An Eight Weeks Soccer Training Programme On Sprint

Dr. A. Manoj Kumar, Dr. S. Thirumalai Kumar, Dr. S. Manikandan & Dr. S. Sivamani

Abstract: Soccer is the most popular sports all time, which was played all over the world by all age group. Elders using their experience and become a coach or a manager. Youngsters become a professional soccer player once they achieve their peak level. Players need to perform well by using Speed in form sprint with or without ball. Hence, this study investigates the sprint performance in soccer due to eight weeks of soccer training programme. For which the researcher selected Twenty U-20 male soccer players from Bimbo Soccer Club, Nagercoil playing 2nd division League took part in this programme, they were informed at the being of the programme about the benefits and the encouragements in their participation. The players were matched in to two groups: Training group and Control Group. The study protocol taken place in the SMRV Higher Secondary School Soccer Ground under the guidance of the three Soccer Experts. Players were filled consent form prior to this research. All Players were performed Speed Test 50 Mtrs dash Standardized Test before and after the stipulated training programme. Players were familiar with the test and even though they were familiar they performed under the supervision of the Soccer Experts. ‘T’ Test was used to find out the outcome of this training programme. After the statistical treatment it was observed that the eight weeks training programme outshined the sprinting performance in soccer players compare to control group.

IndexTerms: Intensity, Soccer, Soccer Club, Speed, Sprint, Statistical treatment, Training Protocol.

1. INTRODUCTION
The development of soccer players both technically and physically depends on the gradual improvement in basic abilities related to commitment in competition experiences and other related soccer training protocols. [4] The Soccer Training programmes usually consists of Warm Up, Specific Conditioning with ball and without ball, sprinting and jumping. Developing these attributes will be a very big confront in soccer, [2] Further, it is declared that soccer training protocol in peak area obtain rational developments to the players on experiential traditional strength training. Soccer involves many repeated high intensity efforts. One method to train this ability is to perform repeated sprint training, in which short sprints are conducted with a defined rest period. [1]
Numerous studies stated that Sprint is one of the most essential parts in soccer with or without ball. Many soccer related activities and training exercises (shooting & passing) involve short, fast efforts. To be effective, these should involve bouts of less than 10 seconds and have a work to rest ration of 1:2 to 1:5. Training of this type has been shown to improve speed and minimize fatigue between repeated rapid bouts, providing a crossover to some of the aerobic adaptations [3]. Sprint is key component in the modern game. Components of speed can be broken down into acceleration, maximum speed and agility. Small sided games stress agility: therefore, sprint training will concentrate on developing basic linear speed, using maximum sprints and overload, or over-speed training. [5]
Hence, the main reason of this research was to identify the sprint performance in soccer among soccer players after performing eight week training programme. Planning Soccer training programme for soccer players should be divided in to three stages: Transition, Preparation and In Season. Each of these has Specific goals and requires different levels of training variation. [3].

2. METHODS
2.1 SUBJECTS
Twenty U-20 male soccer players from Bimbo Soccer Club, Nagercoil playing 2nd division League took part in this programme, they were informed at the being of the programme about the benefits and the encouragements in their participation. The players were matched in to two groups: Training group and Control Group. The study protocol taken place in SMRV Higher Secondary School Soccer Ground, Nagercoil under the guidance of the three Soccer Experts.

2.2 STUDY DESIGN
In this research two groups namely Experiment and Control Group were divided equally consist of 10 players each. The duration of this study last up to eight weeks both morning and evening except Sunday. (Rest Day)
All Players were performed Speed Test 50 Mtrs dash Standardized Test before and after the stipulated training programme. Players were familiar with the test and even though they were familiar they performed under the supervision of the Soccer Experts.

2.3 TRAINING PROGRAMME OF EIGHT WEEKS

Outline of Training Programme over an Eight Weeks Period

<table>
<thead>
<tr>
<th>I, II and III Week</th>
<th>IV, V &amp; VI Week</th>
<th>VII &amp; VIII Week</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Warming Up</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Endurance</td>
<td>Specific Endurance</td>
<td>Specific Endurance</td>
</tr>
<tr>
<td>7 v 7 to 10 v 10</td>
<td>3 v 3 to 6 v 6</td>
<td>1 v 1 &amp; 2 v 2</td>
</tr>
<tr>
<td>Sprint 40 %</td>
<td>Sprint 30 %</td>
<td>Sprint 10 %</td>
</tr>
<tr>
<td>Intensity</td>
<td>Intensity</td>
<td>Intensity</td>
</tr>
<tr>
<td>(25 Mtrs, 50 Mtrs)</td>
<td>(50 Mtrs &amp; 75)</td>
<td>(75 Mtrs, 100)</td>
</tr>
</tbody>
</table>

Dr. A. Manoj Kumar, Head, Department of Physical Education, AMET University, Chennai
Dr. S. Thirumalai Kumar, Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai
Dr. S. Manikandan, Professor & Head i/c, Department of Physical Education, Tamil Nadu Physical Education and Sports University, AMET University, Chennai
Dr. S. Sivamani, Assistant Director, Department of Physical Education, AMET University, Chennai

Index Terms: Intensity, Soccer, Soccer Club, Speed, Sprint, Statistical treatment, Training Protocol.
The Prescribed Training programme in Table:1 was followed by all the players in Experimental Group. After the training programme was concluded the Speed was conducted and taken for Statistical analysis.

### 3. STATISTICAL TREATMENT

To analysis the obtained score SPSS.17.0 IBM Software was used. The mean score of Sprint Performance was given in Table- 2

<table>
<thead>
<tr>
<th></th>
<th>Groups</th>
<th>Mean Score</th>
<th>SD</th>
<th>S. Error</th>
<th>'t' Value</th>
<th>'P' Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint Performance</td>
<td>Experimental Group</td>
<td>6.71</td>
<td>0.93</td>
<td>0.52</td>
<td>10.22</td>
<td>0.00</td>
</tr>
<tr>
<td></td>
<td>Control Group</td>
<td>7.13</td>
<td>1.22</td>
<td>0.73</td>
<td>5</td>
<td>0</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level.

It was marked from the Table 2 that the calculated ‘t’ value 10.22 is higher than the table value 2.48 at 0.05 level of significance. Further the Sprint Performance scores in Experimental Group (6.71) was much better that the Control Group (7.13).

### Sprint Performance

<table>
<thead>
<tr>
<th></th>
<th>Control Group</th>
<th>Experimental Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Scores on Sprint Performance</td>
<td>6.71</td>
<td>7.13</td>
</tr>
</tbody>
</table>

### 4. DISCUSSION

This study investigated the sprint performance of soccer players by training eight weeks soccer training programme. Due to the Eight Weeks Soccer Training Programme the sprint performance in soccer players significantly improved compare to control group.

### 5. CONCLUSION AND RECOMMENDATION

It was concluded that due to the eight weeks training programme the sprinting performance in soccer players got outshined compare to control group. This training programme involves numerous soccer drills and Speed related training with different intensity. This helps the soccer players to develop large number in sprinting performance with and without ball. Coaches and Managers in Soccer field maximize the Sprint performance often in their particular training programme to enhance and to motivate the players performance in Competition period. Further it was recommended that this kind of soccer training programme helped the players as well as the Managers.

### REFERENCE: