IMPACT OF SAQ TRAINING ON SELECTED BIO MOTOR VARIABLES OF FOOTBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the impact of SAQ training on selected bio motor variables of football players, (forty N=40) football players from different colleges in Kannur district who represented their intercollegiate championship were selected randomly as subjects. The age of the subjects ranged from 18-22 years. The selected subjects was randomly divided into two groups as one experimental group and one control group. Experimental group underwent to SAQ training for twelve week of three day per week. Control group who were not engaged in any specific activities other than daily routine. The selected criterion variables such as explosive power and agility were assessed by using the standardized test. The random group experimental design was used for this study. The pre and post test data was collected prior and immediately after the twelve weeks training period. The data was statistically analyzed with dependent't t test and analysis of co variance 9ANCOVA). In all the cases 0.05 levels will be fixed as level of confidence to test the hypotheses. The result of the study was significant improvement on explosive power and agility due to SAQ training among football players and there was significant difference between SAQ training group and control group on selected bio motor variables of football players

Key Words: *SAQ training, Bio motor Variables*

1. INTRODUCTION

Sports have a very important role in modern society. It is important for an individual, a group, a nation and indeed the world. Sports performance is the result and expression of the total personality of a sports man. The development of a sports man enabling him to achieve high level of performance is usually concerned in four areas namely physical power, social adjustment, psychological development and physiological efficiency **(**Rehold, 2013**).**

Sport training is the total process of preparation of a sportsman, through different means and forms for better performance. The Sports performance is the result and expression of the

total personality of the sportsman. The educational aspect of sports training is unfortunately overlooked by coaches and physical education teacher in India **(Singh, H. 1984).**

SAQ is an acronym for "speed, agility and quickness". Speed, agility and quickness is a system of training that enhances performance levels in all sports. SAQ training is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of players. SAQ training exercises, drills methods leads to improvement in: Acceleration, Speed, reaction time and explosion (SAQ, 2013).

Athletic performance is dominated by combination of strength, speed and endurance which are bio motor abilities. Most sports activities can be classified as having a predominant bio motor ability. The dominant bio motor ability necessary for success in football match is generally considered to be strength, speed and endurance. Every sporting activity has a dominant bio motor ability. Leg strength and power appear to be significantly related to sprint speed, with the strongest and most powerful athletes being able to run the faster (Bompa et al., 2009).

1.1 STATEMENT OF THE PROBLEM

The purpose of the study was to find out the impact of SAQ training on selected bio motor variables of football players.

1.2 OBJECTIVES OF THE STUDY

1. To assess the effect of SAQ training on selected Bio motor variables of football players.
2. To find out the differences between experimental and control group on selected bio motor variables of football players.
3. To compare the experimental and control group on selected bio motor variables of football players.

1.3 HYPOTHESES

1. There would be significant improvement on explosive power of football players due to twelve weeks of SAQ training.
2. There would be significant improvement on agility of football players due to twelve weeks of SAQ training.

2. MATERIALS AND METHODS

To achieve the purpose, forty (N=40) men football players were purposively selected from Kannur district, Kerala, India. The age of these subjects ranged from 18 to 22 years, the selected subjects gave willingness to participate in this study. The selected subjects equally divided into two equal groups, experimental and control group. The criterion variable selected were explosive power and agility. Standing broad jump test was used to measure explosive power and shuttle run test was used to measured agility of football players.

2.1 TRAINING INTERVENTION

The training programme was scheduled for one session per day. During the training period experimental group were underwent SAQ training (Mondays, Wednesdays and Fridays) for a period of twelve weeks. The duration of training programme was 60 minutes which include warming up and warming down.

Table 1: SAQ Training programme Schedule

Weeks	Types of Activity	Repetition	Set	Duration between exercises	Intensity
1-4 Weeks	Ladder Hopscotch drill	2	1	120 sec	60%
	Ladder Spotty Dogs drill	2	1		
	Z-Pattern Cuts Cone drill	2	1		
	5 Dots drill	4	1		
	Marked Cone drill	2	1		
5-8 Weeks	Ladder Hopscotch drill	2	2	60 sec	65%
	Ladder Spotty Dogs drill	2	2		
	Z-Pattern Cuts Cone drill	2	2		
	5 Dots drill	4	2		
	Marked Cone drill	2	2		
9-12 Weeks	Ladder Hopscotch drill	2	3	45 sec	70%
	Ladder Spotty Dogs drill	2	3		
	Z-Pattern Cuts Cone drill	2	3		
	5 Dots drill	4	3		
	Marked Cone drill	2	3		

2.2 STATISTICAL ANALYSIS

Descriptive statistics were derived for all test variables using SPSS (20). Changes in explosive power and agility, and the difference between the groups were assessed by using paired't" test and ANCOVA. The level of confidence was fixed at 0.05 to test the significance.

3. RESULTS AND DISCUSSION

Table 2: Descriptive Statistics and Paired't' Value on Explosive Power and Agility of Experimental Group

VLBS	Test	Mean	SD	Skewnes	Kurtosis	't' value	Sig.
EXPR	Pre test	1.74	0.19	0.92	0.97	2.78*	0.00
	Post test	1.76	0.20	0.97	1.03		
AGTY	Pre test	11.87	0.15	0.07	1.46	3.47*	0.003
	Post test	11.86	0.14	0.08	1.51		

Table 2 shows that descriptive statistics and t value of the experimental group. In the case of explosive power pre and post test scores were 1.74 and 1.76 respectively. The pretest SD value was 0.19 and post test value was 0.20. The pre and post-test means of the agility were 1.87 and 1.86 respectively. The pre and post-test SD values are 0.07 and 0.08 respectively. The "t" value of explosive power and agility of the experimental group was 2.78* and 3.47* respectively, which was greater than the required table value 2.09 with df 19, it was found to be statistically significant at 0.05 level of confidence.

Table 3: Descriptive Statistics and Paired't' Value on Explosive Power and Agility of Control Group

VLBS	Test	Mean	SD	Skewnes	Kurtosis	't' value	Sig.
EXPR	Pre test	1.69	0.16	0.86	0.87	1.45	.442
	Post test	1.70	0.17	0.89	0.92		
AGTY	Pre test	11.85	0.14	0.06	1.45	1.37	.321
	Post test	11.85	0.14	0.05	1.52		

Table 3 shows that descriptive statistics and t value of the control group. In the case of explosive power pre and post test scores were 1.69 and 1.70 respectively. The pretest SD value was 0.16 and post test value was 0.17. The pre and post-test means of the agility were 11.85 and 11.85 respectively. The pre and post-test SD values were 0.14 and 0.14 respectively. The "t" value of explosive power and agility of the experimental group were 1.45 and 1.37 respectively, which was lesser than the required table value 2.09 with df 19, it was found to be no statistically significant at 0.05 level of confidence.

Table 4: Analysis of Covariance on Explosive Power and Agility of Experimental and Control Group

VRLBS	EXP	CG	MD	F ratio	SIG	95%confidence interval for difference	
						Lower bound	Upper bound
EXPR	1.73	1.69	0.04	4.75*	.00	1.68	1.69
AGTY	11.88	11.83	0.05	5.11*	.00	11.82	11.89

As seen from table 4, the obtained "f" ratio on explosive power and agility were 4.75* and 5.11* respectively, which was greater than the required table value of 4.10, it was found to be statistically significant at 0.05 level of confidence.

3.1 DISCUSSION ON FINDINGS

The results of the study indicates that the experimental group namely SAQ training group had significantly improved explosive power and agility when compared to the control group.it is also found that the improvement caused by SAQ training when compared to the control group.

Chandrakumar (2015) find out the effect of ladder drill and SAQ training on speed and agility among sports club badminton players. The results of the study shows that the ladder drill and SAQ training were significantly improved speed and agility among badminton players. Arjunan (2015) conducted effect of SAQ training on selected physical fitness variables among school level soccer players. The results of the study proved that the SAQ training significantly contributed speed, agility and explosive power of school level football players.

It is concluded from the results of the study systematically designed SAQ training may be given in the training programmes of all the disciplines in order to achieve maximum performance. From the result of the present investigation, it is concluded that significant difference exists between experimental and control group in developing selected criterion variables.

3.2 DISCUSSION OF HYPOTHESES

1. There was significant improvement on explosive power of football players due to SAQ training was accepted.

2. There was significant improvement on agility of football players due to SAQ training was accepted

4. CONCLUSIONS

1. There was a significant improvement on explosive power of the football players due to twelve weeks of SAQ training.
2. There was a significant improvement on agility of the football players due to twelve weeks of SAQ training.
3. The control group did not show any significant improvement on Explosive power and agility.

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