



## **THE EFFECT OF VARIOUS TRAINING METHOD ON THE SPEED OF FOOTBALL PALYERS**

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### ABSTRACT

Sports have become an integral part of society . The Coaches/trainers all over the world are aspiring for better result of their trainees, which can be made possible with effective training methods. The purpose of this study was to compare and find out the effect of various training method on the speed of football players . The study was delimited to 40 male football players of the age group 14 to 21 years from the jaipur football The subjects were divided into two groups each with 20 subjects . Groups were classified under fartlack training and interval training using random method of selection .The data was collected twice before and after the training program . The 50 M .dash was used as tool for measuring the speed.

**KEY WORDS:** speed, football, players and training



## INTRODUCTION

IN the last five decades sports has gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue further. In sports and physical education training may be mentioned as a process of preparation of a sportsman or an individual, based on scientific and pedagogical principles, for higher performance. Specific conditioning programmes are normally being planned for the development of certain physiological adaptations which lead to a greater energy potential in muscle cells. In sports today best performance can only be achieved through a meticulously planned, executed and controlled training system based on the scientific knowledge, theoretical and methodical fundamentals of sports training. Sports scientists and physiologists have been of the view that human capacity of performance among athletes had its limits in the matter of students of efficiency. But, this belief has been proved false and the barriers of performance have been surpassed by the athletes as a result of continued improvement in the technique, method of training and coaching.

Interval training involves repetitions of high speed work followed by periods of activity. This training is quite often practiced by long distance runners although some football players are using this technique as well. Fartlek which means "Speed play" in Swedish is a form of conditioning which puts stress mainly on the aerobic energy system due to the continuous nature of the exercise. Motor ability is one's present innate and acquired ability to perform motor skills of a general and fundamental nature excluding specialized sports skills. Speed is one of the important components of motor ability.

## METHODOLOGY AND MATERIALS

### SAMPLE

The football players from Jaipur constituted the sampling frame of the study. The investigator randomly selected 30 male football players for the study. The data was collected twice for each selected variable: once before the eight-week training programme and once after the training programme.



## TOOLS AND EQUIPMENTS

The 50 M. dash test for speed was used for the study, the brief description of which is given below.

## EQUIPMENTS

Stop watches (at least two) or watch with a split second time.

## TEST ADMINISTRATIONS

Two lines are mark on the floor 50 M apart. One line is a starting line and the other is the finish line. On the command “go” the subject start running at their best to reach the finish pointed earliest. The signal “go” is accompanied with the downward sweep of the starter’ arm to give the visual signal to the timers who stand at finish line.

## SCORING

The duration between the starting signal and when the subject crosses the finish line is the test. The time is recorded correct up to the tenth of seconds.

## PROCEDURE

The selected thirty (N=30) male football players were divided into two groups constituted of 15 players. Experimental (fartlack training) and Experimental (interval training). The experimental design for the study can be depicted as below



TABLE 1

SHOWING EXPERIMENTL DISIGN FOR THE STUDY

Experimental (Group 1) N=15	Experimental (Group 2) N=15
Pre Test Interval Training (8 Week) Post Test	Per Test Fartlack Training (8 Week) Post Test

### INTERVAL TRAINING

The eight week interval training constitutes the following activities.

### FARTLEK TRAINING

- Warm up whit a steady jog for 10 minutes.
- Jog for 60 seconds.
- Run hard (3 pace) for 90 seconds.
- Sprint for 10 seconds.
- Jog for 30 seconds
- Run backward for 30 seconds.
- Walk for 30 seconds.
- Run hard for 60 seconds.
- Repeat 3 time.



Repeat 3 time – Stride hard for 30 seconds and jogging for 90 seconds.

Repeat with 15 seconds decrease in recovery jog.

30-90            30-15

30-75            30-15-30

30-60            cool down at a steady pace for 10minutes.

30-45

30-30

## ANALYSIS OF DATA

In order to find out the training effect of interval training method on different groups, the statistical technique “t” test was used. “t” Test is usually applied when comparing two averages or mean.

First week:- Stride along the straight and jog the curves at a steady pace. Run 8 laps. Athletes should not feel exhausted. Short strides of 20 seconds little concentration.

Second week:- 16\*200 m with 2:00 minutes interval recovery . The surface may tempt athletes to run faster, hold back to decrease injury potential.

Third week:- 10\*300 m, in a slower speed then than that of 200 s take a 3:00 recovery . Run two curves and a straight for the recovery.

Fourth week:- 8\*200 m ,in a slower speed than of 200 s, the 300m pace in order to keep going for the extra 100m pace should be no faster than 2 miles race speed. Sessions at this modest pace give leg muscles chance of adjusting to the track surface.



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Fifth week:- 10\*300 m again, pace judgment will improve with practice, aim to run them fairly even pace.

Sixth week:- 4\*200m and 6\*400 m with the same jog recovery. Even with a full lap recovery this session is quite hard , aim to maintain good form for the entire lap assesses athlete in each hundred.

Seventh week:- 4\*300 m and 4\*600 m

Eighth week:- 6\*200mand3\*800m

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