instructions and provide true information.
- 1.6.2 The know the basic rules and regulations of the game.
- 1.6.3 It is assumed that the players have undergone different training programs.
- 1.6.4 It is assumed that the players know e- techniques of passing and receiving the ball.

1.4 Delimitations

- 1.7.1 The study is delimited to the male player of Maharashtra Mandals Pune Vyayamshala team between age (9 to 12) years.
- 1.7.2 The study is delimited to 9 to 12 years old boys from Pune Vyayamshala.
- 1.7.3 The study is delimited only to short pass and receiving in football.

1.5 Limitations

- 1.8.1 Researcher will not have any control on the diet of subjects.
- 1.8.2 It is not possible to control mental status of athletes.
- 1.8.3 Researcher will collect data with the help of teacher made rating scale as there is no standardized tool available.
- 1.8.4 Researcher will not be able to control any change in timing of session by Pune Vyayamshala.

1.6 Operational definitions

Training program :- program made by researcher for the study which will be implemented on the players of maharashtriyamandal.

2. Implementation Details

2.1 Introduction

This chapter covers the method of the study which includes design of the study, sampling, variables, procedure of the test, and the details of the training program. It describes in detail what will be done, how it will be done, what data will be needed and what data gathering devices will be used.

2.2 Method of study

As the researcher wanted to see the effect of the strength training program to improve short pass and receiving from 9-12 football players. The study was conducted by experimental method.

Single group pre-test post-test Design		
O 1	X	O 2
Pre-Test	Training Program	Post-Test

For this research researcher has selected the one group pre-test and post-test Design.

2.3 Variables of the study

Strength training exercises were selected to see the effect on short pass and receiving of 9-12 football players. It was based on the study of the literature and discussion with the experts, the following variables were selected.

2.3.1 .Independent variable

Selected exercises were used as independent variables in the present study. After discussion with the experts and reviewing the available literature in this field. the following exercises listed below were selected as independent variable and they are listed below.

2.3.2 Dependent variable

Strength training exercise was used to see the effect on the short pass and receiving the ball, the dependent variable used is the short pass and receiving.

Strength training

- Push pass on the standing.
- Give and Move Back.
- Pass With Move –Place changing.
- Receive With Move-Split the Triangle.
- Pass With Moving and Running-Push Passing on the Move-Pass, Turn, Pass.
- Wall Passing.
- Controlling and Passing on the Move.

2.3.3 Confounding variables

- Intervening - interest, fatigue, different training methods, physical fitness.
- Extraneous – diet, psychology of subject, status, fitness.. etc.

2.4 Sampling technique

The Population of the study is the students of M.M.P.V. The purposive sampling technique in the beginning was designed to select sample from M.M.P.V 20 students were selected as sample

2.4.1 Population

All the football players below the age of 12 from M.M.P.V. Football coaching program is the population of the study (N 20).

2.5 Tester Competency

The researcher selected only standardized test as constructed by McDonald's. A special clinic was held before the test, for the benefit of the test administrators who assisted in conducting the test so as to acquaint them with various technicalities, such as the mode of short pass and receiving and the test items so that they were competent enough to administer the test effectively.

2.6 Reliability of the Data

In order to ensure the reliability of the data collected, the researcher took precautionary measures to administer the test in a smooth and systematic manner. The researcher selected appropriate tools, required for conducting the test and these were used during the pre-test and post-test.

Score Sheets

Appropriate score sheets were duly prepared for recording the scores of each test item separately.

Equipments

The researcher selected the following equipment after thoroughly checking there working conditions and accuracy.

Table 3.1

Equipments required for the test		
Sr. No.	Item	Quantity
1	A stopwatch, Whistles	1
2	A soccer kickboard,	1
3	Three soccer balls,	3
4	Soccer field,	1
5	Marking powder,	2 kg

Ground Marking

The researcher made it a point to report at the testing place in time, prior to the scheduled time of the test, to ensure that the requisite facilities for administering the test were as per the specific technical requirement in such cases the researcher personally re-checked the measurement of the field to ascertain accuracy in measurement of performance of the subjects.

3. Selection of the Test

3.1. Administration of the Test

All the 20 subjects were tested on pre and post training, which comprised of McDonald's skill test of football. Necessary instructions were given to the subjects. The test was administered in the following manner.

McDonald's Skill Test

McDonald an expert studied the basic skills of football and how they could be measured so as to increase the standard progress and interest in player. He conducted several tests out of which the kicking test with a restraining line distance of 9 feet, 15 feet, 21 feet and 30 feet from the kickboard.



