



Effect of S.A.Q. training program on selected physical fitness variables of soccer players

¹Gurpreet Singh, ²Dr. Nishan Singh Deol

¹ Research Scholar, Department of Physical Education, Punjabi University Patiala, Punjab, India

² Professor and Head, Department of Physical Education, Punjabi University Patiala, Punjab, India

Abstract

In this Present study researcher has attempt to discover the effect of S.A.Q. Training program on selected physical fitness variables of soccer players. To check the effect of S.A.Q. Training program on selected physical fitness variables of soccer players, total 25 all India Inter university female soccer players of Panjab University Chandigarh were selected as subjects. The age of subjects was raging between 19 to 28 years and they were selected through purposive sampling technique. The investigator had selected Speed and Agility as dependent physical fitness variables for the present study. Further six weeks S. A. Q training was elected as independent variable of the study. Paired't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at .05. The results strongly confirm that, significant differences were observed of female soccer players for their Speed variable. Further the result authenticated that, there were significant differences were observed of female soccer players for their Agility variable.

Keywords: S.A.Q. training program, physical fitness, soccer players

Introduction

Soccer is played and in addition delighted in by multitude number of individuals everywhere throughout the globe. This is a standout amongst the most perceived games Soccer has obtained ubiquity among the Indian masses with in a game time frame and is the prevalent and generally played Indian game. Despite the fact that the present day session of football had developed in Britain in its primitive from, it had without a doubt been played for a considerable length of time in different nations. Soccer is a game which calls for strenuous and persistent exciting activity and consequently, appeals to the young the world over. The skills involved in the game are basic, common but are profoundly fortifying and fulfilling to any individual who takes part in the game".

The term S.A.Q. is derived from the 1st letters of together of the provisional Speed, agility & Quickness, by the term speed one usually gets the impression that we are speaking about speed in running events but speed also concerns many body parts and varies from one part to another. Speed refers to quickness of movements and one's ability to execute rapidly successive actions in a particular direction over a short period. According to Barrow and McGee (1971), speed is characterized as "one's capacity to perform progressive development of a similar example at a quick rate". Speed of muscle constriction is an acquired quality yet it can be enormously enhanced through preparing by legitimate procedures and by rehearsing fast developments and their appropriate coordination. Speed is incredibly influenced by one's age, height, weight, muscle viscosity, mechanical and

basic components like length of appendages and adaptability of joints.

In this Present study researcher has attempt to discover the effect of S.A.Q. Training program on systolic and diastolic blood pressure of soccer players.

Procedure and methodology

Selection of Subjects: To check the effect of S.A.Q. Training program on selected physical fitness variables of soccer players, total 25 all India Inter university female soccer players of Panjab University Chandigarh were selected as subjects. The age of subjects was raging between 19 to 28 years and they were selected through purposive sampling technique.

Selection of Variables: The investigator had selected Speed and Agility as dependent physical fitness variables for the present study. Further six weeks S. A. Q training was elected as independent variable of the study.

Data Collection: To check the speed ability and Agility level of subjects 50m dash and 10m shuttle run was used as tool in this study.

Statistical Analysis: Paired't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at .05

Data analysis and results of the study

Table 1: Shows Mean, SD and t-value for Pre and Post Test of Speed variable of all India Inter university female soccer players

Physical Fitness Variable	Experimental Group	Mean	Standard Deviation	t-value
Speed	Pre-Test	9.79	0.36	11.71*
	Post-Test	9.16	0.17	

$t'_{0.05(24)}=1.71$
 *=Significant at 0.05

Table & figure no. 1 statistically depicts that the Mean and Standard Deviation with regard to Speed variable for pre test is 9.79 and 0.36 where as in case of post test is 9.16 and 0.17 respectively. The calculated t value 11.71 for Speed variable is

more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and post test for Speed variable of all India Inter university female soccer players of Panjab University Chandigarh.

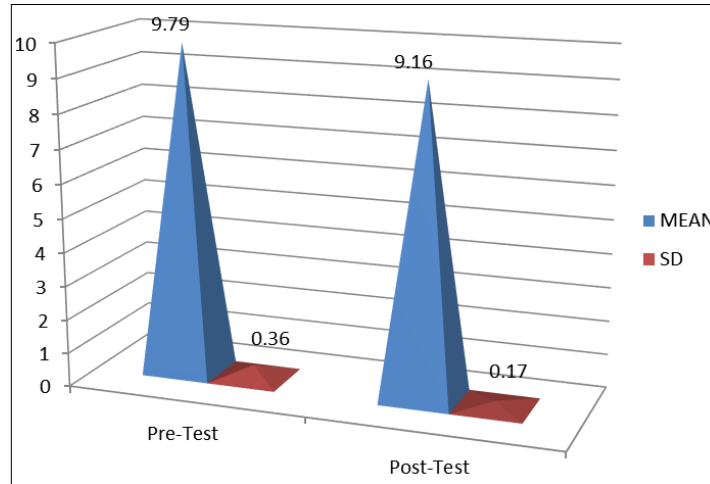


Fig 1: Shows Mean and SD values for Pre and Post Test of Speed variable of all India Inter university female soccer players

Table 2: Shows Mean, SD and t-value for Pre and Post Test of Agility variable of all India Inter university female soccer players

Physical Fitness Variable	Experimental Group	Mean	Standard Deviation	t-value
Agility	Pre-Test	11.62	0.61	14.66*
	Post-Test	10.26	0.41	

$t'_{0.05(24)}=1.71$
 *=Significant at 0.05

Table & figure no. 2 statistically represents that the Mean and Standard Deviation with regard to Agility variable for pre test is 11.62 and 0.61 where as in case of post test is 10.26 and 0.41 respectively. The calculated t value 14.66 for Agility

variable is more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and post test for Agility variable of all India Inter university female soccer players of Panjab University Chandigarh.

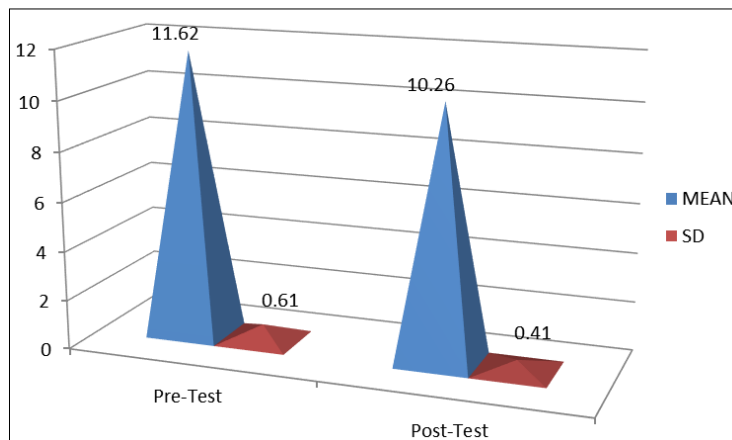


Fig 2: Shows Mean and SD values for Pre and Post Test of Agility variable of all India Inter university female soccer players

Conclusions

Based on the results of the study the following conclusions were drawn by the investigator:

- i. The results strongly confirm that, significant differences were observed of female soccer players for their Speed variable.
- ii. The result authenticated that, there were significant differences were observed of female soccer players for their Agility variable.

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