

EFFECT OF SAND TRAINING ON SELECTED SKILL PERFORMANCE-RELATED VARIABLES FOOTBALL PLAYERS

¹P. Kumaravelu

¹*Asst. Professor, Department of Physical Education, TamilNadu Physical Education and sports University, Chennai.*

Abstract

It was expected that sand training would have a beneficial effect on specific skill-performance parameters among football players. Twenty-five football players aged between 18 and 24 were selected by random selection from the Chennai district, Tamil Nadu, India, in order to carry out this study. 15 each were assigned to two groups. The G-1 group went through six weeks of sand training, while the G-2 group did nothing but follow their regular routine. The dependent variables were passing and dribbling. Passing is evaluated by the Mor-Christian General Soccer Ability Test, and dribbling is evaluated by the Mor-Christian General Soccer Ability Test. The study used a random group design at pre and post-tests. An 'ANOVA' test was used to find out whether there was a significant change in selected variables from the baseline to the end of the six week training period. Data collected were analysed statistically using the ANOVA test to check for changes in variables from the baseline to the end of the training period. The sand training study showed that football players significantly improved their skill performance-related variables.

Keywords: Sand Training, Passing, Dribbling, Football Players.

INTRODUCTION

The development of science related to sports and the development of new methods for physically and technically preparing the players helped football to be one of the team sports that was positively affected by science and the development of new methods to achieve excellence and sports achievements. In football, training methods play an important role in fostering player development in terms of skills, physical strength, and planning. As a sport, football is distinguished by its high speed, accuracy, and rapid changes in tempo. In order to achieve high achievement, it is necessary to have high-performance requirements for football players, whose abilities require a consistent and arranged training regimen

between those abilities, on the one hand, and physical ability, on the other.

Sand training is defined as running, jogging, walking, and other exercises performed on sand such as beach sand and surfaces that differ from compact ones due to the presence of air gaps: this involves the compression and displacement of the surface under the pressure of the foot during the running stride. When compared to firmer and more traditional team sports, sand surfaces can provide a higher energy cost and lower impact training stimulus. Walking on sand uses more potential and kinetic energy.

Methods

In this investigation, the subjects were taken from the Chengalpattu District, Tamil Nadu, India. 30 men football players are implemented in this study and their age range is between 17 to 23 years. They are divided into two groups namely, gathering –1 as the sand training group and gathering- 2 as the control group. The gathering-1 was treated as an experimental

bunch for 6 weeks. The training protocol was given in the morning section of alternate days of the week for 6 weeks. Before and after the training protocol of 6 weeks the data of subjects was collected for analysis of their performance. The instructor gave the proper warming up before the training program and give all the explanations about the training and clarified the doubts.

Table I Sand Training protocol for 6 weeks

1 st & 3 rd weeks				
Exercises	Reputations	Sets	Rest Between Reputations	Rest Between Sets
Beach running + 2 km	10-12	2	40sec	2 mts
Hopping				
Bounding				
High knee				
Forward Lunge				
Zigzag runs				
Front Squat				
4 th & 6 th weeks				
Exercises	Reputations	Sets	Rest Between Reputations	Rest Between Sets
Beach running + 2 km	8-10	3	30sec	2 mts
Hopping				
Bounding				
High knee				
Forward Lunge				
Zigzag runs				
Front Squat				

Tests and statistical data analysis

Information was dissected utilizing the SPSS Statistics (SPSS Statistics for Windows: IBM Corporation, adaptation 26.0). Pre and post proportions of passing estimated utilizing (Mor- Christian General Soccer Ability Test) and dribbling estimated utilizing (Mor- Christian General Soccer Ability Test) were thought about utilizing Analysis of variance.

Results and discussions

Table II ANOVA of passing and dribbling on experimental and control group

Passing						
Tests	Sand training	Control group	S.O.S	D.F	MS	F-Ratio
Pre-Test	6.51	6.42	0.063	1	0.063	1.19
			1.49	28	0.053	
Post-Test	7.39	6.39	7.56	1	7.56	94.26*
			2.24	28	0.080	
Dribbling						
Tests	Sand training	Control group	S.O.S	D.F	MS	F-Ratio
Pre-Test	24.34	24.26	0.049	1	0.049	0.63
			2.14	28	0.077	
Post-Test	23.21	24.46	11.79	1	11.79	28.43*
			11.61	28	0.41	

*Significant at 0.05 level table value 4.17 df 1.28

The obtained pre-test averages for passing in the Sand training group were 6.51 and 6.42, respectively, as shown in Table II. The desired table F-value was 4.17, while the achieved pre-test F-value was 1.19. The passing on Sand training group had a pre-test mean of 24.34, whereas the control group had a mean of 24.26. The desired table F-value was 4.17, while the achieved pre-test F-value was 0.63. This demonstrated that there was no significant difference in the subjects' first scores.

The Sand training group's post-test dribbling mean was 7.39, whereas the control group's was 6.39. The achieved post-test F-value was 94.26*, whereas the needed table F-value was 4.17, and the post-test means of dribbling in the Sand training group were 23.21 and 24.46, respectively. The resulting post-test F-value of 28.43* was higher than the necessary value of 4.17, indicating that substantial differences existed between the groups.

