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EFFECT OF GAME SPECIFIC FIELD TRAINING WITH MENTAL PRACTICE STRATEGY ON SELECTED PHYSIOLOGICAL PSYCHOLOGICAL AND SKILL PERFORMANCE VARIABLES OF SCHOOL LEVEL FOOTBALL PLAYERS

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ABSTRACT

In order to evaluate the real facts the detective made a challenge to examine the impact of six weeks game specific field training with mental practice strategy of physiological, psychological and skill performance variables of football players. Their aged of the subject ranged from 14 to 17 years selected from Ragavendra Vidyalaya Matriculation School, Coimbatore. Selected subjects was randomly assigned to two equal groups (n=20), group I underwent game specific field training with mental practice (GSMP) and group II acted as control group (CG). The game specific field training with mental practice was given to the experimental group for 3days per week for the period of 8 weeks. The control group did not practice in any training except their routine work. The following variables were measured with standard test items: Vo2 max, self confidence and kicking. Pre and post test was conducted on separate days with warm up. The vo2 max measured by cooper vo2 max test in ml/kg, self-confidence was measured by questionnaire in points and kicking was measured by warner soccer skill test in meters. To find out the individual effect 't' test was applied at 0.05level of significant. Further, the findings confirmed the game specific field training with mental practice is suitable protocol to bring out the desirable changes over the vital capacity and resting heart rate of school boys.

KEY WORD: *Vo2 max, Self-Confidence, Kicking, Game Specific Field Training with Mental Practice, School Football Players.*

INTRODUCTION

Football requires peak physical conditioning of its player to be played at the highest level. The only way to achieve this level of conditioning training, specifically football and the amount of running done in a match. Also, the better conditioned a player is the more likely perform with the same amount of skill necessary when passing, dribbling, kicking and shooting at the end of the game as the beginning. At any level above a school level, football limits the amount of substitutions a team can make. This game dramatically demands the manifestation of the physical factor determined by the content of the effort. Increasing the driving density in every unit of time is explained by a high number of gaming actions. A player of the world's elite football teams performs in 1-2 minutes or even 3, speeds, a jump, an air duel or an individual technical action. In general, all the minutes of the game are active, and even if some effort can stagnate, it is done with the intent of amplifying it in the next stages.

Game Specific Skill Training

Football, in its global evolution, has in its current stage, as a standard feature in all high-performance teams, the increasing effort throughout the game to win. The game has become perfectly balanced, with very offensive, very collective, with a full rhythm, with complete athletic training with total physical commitment. This game dramatically demands the manifestation of the physical factor determined by the content of the effort. Increasing the driving density in every unit of time is explained by a high number of gaming actions. A player of the world's elite football teams performs in 1-2 minutes or even 3, speeds, a jump, an air duel or an individual technical action. In general, all the minutes of the game are active, and even if some effort can stagnate, it is done with the intent of amplifying it in the next stages. As for the motoring qualities, there is a predominance of velocity manifested in its forms of movement, execution, reaction; as well as the placement, movement, and handling of the ball. Speed is correlated with other driving qualities and is carried out in a resistance and force regime with

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the decisive role of skill in achieving technical-tactical combinations. Effort increment is represented primarily by the large number of official or preparatory meetings, their peculiarities, and stake. Physical demands made in the running at a total distance of 6-9 km from the majority of players in 80-140 speed actions maximum on a distance ranging from 700 - 2500 - 3000 m, in 40-80 direct physical contact with opponents, 80-120 jumping and other physical actions - turns, changes in direction, falls, jumping. In this paper, the issue of developing motor skills with the help of the specific means of football was pursued. The paper aims to bring the experts a methodical material, with scientific and systematized content, which is the basis of the training process, especially during the precompetitive and competitive period.

Mental Practice Strategy

The psychological factors involved in athletic performance have long been of interest to athletes, coaches, sport psychologists and sports scientists. Empirical studies have largely focused on individual psychological factors and their influence on performance which includes confidence, motivation, attention, visualization, and psychosomatic skills **(Gucciardi, Gordon, & Dimmock, 2009).** Similarly, some studies indicated that the use of mental skills such as goal setting, imagery, relaxation, and self-talk are important areas in the field of sport psychology (**Vealey, 2007; Williams & Harris, 2001).** They also asserted that goal setting as attaining a specific standard of proficiency on a task, usually within a specified time limit can increase performance during competition. Speed, skill, and specific strength are the most critical driving qualities in the football game. Their specific means of development, as well as technical and tactical training, require dosing and management of training appropriate to age and competitive level. Moreover, imagery as using all the senses to re-create or create an experience in the mind helps athletes to perform better and increase self-confidence **(Rattanakoses** ***et al.*****, 2009)**

