

Physical And Functional Effects Of Skill-Specific Training Regimens In Youth Football Training Programs

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ABSTRACT

Purpose: Football is a very fascinating and enjoyable game and every child wants to play it. The only problem in the beginning is that because of wrong technique of the lack of basic skills, there is fear of injury and frustration in preparation for higher performance. The purpose of this study was to find out the effects of position wise specific skill Training on physical and functional variables of School level football players.

Material and Methods: The research was carried out on a sample of sixty sub junior school players. The pretests were conducted for all subjects on all selected variables to collect data. All subjects were divided randomly in to three groups as experimental group (twenty). The forward specific skill training group (FSST) (n=20) (Age: 15.1±0.9, Height 148 ± 3.8, Weight 50 ± 2.4), Midfielder specific skill training group (MSST) (n=20) (Age: 15.9±1.9, Height 154 ± 2.8, Weight 47 ± 1.4), Defender specific skill training group (DSST) (n=20) (Age: 14.9±0.9, Height 152 ± 3.8, Weight 49 ± 2.4) and their aged from 14-17 years. The training program was performed sixty minutes per day, 3 days per week for a period of twelve weeks. All selected physical and functional variables were assessed by standard tests; speed by 50 meter dash, leg explosive power through standing broad jump and Vo₂ Max by cooper test. The twelve week position wise specific skill training was conducted followed by post-test for all selected variables. The results of analysis of covariance (ANCOVA) indicated that the experimental group had shown significant improvement over the all selected variables.

Results: Hence, the results showed that the position wise specific skill training group significantly (p=0.00) improved in physical and functional variables.

Conclusion: The position wise specific skill training program appears to be an effective way of improving physical and functional variables of school level football players. So soccer coaches and physical education teachers as well as others involved in coaching one or other game can make use of this information in the process of planning their training program.

Keywords: Physical, Functional variables, Position wise Specific Skill Training, Football Players.

INTRODUCTION

Football is a very emotional game, full of joy and despair, triumph and tragedy. Often it swings between these extremes in the course of a match, brining drama and exhilaration into the lives of millions. Surprisingly such a passionate game has always been long on opinion and short on facts. (Birumal 2004). Sports history tells us that soccer originated in England. But a form of the game was played in China some 2,300 years ago in the city of Linz, the capital of the kingdom of Qi. The winners were awarded prizes, while the losers were flogged. Other versions of what we Call football are associated with Egypt, Greece, the Roman Empire, and France. But it was In England in 1863 that the Football Association was founded which drew up the first rules of the game as we know it today. Sport-specific training in its current concept is a means of simulating a movement or exercise in the weight room with the intention of it transferring to the playing field, regardless of what that field is. Each team consists of a maximum of eleven players (excluding substitutions), one of whom must be the goalkeeper. Competitions rules may state minimum number of players required to constitute a team; this is usually seven. Goalkeepers are the only players allowed to play the ball with their hands or arms, but they are only allowed to do so within the penalty area in front of their own goalkeeper) players are strategically placed by a coach ,these positions are not defined or required by the laws. The vertical jump has been employed as

measures of explosive strength. As essential for successful performance in many motor activities is speed. In football the lighter team wins because it is the faster team the frequency of sprints in football players 11% of their total movement in full game. The frequency of sprints tends to be greater in strikers and midfielders than on backs. They tend to sprint often to collect the ball or to defend the ball. Physical Fitness is a crucial part of soccer. One important distinction however, is that the duration of games for younger players is usually less; with many leagues using a 60-minute match length instead of the 90-minute time frame used for senior players. Nonetheless, similar to their adult counterparts, youth players have to perform and recover from repeated high-intensity bouts over the course of a game, and the amount and type also appears to vary depending on player position.

Positional play is left" side players should stay on the left side of the field, the "right" side players on the right side of the field (left and right are as you face the opposing Goalkeeper), Fullbacks should be closer to their Goalkeeper than their Midfielders are, and Midfielders should be closer to their Goalkeeper than their Forwards are.

The players positioned close to the goal of their opponent team are the forwards, or attackers. A team can have one to three forwards. They primarily focus on scoring goals, and they are the ones who take most of the shots.

The players playing in the middle of the field are the midfielders. They are also known as "halfbacks." Their major task is to possess the ball and pass it to the forwards for scoring goals, thereby allowing the transition from the fullbacks to the forward. They focus on defending and attacking, a good reason for them being in constant motion

The defenders, also known as "fullbacks," are the players who prevent the opponent team from scoring goals. For this reason, they are positioned close to their own goalpost. They form the last line of defense before the ball goes to the goalkeeper. Moreover, they also have to take the ball from the goalkeeper and pass it over to the midfielders.

