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## ROLE OF SEQUENTIAL PROGRESSIVE TRAINING IN ENHANCING FOOTBALL PLAYERS' PERFORMANCE

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### ABSTRACT

**Purpose:** *The present study aimed to examine the Role of Sequential Progressive Training in Enhancing Football Players' Performance.*

**Methodology:** *In order to accomplish the objectives of the study thirty subjects (N=30) were randomly selected as participants from Koviloor Andavar College of Physical Education and Sports Sciences, Koviloor, Karaikudi. The age of the subjects ranged between 17 to 25 years. From among the thirty subjects, two equal groups comprising of fifteen (n=15) subjects each were constituted, namely Experimental Group & Control Group. Subjects in the control group would not receive any type of training other than their regular activities. The experimental group was subjected to sequential progressive training regime for four alternate days every week for a duration of twelve weeks. Data obtained from both the groups before and after the period of training was statistically analyzed for significance using dependent 't' test. The level of significance was fixed at 0.05.*

**Result:** *It can be said that the results show that there is a significant improvement in the experimental group due to twelve weeks of training. Also, there were highly significant differences between the experimental and control groups.*

**Conclusion:** *The conclusion is that sequential progressive training leads to optimum levels of skill performance variables over twelve weeks of training.*

**KEYWORDS:** *Skill performance, sequential progressive training.*

## INTRODUCTION

**Football:** Sport played by two teams consisting of eleven players each who try to score a goal for their respective sides while using all parts of their body excluding their hands and arms to control and direct the ball towards the goalpost of the opponent side. However, the only player allowed to touch the ball is the goalkeeper, who can only do so inside the penalty box where the goal post stands. The team scoring more goals wins the game.

**Sequential Progressive:** Training Plan in Football is a systematic and progressive training plan that builds the technical, tactical, physical, and cognitive abilities of the football player progressively through activities of increasing difficulty.

## METHODOLOGY

In order to accomplish the objective of the experiment, thirty (N=30) college football players were selected as subjects from Koviloor Andavar College of Physical Education and Sports Sciences, Koviloor, Karaikudi. The ages of the selected subjects varied from 17 to 25 years. The selected thirty subjects were equally divided into two groups, with fifteen (n-15) players in each group. Experimental group undertook sequential progressive training whereas control group had no particular training, but only normal routine exercises. The experimental group performed sequential progressive training on an alternate four days basis for a duration of twelve weeks. The data obtained by both the groups before and after the training period was compared for statistical significance through 'dependent' 't' test at 0.05 significance level.

**Criterion Measures:** The variable of skill performance, which was selected for evaluating the criterion measures for this study testing.

**Table-I Criterion Measures.**

S. NO	CRITERION VARIABLES	TEST ITEMS	UNIT OF MEASUREMENTS
<b>SKILL PERFORMANCE VARIABLES</b>			
1.	Passing	Mor Christian Soccer Test	In points
2.	Shooting	Mor Christian Soccer Test	In points
3.	Dribbling	Mor Christian Soccer Test	In Seconds
4.	Overall playing ability	Subjective rating	In point

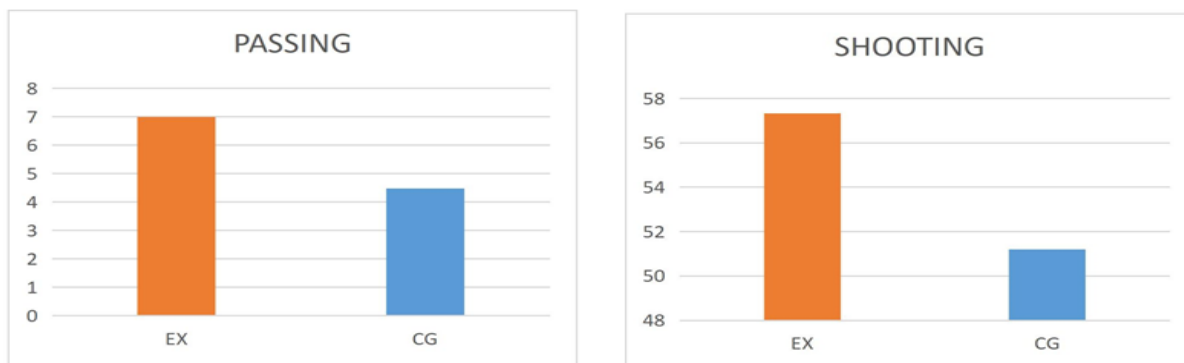
**RESULT:****Table –Ii ‘T’- Ratio For Football Players On Passing, Shooting, Dribbling And Overall Playing Ability.**