TABLE-I

Characteristics of training groups (N=20) at pre training mean

Variable	GSFT
Age (Y)	14-17
Height (cm)	150.30
Weight (kg)	51

METHODOLOGY

The impression of the study was to find out the game specific skill training on physiological, psychological and skill performance variables among school level football players. Five Physical active and interested school level football players were randomly selected as subjects and their age ranged between 14 and 17 years. Single group design was used. Game specific skill training pilot study group (n =20) would be undergone for a period of four weeks.

CRITERION MEASURES

The subjects of forwarders specific skill training pilot study would be assessed on the selected variables by the standardized test items before and after the training period of four weeks.

TABLE - II

S.No	Criterion Variables	Test items	Unit of measurements
1.	Vo_2 max	Coopers Vo_2 Max Test	MI/kg/min
2.	Self- confidence	Questionnaires	In Points
3.	Kicking	McDonald Soccer Skill Test	In Counts

TRAINING PROGRAMME

The forwarders specific skill training group underwent the experimental treatment for 4 weeks, 5 days and a session on each day with 60min duration. The training programme was lasted for 60 minutes for a session in a day, 5 days in a week for a period of 4 weeks duration. These 60 minutes included position wise specific skill training for 40 to 50 minutes and 5 minutes warm-up, and 5 minutes warm down. Four 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.

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TABLE – III
TRAINING SCHEDULE FOR GAME SPECIFIC FIELD TRAINING

I to IV Week	
Game Specific Field Training Corner sprint drills 4x10m Dribble and pass 20x10 Circle dribbling-10m Chase a friend Agility sprinting Change of direction sprints- 20m Passing through gates- 30m Chase a friend	
Repetition	5-6
Sets	4
Rest in Between sets	60 Seconds
Rest in between Exercises	30 Seconds
Total	50 Minutes

V to VIII Week	
Game Specific Field Training Dribble through pirates Sprinting and shooting- 30m Zig zag dribbling – 30m Square pass- 15m Diagonal pass- 15m Triangle pass – 10m Pass, turn, sprint, and pass in straight line-60 m Two men pass- forward & backward- 60m Small Side 4v4 side game- 12miniutes	
Repetition	5-6
Sets	4
Rest in Between sets	60 Seconds
Rest in between Exercises	30 Seconds
Total	50 Minutes

Training Schedule for Mental Strategy

I to VIII Week	
Mental Strategy OM Shanti Pranayama Trataka (EYE Exercises) Yogic Practices	
Total	10 Minutes

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STATISTICAL ANALYSIS

The means and standard deviations of forwarders specific skill training groups were calculated for physical, functional and performance variables 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 - I
COMPUTATION OF 'T' RATIO ON VO_2 MAX ON EXPERIMENTAL GROUP AND CONTROL GROUP
(Scores in Numbers)

GROUPS	PRE TEST	POST TEST	NUMBERS	SD	"T" RATIO
Experimental Group	42.38	45.64	20	1.45	15.43
Control group	42.44	42.32	20	0.89	0.96

*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 variable are vo2 max of experimental group. The obtained't' ratio on vo2 max were 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 variable for vo2 max of control group. The obtained't' ratio on vo2 max were 0.96 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 lesser than the table value it was found to be statistically not significant.