Position specific individual training is key to challenge, support and develop players. As we learn from all sports, marginal gains are key at the elite level and giving our players the best chance to be successful by preparing them for the game is vital. Players are always looking for ways to increase their output on game day, as the game of football continuously evolves and improves. Whilst many individuals focus on their abilities with the ball, it's what players do without the ball that can elicit some of the most striking performances. Focusing on position-specific training is known as one of the most beneficial ways to improve an individual's capabilities within a specific role, as the ability to challenge, develop and support players is vital in preparing them for match day.

HYPOTHESIS

Based on study findings mentioned above, we hypothesized that participants performing 12 weeks position wise specific skill training show larger improvements in selected variables (speed, leg explosive power and VO_2 max). Noted that speed, leg explosive power and vo_2 max are dynamic protagonist for everyday activities, skill performance in school level of football players.

METHODS

Sixty physically active and interested school level football players were randomly selected as subjects and their age ranged between 14 and 17 years. The subjects are categorized into three groups namely forward specific skill training group (FSSTG), midfielder specific skill training group (MSSTG) and defender specific skill training group (DSSTG) each group had twenty subjects. The selected criterion variables speed was assessed by 50meter dash; leg explosive power was assessed by standing broad jump test and VO_2 Max was assessed by cooper VO_2 Max test. The position wise specific skill training group underwent the experimental treatment for eight weeks, 5 days/week and a session on each day with 60min duration.

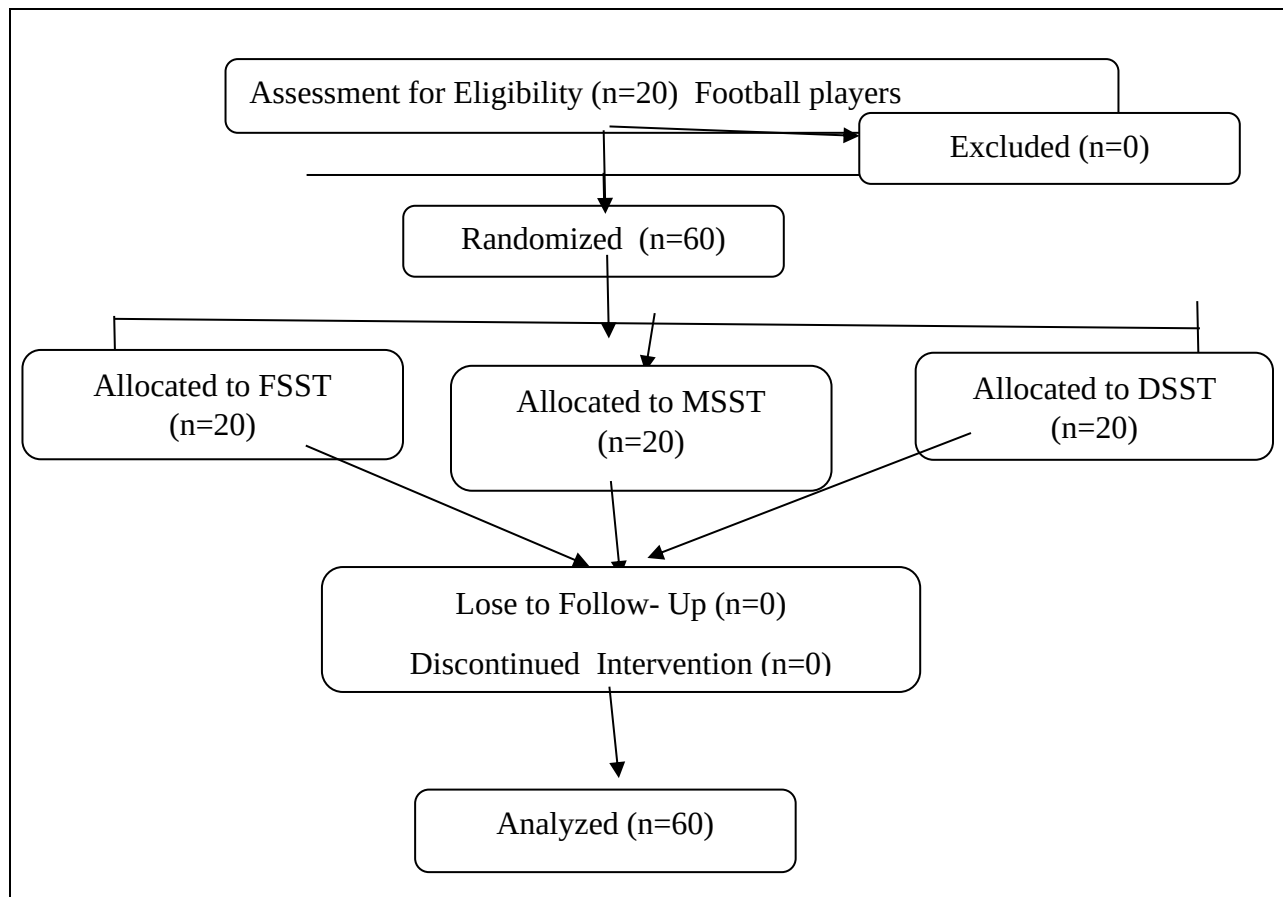


Figure: 1 Diagram showing the study's development through different stages.

TABLE-1 Characteristics of participants (N=20) at pre training mean

Variable	FSST	MSST	DSST
Age (Y)	14-16 $\pm$ 0.2	14-16 $\pm$ 0.4	14-16 $\pm$ 0.7
Height (cm)	148.30 $\pm$ 2.1	154.20 $\pm$ 1.7	152.70 $\pm$ 1.8
Weight (kg)	50 $\pm$ 0.2	47 $\pm$ 0.4	49 $\pm$ 0.5

INCLUSION AND EXCLUSION CRITERIA

Regular attendance at both measurements, a lack of injuries, and consent to participate in the study were the inclusion criteria. During the 12-week period, only one absence was allowed. The standards for exclusion were they had no history of communicable diseases and disability in performing drills, more than two sessions absence in exercises and the unwillingness of subjects and parents to take part.

Our hypothesis was tested by evaluating adaptations after practicing position wise specific skill training through a controlled, randomized design that comprised pre- and post-testing. The training period lasted 12 weeks to induce training-related changes in measures of speed, leg explosive power and vo2 max were assessed using standardized tests such as 50 meters sprint test was used to assess the speed of the subjects (Botero et al., 2023).; Leg Explosive Power to measure the explosive power of the legs was assessed by standing broad jump test (Krishnan et al., 2017) and cooper vo2 max test to monitor the development of the athlete's aerobic endurance and to obtain an estimate of their Vo₂ max (Cooper, 1968).

POSITION WISE SPECIFIC SKILL TRAINING PROGRAMME

The training programme was lasted for 60 minutes for a session in a day, 5 days in a week for a period of twelve weeks duration. These 60 minutes included position wise specific skill training for 40 to 50 minutes and 10 minutes warm-up, and 10 minutes warm down. Every four weeks of training 5% of intensity of load was increased from 65% to 80% of work load. The volume of position wise specific skill training prescribed based on the number of sets and repetitions. Eight weeks of specific skill training was given to the selected subjects. Their training days and hours every week were from Monday to Friday from 6.00 to 7.30 am.

TABLE- II TRAINING SCHEDULE FOR FORWARDERS SPECIFIC SKILL TRAINING

I to IV Week		V to VIII week		IX to XII Week	
❖ Dribble and release ❖ Around the world ❖ Pressure Shots ❖ Grid Passing game ❖ Throw ins pass & score ❖ Sudden deth		❖ Pass on both sides of the cones ❖ 1v1 score at the triangle ❖ War ❖ Running long distance with the ball ❖ Shooting and Shaggers ❖ Instep(Sweep spot)		❖ Jam packed dribbling ❖ Four square ❖ Bending the shot ❖ Down and back dribbling game ❖ Pressure Shots ❖ Running long distance with the ball	
Repetition	5-6	6-7	6-7	7-8	
Sets	4	5	6	6	
Rest in Between sets	90 Seconds	90 Seconds	90 Seconds	90 Seconds	
Rest in between Exercises	60 Seconds	60 Seconds	60 Seconds	60 Seconds	

Total	90 Minutes	90 Minutes	90 Minutes	90 Minutes
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TRAINING DESCRIPTION FOR FORWARD POSITION GROUP

The total duration of position wise specific skill training. The load is increase six drills training progress and last for 60 minutes. During the training period the subject is treating with skill training for five days (Monday, Tuesday, Wednesday, Thursday and Friday) per week.

Phase- I

During the 1st to 4th weeks of training, forward position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely dribble and release, around the world, pressure shots, grid passing game, throw ins pass & score and sudden deth in 5-6 repetition with 4 sets . Further the session ended with warming down for 10 minutes.

Phase-II

During the 5th to 8th weeks of training, forward position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely 1v1 score at the triangle, pass on both sides of the cones, war, running long distance with the ball, shooting and shaggers and instep (sweep shot) in 6-7 repetition with 5 sets . Further the session ended with warming down for 10 minutes.