Conclusion

In the light of the research the conclusion was written and the results show that the six weeks of sand training protocol will improve the better performance variables of the football players.

Reference

- [1] Impellizzeri, Franco M., et al. "Effect of plyometric training on sand versus grass on muscle soreness and jumping and sprinting ability in soccer players." *British journal of sports medicine* 42.1 (2008): 42-46.
- [2] Binnie, Martyn John, et al. "Sand training: a review of current research and practical applications." *Journal of sports sciences* 32.1 (2014): 8-15.
- [3] Brown, Henry, et al. "Sand training: Exercise-induced muscle damage and inflammatory responses to matched-

- intensity exercise." *European journal of sport science* 17.6 (2017): 741-747.
- [4] Binnie, Martyn John, et al. "Effect of sand versus grass training surfaces during an 8-week pre-season conditioning programme in team sport athletes." *Journal of sports sciences* 32.11 (2014): 1001-1012.
 - [5] Rao, B. Ch Sangeetha. "effect of sand training and springboard training on stride length and muscular endurance of football players." *Editorial Board: 55. Sucharitha: A Journal of Philosophy & Religion* 2013: 55-72
 - [6] Sholikhin, Mohammad Firman, Mahmud Yunus, and Ahmad Abdullah. "circuit training in sand media has a significantly more influence on increasing agility compared to circuit training in hard media (case study in football players at the regular group u-16 arema fc academy)." *Jurnal Sport Science* 10.1 (2020): 85-95.
 - [7] aziz Faraj, Ahmed Abdul, and Firas Mutasher Abdul Reda. "the effect of sand-specific exercises in developing some physical and skill capabilities of young football players between the ages of 17-19 years." *International Journal of Research in Social Sciences and Humanities*, 2020:395-405
 - [8] Singh, Amrinder, Gaur Sakshi, and Sandhu Jaspal Singh. "Effect of plyometric training on sand versus grass on muscle soreness and selected sport-specific performance variables in hockey players." *Journal of Human Sport and Exercise* 9.1 (2014): 59-67.
 - [9] Gaudino, Paolo, et al. "Biomechanics and predicted energetics of sprinting on sand: hints for soccer training." *Journal of Science and Medicine in Sport* 16.3 (2013): 271-275.
 - [10] Mahdi, D. Amim Salman. "The sandy field and its effect on improving some physical and skillful abilities of female university high school football players." *journal of the college of basic education* 26.109/ علمي (2020).
 - [11] Manoranjith, R., T. Arun PrasannaPDF Scholar, and S. Nagarajan. "Collusion of Different Ground Surface of Plyometric with Aerobic Training on Selected Agility and Explosive Power among School Boys Volleyball Players." *International journal of advance science and technology* (2019).
 - [12] Jayasingh Albert Chandrasekar, S., et al. "Effect of Yogic practice on Resting Pulse Rate among College Men Long Distance Runners." *Indian Journal of Public Health Research & Development* 11.6 (2020).
 - [13] Pounraj, Dr, and R. Jaskar. "Mano Ranjith, Dr. T. Arun Prasanna, Dr. M. Sundar, CM Jerin, Consequence Of Jump Rope Training And Kettle Bell Training On Selected Agility And Muscular Strength Of College Men Badminton Players." *Journal-Xidian University* 14: 664-669.
 - [14] Varalakshmy, Dr S., et al. "Mano Ranjith, Dr. R. Senthil kumaran, Collision of Ballistic and Plyometric Training on Selected Explosive Power and Vital Capacity of College Men Volleyball Players." *Journal-High Technology Letters* 26: 593-601.
 - [15] Prasanna, T. Arun. "Persuade of mobility exercise and circuit resistance training on selected speed endurance and explosive power among college men students." *Strad Research*, 7(8), 2020
 - [16] Ranjith, R. Mano, Dr T. Arun Prasanna, and Dr M. Sundar. "Pounraj, Dr. S. Nagarajan, Coalesce Cause of Plyometric and Tabata Training on Explosive Power And Endurance Among Men Volleyball Players." *Journal-Proteus Journal* 11: 130-139.
 - [17] Deeva, E., Et Al. "Effect of Varied Intensities and Frequencies of Aerobic Exercises on Selected Motor Ability and Physiological Variables among Inter-School Handball Players." *Aegaeum Journal*, 8, (3) 2020
 - [18] Manoranjith, R, S. Nagarajan Impact of Plyometric and Tabata Training on Speed Endurance and Vital Capacity among Men Volleyball Players, *Turkish Journal of Physiotherapy and Rehabilitation*. 32(3) 2021
 - [19] Uma Devi, Arun Prasanna, Mano Ranjith Consequence of Various Yogic Practices with Sattvic Diet on Selected Vital Capacity and Hemoglobin Among Underweight School Boys, *Europe's Journal of Psychology*, 17(3), 16-20, 2021