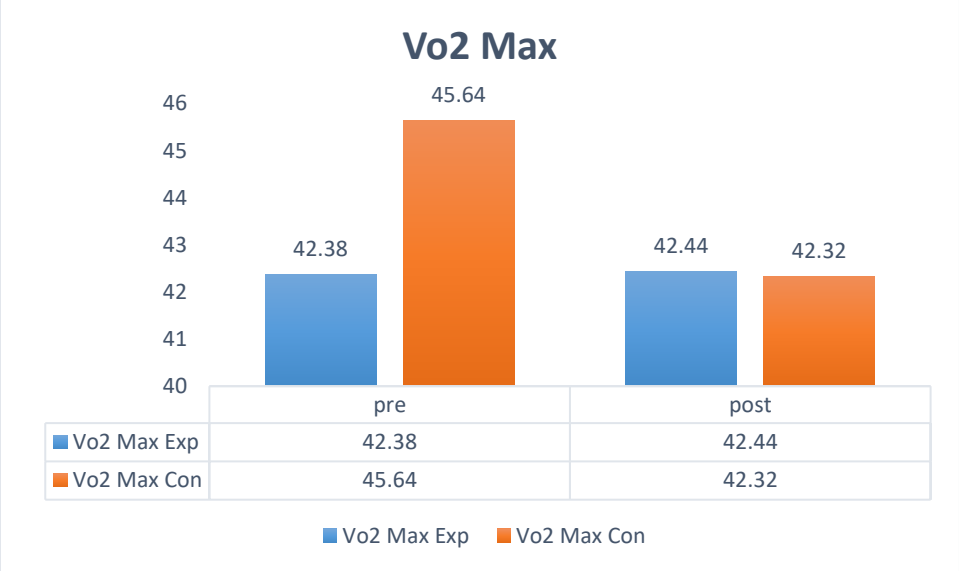

FIGURE – I
BAR DIAGRAM SHOWING THE MEAN VALUE ON VO_2 MAX OF SOCCER PLAYERS ON EXPERIMENTAL AND CONTROL GROUP

TABLE - II
COMPUTATION OF 'T' RATIO ON SELF CONFIDENCE ON EXPERIMENTAL GROUP AND CONTROL GROUP
(Scores in Numbers)

GROUPS	PRE TEST	POST TEST	NUMBERS	SD	"T" RATIO
Experimental Group	27.26	30.18	20	0.89	13.74*
Control group	27.13	27.20	20	0.64	1.36

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

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Table I reveals the computation of mean, standard deviation and 't' ratio on selected variable for self confidence of experimental group. The obtained't' ratio on self confidence were 13.74 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 variable for self confidence of control group. The obtained 't' ratio on self confidence were 1.36 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 lesser than the table value it was found to be statistically not significant.

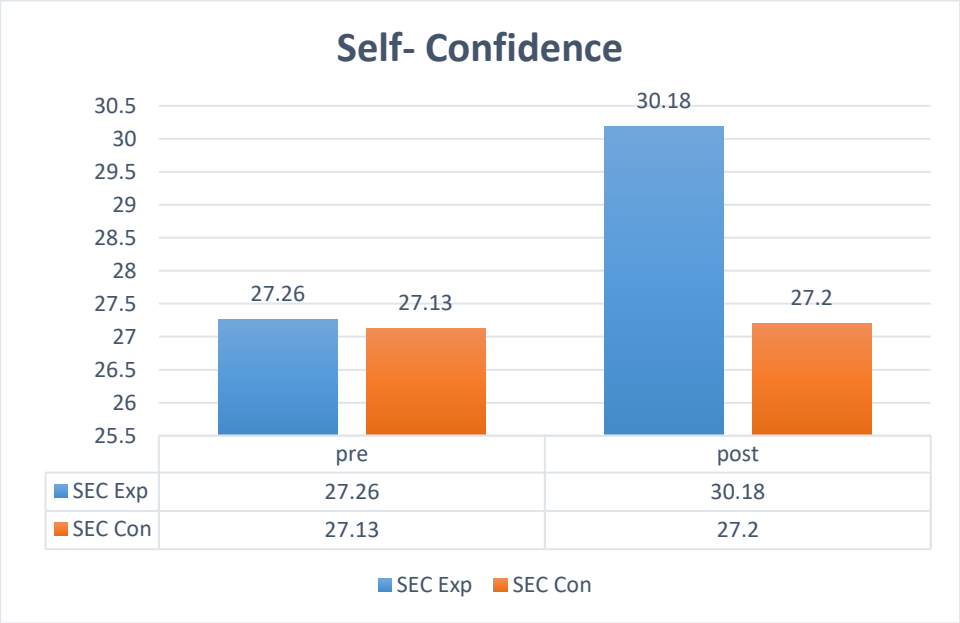

FIGURE- II
BAR DIAGRAM SHOWING THE MEAN VALUE ON SELF CONFIDENCE OF SOCCER PLAYERS ON EXPERIMENTAL AND CONTROL GROUP

TABLE - II
COMPUTATION OF 'T' RATIO ON KICKING ON EXPERIMENTAL GROUP AND CONTROL GROUP
(Scores in Numbers)

GROUPS	PRE TEST	POST TEST	NUMBERS	SD	"T" RATIO
Experimental Group	41.05	45.35	20	1.99	14.79*
Control group	41.45	41.85	20	1.61	1.93

*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 variable for kicking of experimental group. The obtained't' ratio on kicking were 14.79 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 variable for kicking of control group. The obtained 't' ratio on kicking were 1.93 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 lesser than the table value it was found to be statistically not significant.