Phase-III

During the 9th to 12th weeks of training, forward position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely jam packed dribbling, four squares, bending the shot, down and back dribbling game, Pressure Shots and Running long distance with the ball in 6-7 repetition with 6 sets. Further the session ended with warming down for 10 minutes.

TABLE- III TRAINING SCHEDULE FOR MIDFIELDERS SPECIFIC SKILL TRAINING

I to IV Week	V to VIII week	IX to XII Week
❖ Four team four goals game ❖ Ground rocket ball ❖ First touch and pass warm-up ❖ Diamond skills box ❖ Skills round up ❖ Dribbling at speed soccer drill	❖ Dribbling skills drill in square ❖ Sprinting for goal ❖ Midfield dynamic scoring ❖ Two touch shooting game ❖ Long pass control ❖ Passing to a checking sticker	❖ Long chipping ❖ Soccer zone ❖ Passing name game ❖ Split the triangle ❖ Ground rocket ball ❖ Long pass control

Repetition	5-6	6-7	6-7	7-8
Sets	4	5	6	6
Rest in Between sets	90 Seconds	90 Seconds	90 Seconds	90 Seconds
Rest in between Exercises	60 Seconds	60 Seconds	60 Seconds	60 Seconds
Total	90 Minutes	90 Minutes	90 Minutes	90 Minutes

TRAINING DESCRIPTION FOR MIDFIELDERS POSITION GROUP

The total duration of position wise specific skill training. The load is increase six drills training progress and last for 60 minutes. During the training period the subject is treating with skill training for five days (Monday, Tuesday, Wednesday, Thursday and Friday) per week.

Phase- I

During the 1st to 4th weeks of training, midfield position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely four teams four goals game, ground rocket ball, first touch and pass warm up, diamond skills box, skills round up and dribbling at speed soccer drill in 5-6 repetition with 4 sets . Further the session ended with warming down for 10 minutes.

Phase-II

During the 5th to 8th weeks of training, midfield position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely dribbling skills drill in square, sprinting for goal, midfield dynamic scoring, two touch shooting game, long pass control and passing to a checking sticker in 6-7 repetition with 5 sets . Further the session ended with warming down for 10 minutes.

Phase-III

During the 9th to 12th weeks of training, midfield position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely long chipping, soccer zone, passing name game, split the triangle, ground rocket ball and long pass control in 6-7 repetition with 6 sets. Further the session ended with warming down for 10 minutes.

TABLE-IV TRAINING SCHEDULE FOR DEFENDERS SPECIFIC SKILL TRAINING

I to IV Week	V to VIII week	IX to XII Week
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❖ Shoulder to shoulder ❖ Breathing room ❖ All-up ❖ Possession with responsibility ❖ Obstacle circuit ❖ Defending 2goals				
❖ Horeshoes ❖ Position exchange ❖ Sweeper clearing ❖ Mark your own player ❖ Supersonik and explosive ❖ Defensive stop				
❖ Defensive adjustment ❖ Quick clearing ❖ Wing fake ❖ Nutmeg and Shoot ❖ Breathing room ❖ Horeshoes				
Repetition	5-6	6-7	6-7	7-8
Sets	4	5	6	6
Rest in Between sets	90 Seconds	90 Seconds	90 Seconds	90 Seconds
Rest in between Exercises	60 Seconds	60 Seconds	60 Seconds	60 Seconds
Total	90 Minutes	90 Minutes	90 Minutes	90 Minutes

TRAINING DESCRIPTION FOR DEFENDERS POSITION GROUP

The total duration of position wise specific skill training. The load is increase six drills training progress and last for 60 minutes. During the training period the subject is treating with skill training for five days (Monday, Tuesday, Wednesday, Thursday and Friday) per week.

Phase- I

During the 1st to 4th weeks of training, Defender position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely shoulder to shoulder, breathing room, all-up, possession with responsibility, obstacle circuit and defending 2 goals in 5-6 repetition with 4 sets. Further the session ended with warming down for 10 minutes.

Phase-II

During the 5th to 8th weeks of training, Defender position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely horseshoes, position exchange, sweeper clearing, mark your own player, supersonic and explosive and defensive stop in 6-7 repetition with 5 sets. Further the session ended with warming down for 10 minutes.

Phase-III

During the 9th to 12th weeks of training, Defender position group skill training the subjects is treating with warm up

for 10 minutes. Followed by position wise specific skill training drills namely defensive adjustment, quick clearing, wing fake, nutmeg and shoot, breathing room and horeshoes in 6-7 repetition with 6 sets. Further the session ended with warming down for 10 minutes.