Figure 1

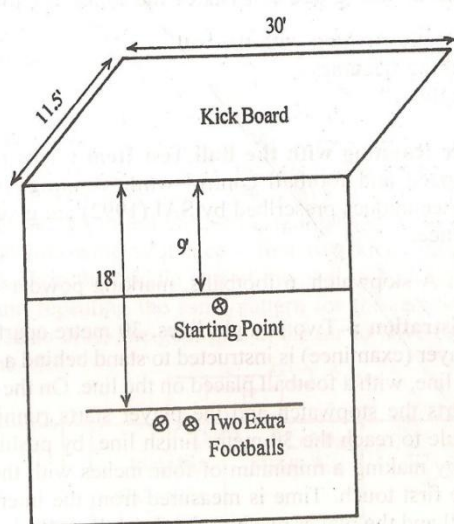


Figure 2

Measurement of test short pass and receiving kickboard

Inside foot-kick: inside foot kicks technique.

Techniques information

1. A horizontal restraining line is marked at a distance of 9 feet from the kickboard.
2. Another line is marked at a distance of 18 feet from the kickboard.
3. The timer starts the stopwatch and the subject starts kicking the stationary ball from behind the restraining line and continues kicking the or rebounding ball as rapidly as control per until the 30 seconds time limit expires.

Apparatus: Football. Measuring tape, Rope, Powder, Paper, Pen, Nails etc.

Administration

The test field is prepared to administer the skill test as shown in figure 3.2 .A 11 feet high and 30 feet wide kickboard is used for the test. The student is allowed to run and kick the ball after the end of any time 30 seconds and recorded the best of three attempts for each student.

3.2. Description of the Test

Test Passing and receiving for accuracy.

- **Purpose**-To measure the passing accuracy of u-12 football players.
- **Equipments**- Soccer balls, field markings score sheet, stopwatch, whistles.
- **Procedure**- Player works to pass the ball must remain fixed in its field the ball right to get to Colleague.
- **Instructions**-Take a running start and pass the ball with instep or inside foot using the right or left foot as far as possible from the marked line targeting the goal area.
- **Scoring**- The subject is given four 30 second attempts and the final test score is provided by the sum of kicks of the three best trials.

Reliability:

In 1951,during his postgraduate A study McDonald constructed the soccer skill test for measuring accurate kicking, ball control and judgment of a moving ball in soccer. The test was constructed on college men and the validity coefficient of the test ranged from (0.63 to 0.94).

3.3. Procedure for gathering data

For the present study 20 students of M.M.P.V Pune were chosen. The subjects were in single group for the dependent variable. Whole experiment was conducted in 3 phases.

4. Data Analysis and Interpretation

4.1 Introduction

This chapter provides a quantitative analysis of the data utilizing statistical procedure. It helps for an easy understanding of the data processing, which is in simple to complex manner so that overall results can be viewed distinctly. To see the effect of eight weeks strength training program on the passing and receiving of 9 to 12 football players of Maharashtra Mandal's Pune Vyayamshala Beginner's Football players.

The effects of independent variables on selected passing and receiving were determined through the collected data by using appropriate statistical techniques and the results are presented below. The analysis of dependent 't' test on the data obtained for passing and receiving of the pre-test and post-test means of football skill training and control groups have been analysed.

The data collected before and after training was computed and the final results are presented in this chapter in the form of different tables with their interpretation. In this chapter the stated problem is solved and the formulated hypothesis is tested in the investigation.

Descriptive and paired sample 't' test statistical procedures were designed and used for their analysis of data. The results were thoroughly interpreted and also graphically presented.

This table shows the strength training scores of pre-test mean (average) score, standard deviation and standard error

of the mean of McDonald soccer test of short pass and receiving.

4.2 Analysis

Table 4.1

Description Statistics Pre and Post-Test of Passing		
	Pre -Test	Post-Test
Mean	5.35	8.6
Median	5	9
Std. Deviation	1.49	2.21
Std. Error Mean	0.33	0.49
Minimum	3	5
Maximum	9	15

The table 4. 1 represents a descriptive statistics of McDonald test for passing in soccer. There were total 20 subjects from Maharashtra Mandal's Pune Vyayamshala Beginner's Football players. There mean for pre-test the passing was 5.35 with standard deviation 1.49. There mean for post-test the passing was 8.6 with standard deviation 2.21. It means these players performed average 9 passes in 30 Sec. and 7 times successfully received the ball.