Variable	Groups	Pre mean	Post mean	M. D	SEM	t
Passing	Experimental group	4.80	7.00	2.20	0.43	<b>5.14*</b>
	Control group	4.73	4.47	0.27	0.27	1.00
Shooting	Experimental group	53.33	57.33	4.00	0.83	<b>4.80*</b>
	Control group	52.27	51.20	1.06	0.87	1.23
Dribbling	Experimental group	14.18	13.79	0.39	0.07	<b>5.21*</b>
	Control groups	14.22	14.30	0.08	0.06	1.26
Overall playing ability	Experimental group	4.80	6.26	1.47	0.31	<b>4.79*</b>
	Control groups	4.73	4.33	0.40	0.25	1.57

(Significance at 0.05 level of confidence for df of 1 and 28, is 2.14)

The mean standard deviation and t-value were calculated for each outcome measure as follows Table-II. The results indicate that the mean value of the Pre and Post-test of the Experimental group (tactical awareness skill with small-sided game) on passing skills (4.80 & 7.00), shooting skills (53.33 & 57.33), dribbling skills (14.18 & 13.79) and overall playing ability (4.80 & 6.26). Similarly, the Control group on passing skills (4.73 & 4.47), shooting skills (52.27 & 51.20), dribbling skills (14.22 & 14.30) and overall playing ability (4.73 & 4.33). The obtained t-value for the Experimental group on passing skills (**5.14\***), shooting skills (**4.80\***), dribbling skills (**5.21\***) and overall playing ability (**4.79\***) and for the control group on passing skills (1.00), shooting skills (1.23), dribbling skills (1.26) and overall playing ability (1.57). The table value to test for a significant difference between the experimental group and control group with 14 and 1 degrees of freedom at 0.05 level of confidence was 2.14.

As the calculated ‘t’ test score for the Experimental group exceeded the tabulated score (2.14), it is quite evident that the Passing, Shooting, Dribbling, and Total playing abilities of football players have been significantly enhanced due to the successive progressive influence on performance parameters.



**Figure-I Bar Diagram Shows The Mean Values Of Passing And Shooting Among Football Players.**



**Figure-ii Bar diagram shows the mean values of dribbling and overall playing ability among football players.**

### FINDINGS

The results found on Role of Sequential Progressive Training in Enhancing Football Players' Performance include:

1. In sequential progressive training, the difference in the means found between pre-test and post-test results for Passing, Shooting, Dribbling, and Overall playing ability were statistically significant.
2. In the control group, the difference in the means found between pre-test and post-test results for Passing, Shooting, Dribbling, and Overall playing ability were not statistically significant.

### DISCUSSION ON FINDINGS

In addition, the study shows that sequential progressive training for a period of twelve weeks was effective in improving the performance of skill-based parameters such as Passing, Shooting, Dribbling, and overall skills. The study also shows that the level of improvements made through sequential progressive training was significantly better for the experimental

group than the control group. Therefore, the findings agree with other studies showing the positive effects of sequential progressive training on the performance of football players. In terms of passing, it shows an improvement.

**Nikolaienko & Vorobiov (2023) and García-Ceberino et al. (2020)** note that technical training involving specific tasks helps enhance the mechanical and perceptual components of passing. In addition, the pressure context involved in SSGs improves the execution and decision making in the process. For shooting, the success of improvements can be attributed to technical skills training and its implementation in pressure-filled situations such as those created in SSGs.

**Karpa et al. (2021)** note the significance of integrated shooting training to develop shooting skills such as accuracy and power. Similarly, **Aguiar et al. (2013)** reveal that SSGs improve shooting efficiency because of the pressure context involved.

Skills relating to dribbling were enhanced by both individual practice of techniques and application during games through SSGs. According to **Slaidiņš and Fernāte (2021)**, dribbling exercises improve motor coordination and ball control skills. Similarly, **Aguiar et al. (2013)** discovered that SSGs increase dribbling abilities when players are under pressure regarding time and space.

Playing skills involving the performance of combined skill executions, tactical knowledge, and physical capabilities revealed maximum holistic improvements. According to **Clemente, Afonso, and Sarmiento (2021)**, integrated training that involves SSGs along with other tactics and skills will result in holistic development. Tactically, skills such as proper positioning and effective decision-making will be increased (**Memmert, 2010; Rico-González et al., 2022**).

## CONCLUSIONS

In conclusion, it was found that the twelve-week regimen of successive progressive training improves skills such as passing, shooting, dribbling, and overall performance skills. It should be noted that these changes were more pronounced for the experimental group than for the control group, thus emphasizing the effectiveness of this method of training.

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