Statistical analysis

The means and standard deviations of position wise specific skill training groups were calculated for speed, leg explosive power and Vo₂ Max for the pre as well as posttests. Statistical significance was set to a priority at p< 0.05. All statistical tests were calculated using the statistical package for the social science (SPSS).

TABLE - V COMPUTATION OF 'T' RATIO ON SELECTED PARAMETERS OF SCHOOL LEVEL FOOTBALL PLAYERS ON FORWARDERS, MIDFIELDERS AND DEFENDERS GROUP

(Scores in numbers)

Group	Test		Mean	Std. Deviation	T ratio
Forwarders Specific Skill training Group	Speed	Pre test	6.93	0.15	5.51*
		Post test	6.71	0.11	
	Leg Explosive Power	Pre test	1.16	0.068	6.22*
		Post test	1.26	0.080	
	Vo ₂ max	Pre test	42.38	1.08	6.70*
		Post test	43.38	0.98	
Midfielders Specific Skill training Group	Speed	Pre test	6.99	0.17	5.56*
		Post test	6.75	0.12	
	Leg Explosive Power	Pre test	1.18	0.056	8.48*
		Post test	1.39	0.123	
	Vo ₂ max	Pre test	42.52	1.25	15.43*
		Post test	45.64	1.45	
Defenders Specific Skill training Group	Speed	Pre test	7.03	0.16	10.25*
		Post test	6.83	0.18	
	Leg Explosive Power	Pre test	1.20	0.040	13.06*
		Post test	1.52	0.126	
	Vo ₂ max	Pre test	42.44	1.30	6.06*
		Post test	44.02	1.72	

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected variables namely speed leg explosive power and vo₂ max of forwarders specific skill training group. The obtained 't' ratio on speed leg explosive

power and vo_2 max were 5.52, 6.22 and 6.70 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

From the computation of mean, standard deviation and 't' ratio on selected variables namely speed leg explosive power and vo_2 max of midfielders specific skill training group. The obtained 't' ratio on speed leg explosive power and vo_2 max were 5.56, 8.48 and 15.43 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further, the computation of mean, standard deviation and 't' ratio on selected variables namely speed leg explosive power and vo_2 max of defenders specific skill training group. The obtained 't' ratio on speed leg explosive power and vo_2 max were 10.25, 13.06 and 6.06 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

TABLE – VI ANALYSIS OF COVARIANCE ON PRE, POST AND ADJUSTED POST TEST MEANS ON SPEED OF FORWARDERS, MIDFIELDERS AND DEFENDERS GROUPS

(Scores in Seconds)

Test	Forwards Specific Skill Training (FSST)	Midfielders Specific Skill Training (MSST)	Defenders Specific Skill Training (DSST)	Source of variance	df	Sum of square	Mean square	F-ratio
Pre-test mean	6.93	6.99	7.03	B / S	2	0.99	0.50	1.80
				W / S	57	1.56	0.27	
Post-test mean	6.71	6.75	6.99	B / S	2	0.96	0.48	23.23*
				W / S	57	1.18	0.02	
Adjusted post-test mean	6.72	6/74	6.99	B / S	2	0.83	0.41	20.76*
				W / S	56	1.12	0.020	

* Significant at 0.05 level for the degrees of freedom (2, 57) and (2, 56), 3.16

Table VI reveals the computation of 'F' ratios on pretest, posttest and adjusted posttest means of FSST, MSST and DSST on Speed. The obtained 'F' ratio for the pretest means of FSST, MSST and DSST on speed was 1.80. Since the 'F' value was less than the required table value of 3.16 for the degrees of freedom 2 and 57, it was found to be not significant at 0.05 level of confidence. Further, the posttest 'F' ratio 23.23 after FSST, MSST and DSST on speed was higher than the required table value of 3.16 for the degrees of freedom 2 and 57, hence it was found to be statistically significant at 0.05 level of confidence. The obtained 'F' ratio for the adjusted post-test means of FSST, MSST and DSST on speed was 20.76. Since the 'F' value was higher than the required table value of 3.16 for the degrees of freedom 2 and 57, it was found to be statistically significant at 0.05 level of confidence.