The table number 4. 1 gives a clear description of the results of the strength training program in Pre and Post-Test of the McDonald soccer for passing showing the scores of the mean, medium, standard deviation, standard Error Mean, minimum and maximum scores.

Table 4.2: Description Statistics Pre and Post-Test of Passing (Paired Samples)

Variable	Paired Differences		M.D	t	df	Sig	Description
	Mean	St.D.					
Pre-Test Passing	5.35	1.49	3.25	11.24	19	.000	Null hypothesis & significant
Post-Test Passing	8.6	2.21					

Above table 4.2 shows that the mean difference between pre and post passing test is 3.25 the 't' value for this test is found 11.24 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.

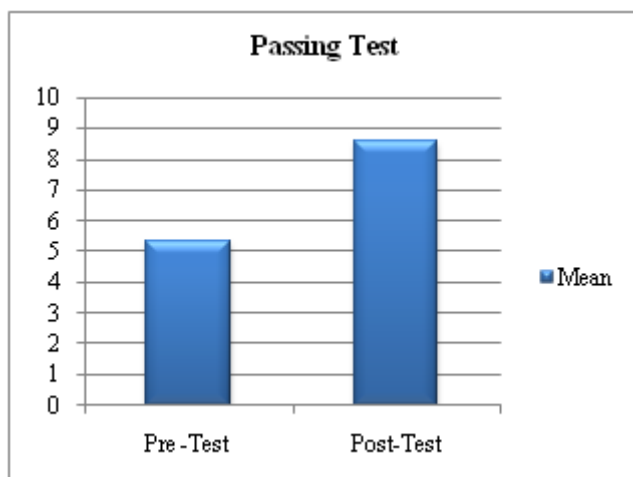


Figure 4.1

Comparison of Pre and Post Test for Passing

From figure 4. 1 gives a clear description showing an increase in the post-test of McDonald soccer test of passing of 9 -12 football players after the training program. There is an increase in the mean from 5.35 to 8.6 .It is seen that the mean of post-test is greater than that of pre-test passing ball.

Descriptive statistic: this statistical tool provides a comparison of the pre and post test of the strength training program on the short pass 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 short pass 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 passing 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 4.3: Paired Correlation of Passing

	N	Correlation	Sig.
Pre-passing	20	.82	.00
Post-passing			

From the table 4.3 the correlation between pre-test and post-test of Passing is .82 which is statistically significant at 0.001 level. Hence, this indicates that there was an improvement due to prescribed training program.

Table 4.4: Description Statistics Pre and Post-Test of Receiving

	Pre -Test	Post-Test
Mean	3.75	6.5
Median	3	6
Std. Deviation	1.20	2.03
Std. Error Mean	0.27	0.45
Minimum	2	4
Maximum	7	12

The table no 4.4 represents a descriptive statistics of McDonald test for receiving in soccer. There were total 20 subjects from Maharashtra Mandal's Pune Vyayamshala Beginner's Football players. The mean for pre-test the receiving was 3.75 with standard deviation 1.20. The mean for post-test the receiving was 6.5 with standard deviation 2.03. It means these players performed average 5 passes in 30 Sec. and 4 times successfully received the ball.

The table number 4.4 gives a clear description of the results of the strength training program in pre and post test of the McDonald soccer test for receiving showing the scores of the mean, medium, standard deviation, Std. Error Mean, minimum and maximum scores.

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.

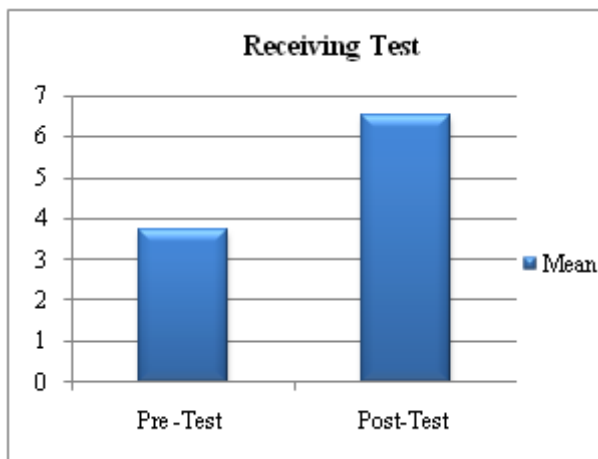


Figure 4.2

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.

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