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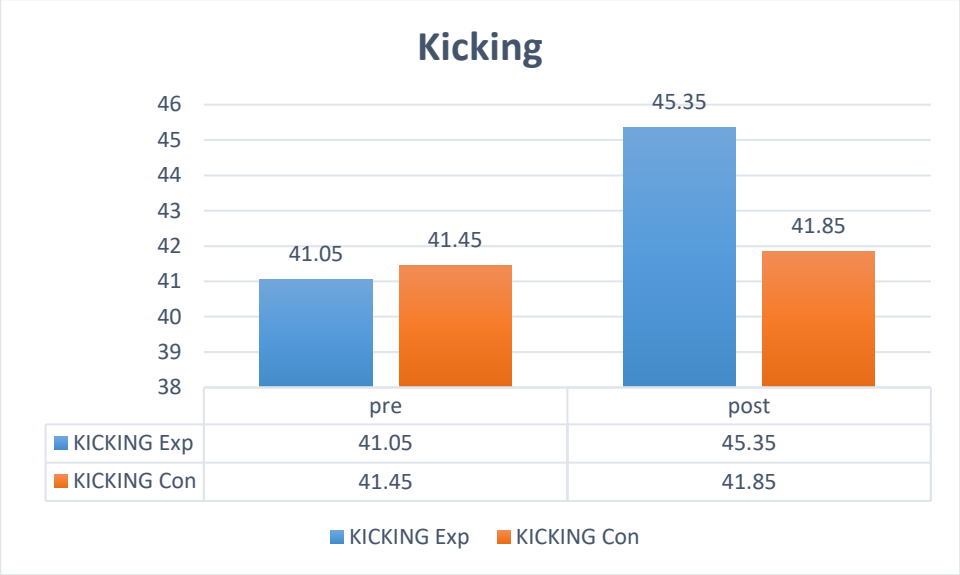

FIGURE- III
BAR DIAGRAM SHOWING THE MEAN VALUE ON KICKING OF SOCCER PLAYERS ON EXPERIMENTAL AND CONTROL GROUP

DISCUSSION ON FINDINGS

The present-day study considered the influence of eight weeks of game specific field training on selected physiological, psychological and skill performance variables of footballers. The results of this study designated that game specific field training is more efficient to bring out desirable changes over the physiological, psychological and skill performance variables of the footballers. Investigators have extended their interest to consider the Vo2 max, self- confidence and kicking commencement from the way a footballers approaches the game specific field training.

Venbilsen *et al.,* **(2023)** results showed that the use of a specific strategy made the STG participants respond faster to the trained contrast level task, but not on the contour exercises task. Furthermore, both STG and NSTG showed pre- and post-transfers, however no significant differences were found when comparing the groups, for both behaviour and ERP responses. In conclusion, we believe these preliminary results provide evidence for the importance of strategy choice in cognitive training protocols.

Griva *et al.,* **(2017)** results indicated no statistically significant effects for the mental skills training on any of the domains of competitive anxiety, apart from statistically significant group and time main effects for somatic anxiety intensity.

Araslan *et al.,* **(2021)** inclusion of core strength training to a SSG periodization is greatly effective to improve speed and strength-based conditioning in young soccer players.

Asrul *et al.,* **(2021)** significant difference in the effect of the small sided games training method with the drill on improving soccer passing accuracy. There is a significant difference in the effect of the small sided games training method and the drill training method on increasing VO2Max.

Hammami *et al.,* **(2018)** represent an effective strategy of multicomponent training that can induce greater positive effects on specific skills tasks when compared with interval or agility training and moderate to large improvements in team sport-related physical fitness.

The twelve weeks training of game specific field training with mental strategy have been significantly improved Vo 2 max, self-confidence and kicking ability of football players.

CONCLUSIONS

Based on the findings and within the limitation of the study it is noticed that practice of game specific field training helped to improve physiological, psychological and skill performance variables of football players at school level. It was also seen that there is progressive improvement in the selected criterion variables of game specific field training group of football players after eight weeks of training programme.

From the results of the present study, it is very clear that school level football players significantly difference in game specific field training of vo2max, self-confidence and kicking.

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