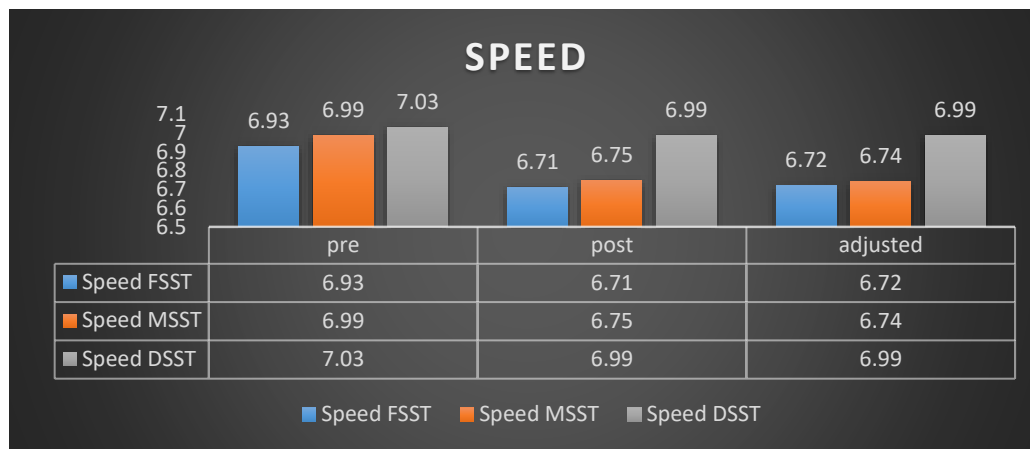


FIGURE- I Bar Diagram Showing Pre, Post And Adjusted Post Test Means Of Forwarders Specific Skill Training Group, Midfielders Specific Skill Training Group, Defenders Specific Skill Training Group And Control Group On Speed

(Scores in Seconds)

TABLE – VII Analysis Of Covariance On Pre, Post And Adjusted Post Test Means On Leg Explosive Power Of Forwarders, Midfielders And Defenders Groups

(Scores in Meters)

Test	Forwarders Specific Skill Training (FSST)	Midfielders Specific Skill Training (MSST)	Defenders Specific Skill Training (DSST)	Source of variance	df	Sum of square	Mean square	F-ratio
Pre-test mean	1.16	1.18	1.20	B / S	2	0.01	0.009	2.60
				W / S	57	0.18	0.003	
Post-test mean	1.26	1.39	1.52	B / S	2	0.67	0.338	26.84*
				W / S	57	0.71	0.013	
Adjusted post-test mean	1.28	1.39	1.51	B / S	2	0.46	0.23	22.25*
				W / S	56	0.58	0.010	

* Significant at 0.05 level for the degrees of freedom (2, 57) and (2, 56), 3.16

Table VII reveals the computation of 'F' ratios on pretest, posttest and adjusted posttest means of FSST, MSST and DSST on leg explosive power. The obtained 'F' ratio for the pretest means of FSST, MSST and DSST on leg explosive power was 2.60. Since the 'F' value was less than the required table value of 3.16 for the degrees of freedom 2 and 57, it was found to be not significant at 0.05 level of confidence. Further, the posttest 'F' ratio 26.84 after FSST, MSST and DSST on leg explosive power was higher than the required table value of 3.16 for the degrees of freedom 2 and 57, hence it was found to be statistically significant at 0.05 level of confidence. The obtained 'F' ratio for the adjusted post-test means of FSST, MSST and DSST on leg explosive power was 22.25. Since the 'F' value was higher than the required table value of 3.16 for the degrees of freedom 2 and 57, it was found to be statistically significant at 0.05 level of confidence.

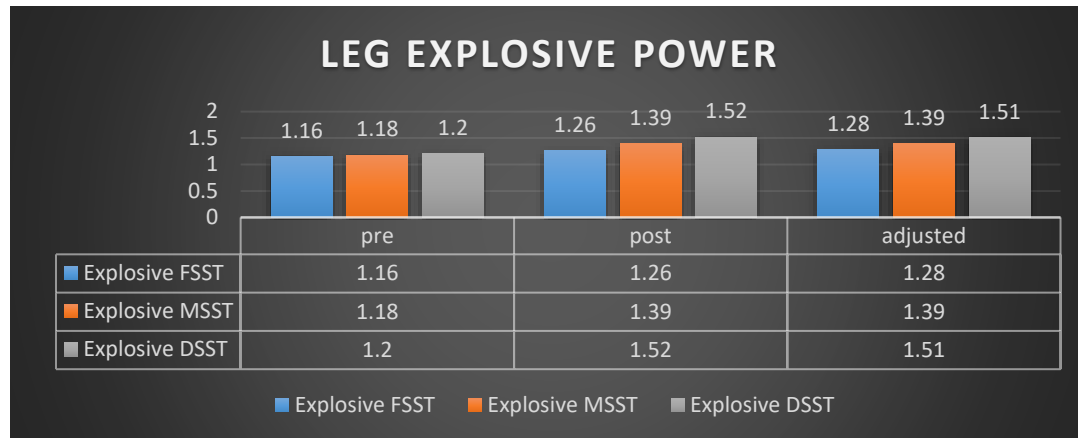


FIGURE- II Bar Diagram Showing Pre, Post And Adjusted Post Test Means Of Forwards Specific Skill Training Group, Midfielders Specific Skill Training Group, Defenders Specific Skill Training Group And Control Group On Leg Explosive Power

(Scores in Meters)

TABLE – VIII Analysis Of Covariance On Pre, Post And Adjusted Post Test Means On Vo₂ Max Of Forwards, Midfielders And Defenders Groups

(Scores in ml/kg/liters)

Test	Forwards specific Skill Training (FSST)	Midfielders specific Skill Training (MSST)	Defenders Specific Skill Training (DSST)	Source of variance	df	Sum of square	Mean square	F-ratio
Pre-test mean	42.38	42.52	42.44	B / S	2	0.209	0.10	0.071
				W / S	57	84.339	1.48	
Post-test mean	43.38	45.64	44.02	B / S	2	54.25	27.12	13.40*
				W / S	57	115.37	2.02	
Adjusted post-test mean	43.44	45.57	44.03	B / S	2	48.38	24.19	27.92*
				W / S	56	48.51	0.86	

* Significant at 0.05 level for the degrees of freedom (2, 57) and (2, 56), 3.16

Table VIII reveals the computation of 'F' ratios on pretest, posttest and adjusted posttest means of FSST, MSST and DSST on Vo₂ Max. The obtained 'F' ratio for the pretest means of FSST, MSST and DSST on Vo₂ Max was 0.071. Since the 'F' value was less than the required table value of 3.16 for the degrees of freedom 2 and 57, it was found to be not significant at 0.05 level of confidence. Further, the posttest 'F' ratio 13.40 after FSST, MSST and DSST on Vo₂ Max was higher than the required table value of 3.16 for the degrees of freedom 2 and 57, hence it was found to be statistically significant at 0.05 level of confidence. The obtained 'F' ratio for the adjusted post-test means of FSST, MSST and DSST on Vo₂ Max was 27.92. Since the 'F' value was higher than the required table value of 3.16 for the degrees of freedom 2 and 57, it was found to be statistically significant at 0.05 level of confidence.

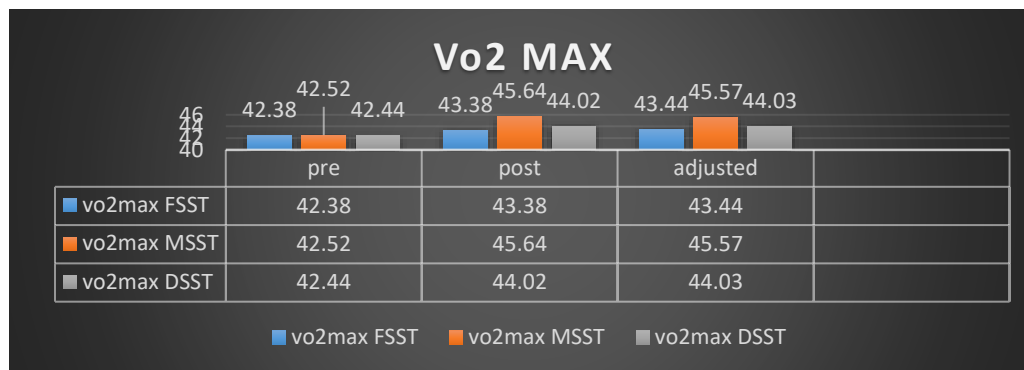


FIGURE- III Bar Diagram Showing Pre, Post And Adjusted Post Test Means Of Forwards Specific Skill Training Group, Midfielders Specific Skill Training Group, Defenders Specific Skill Training Group And Control Group On Vo2 Max

(Scores in ml/kg/liters)

DISCUSSION ON FINDINGS

Elite football training requires a blend of science and the art of coaching to design appropriate team and individual drills. The conditioning coach not only prepares players for the demands necessary for training but also familiarizes them with ball striking, discrete positional movements, orientation of space on the pitch, whilst providing a reactive stimulus so players are exposed to uncontrolled movements when training with additional players. The contemporary study considered the influence of twelve weeks of position wise specific skill training on physical and functional variables of footballers.

The results of the present study indicates that the forward players have better speed than midfielders and defenders, defenders have better leg explosive power than forward and midfielders and midfielders have better Vo₂ Max than forward and defenders and at school level football players. **Manickam (2015)** speed and explosive power showed significant difference between the experimental and control group, the results suggested that football skill training were significantly developed speed and explosive power. **Ali et al., (1991)** reported that the ratio of time spent for the players was 56% walking, 30% jogging, 4% cruising, 3% sprinting and 7% standing. During a match, soccer players perform different types of behavior, ranging from standing still to maximum speed runs, the intensity of which may change at any given time. **Kumaravelu et al., (2018)** compared the motor ability variables among different positional play. There was significant difference in speed among football players. Midfielders was better than defenders, forwards of positional play of presented study. **Joo et al., (2016)** in this respect, defenders are expected to able to respond to unpredictable and explosive movements while midfielders need additional training improve their anaerobic power in order to engage in successful defense. **Moses et al., (2015)** athletic trainers and coaching crew should structure training specificity fitness programs focusing on agility, speed and muscular endurance of the players in order to improve their skills in relation to positions of play. **Boone et.al, (2012)** suggested that players in different positions have different physiological characteristics. The results of this study might provide useful insights for individualized conditional training programs for soccer players. A physical profile that is well adjusted to the position on the field might enhance game performance. In the study on the Belgian elite players showed that attackers had more speed than other players. **McIntyre et.al, (2005)** indicated that midfielders did have significantly larger body mass than backs and greater maximal oxygen consumption and greater vertical jumping ability than backs and forwards (vertical jump power output, vertical jump, Midfielders also had greater absolute handgrip strength. The results showed that twelve weeks of position wise specific skill training had significant effects on speed records reduction. A number of factors such as muscle length, strength, age, gender, temperature, body shape, force and flexibility can have profound impacts on speed (**Mokhtari et al., (2003)**). Probably position wise specific skill training led to speed improvements by affecting muscle length, force, muscle temperature, strength and flexibility during the twelve weeks. The results showed that twelve weeks of position wise specific skill training had significant effects on increasing in leg explosive power. Nerves adaptation improves strength in the first 3-4 weeks of defenders specific skill training. Muscle hypertrophy creates an increase in the size and

function of muscle fibers after 8-12 weeks of specific exercise. Probably neural adaptations and hypertrophy caused by specific exercises, improved leg explosive power in these subjects. The results showed that twelve weeks of position wise specific skill training had significant effects on increasing in Vo2 max. Higher vo2 max allows the players to run longer and faster and to be more involved in various actions of the game. (stolen et al., 2005) The amount of distance covered during the game of football has a role to play in the significantly higher vo2 max of midfielders. The results of this study designated that position wise specific skill training is more efficient to bring out desirable changes over the physical and functional variables of the footballers. Investigators have extended their interest to consider the speed, leg explosive power and Vo₂ Max commencement from the way a footballers approaches the position wise specific skill training after twelve weeks. Maybe neuromuscular adaptations caused by specific skill exercises affected muscle spindles, Golgi-tendon, tendons, joints, balance and body position controlling more favorably and this led to agility improvements in these athletes. Also in the forwarders specific skill training group maybe the increased speed of message transfer from muscle to the nerve center and vice versa led to better records in speed test compared with the midfielder and defender specific skill training group. Moreover, about explosive power, probably fast twitch motor units are more called in defender specific skill training in comparison to forwarder and midfielder specific skill training group. By calling for this type of fiber the larger motor units which have higher discharge, frequencies will be involved and they produce more power than other types of muscle fibers. Vo2 max is most important factor in a football match. Higher vo2 max allows the players to run longer and faster and to be more involved in various actions of the game. The amount of distance covered during the game of football has a role to play in the significantly higher vo2 max of midfielders. Also in the midfielders specific skill training group maybe the increased Vo2 max to better records in compared with the forwarder and defender specific skill training group.

CONCLUSIONS

Based on the results, the following conclusions have been arrived. To sum up, the findings of this investigation show that both 12-week position wise specific skill training significantly improved the speed, leg explosive power and vo2 max in school level football players.

Position specific training drills are one of the most beneficial ways to improve a player's individual ability within a specific position. By continually placing players in scenarios specific to their position on the pitch, coaches can identify players strengths and weaknesses, and then adjust their training drills accordingly to help develop and improve them. From the results of the present study, it is very clear that, football players at school level significantly differ in speed, leg explosive power and Vo₂ Max. It was concluded that forward players have better speed than midfielders and defenders at school level football players. Also, it was concluded that midfielders have better Vo₂ Max than forward players and defenders at school level football players. Further, it was concluded that defenders have better leg explosive power than forward players and midfields at school level football players. More research should adopt an integrated approach, analyzing physical, technical and /or tactical indicators of various playing positions longitudinally in order to understand the overall development of soccer match play.

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Conflicts of interest

The authors declare that they have no conflicts of interest.

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