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EFFECT OF KICKING DRIBBLING JUGGLING AND THROWING ACCURACY IN SOCCER PLAYER WHO IS PLAYING FOOTBALL IN NAGPUR FOOTBALL CLUB

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ABSTRACT

Now a days sports had become a part of a day to day life in this modern world in which we are living sports become the need of all. To keep themselves fit and healthy. There are many sports which are played all over the world. But the most popular sport which is played all over the world is soccer. In India, most of the states play football and have their own clubs. The Indian national football team represents India in international football and is controlled by the All India Football Federation. Soccer games are played in the Indian Army since at least 1949. India is home to some of the oldest football clubs in the world. In Nagpur, there are many clubs which play football and it is run by private bodies. Every club has its own coaches and players, and all these clubs are affiliated with the NDFA that is Nagpur District Football Association. Football is the game which requires a high level of physical fitness and perfection in skill. So that he can give the best of himself to the game to do this, all that is required is to develop all the skills and practice. To do this, a suitable training and practice is needed for it. 22 male soccer players from two football clubs in Nagpur were selected as subjects. All the subjects were equally distributed in equal numbers into Rao football club and Star football club. A training programme of kicking, dribbling, juggling, and throwing for a period of 4 weeks was administered at Rao football club. The data were collected by administering health and Rodgers test before and after the training programme. t-test and ANOVA statistical techniques were applied. The findings show a significant improvement in the performance of the Rao football club.

KEYWORDS: football, sports, physical fitness, body, emotion

INTRODUCTION

The most popular game in the world is soccer. As we all know, it is played all over the world. In India, it is the most popular game after cricket. This game needs stamina and physical fitness. It is not an individual game; it is a team game. One cannot win a match without team work. The whole team has to work in a team to perform their best of the best.

This game is full of skill. A player has to have a mastery in these skills like kicking, dribbling, juggling, and throwing the ball. This is all skill, and it is the combination of each other. A player has to perform this skill during the match. A soccer player should have stamina, excellent neuro-muscular coordination, and the ability to make adjustments according to the time.

Emotion play a vital role in this game one have to be very strong with there emotion while playing the game because if one losses his emotion during the match the effects will be negative or his team have to suffer for it From last decode of year Nagpur football have reach its height and day by day increasing the level of football also many player from Nagpur have being playing all over the india and some of them are playing for government club like railways, police clubs, WCL club etc some have also being selected in Indian team also

In the present soccer a player must know the basic skill like kicking, dribbling juggling throwing the ball and he should be perfect in all It is very essential to know how to kick the ball every soccer player should know how to kick the ball it is a basic skill in football it start from the first day when the person start playing football and it goes on with the practice it because a perfect and accurate and it goes on it we stop playing soccer With the training all the skill weather it is a kicking dribbling juggling throwing it all became perfect with the technique we use to do it Juggling is also one of the skill which we use during the match it all come with the practice it is a controlling ability of the player by keeping the ball

in air controlling it with all parts of the body except hand

METHODOLOGY

We have selected the subject randomly by taking 22 male soccer player of football club in Nagpur We have also seen that all the player were distributed equal in number for this we have made two groups Rao football club and Star football club The Rao football club had undergoes a training programme of kicking dribbling juggling throwing for a period of 4 week, 6days in a week .The data were collected before and after and at the end of 4 week training programme by administering L Health and Elizabeth Rodgers test of soccer skills The criterion measures were recorded the time in second for kicking and dribbling juggling throwing for accuracy was recorded in points

STATISTICAL ANALYSIS

To find out the training effect t-test was applied to determine the significant mean differences between the pre test and post test scores by Rao football club and Star football club The data were further treated with analysis of variances The level of significance was set at 0.05 level confidence

**TABLE- 1
SIGNIFICANCE OF DIFFERENCE BETWEEN THE PRE -TEST AND POST -TEST MEANS OF RAO FOOTBALL CLUB AND STAR FOOTBALL CLUB IN KICKING FOR ACCURACY**

GROUP	PRE- TEST	POST- TEST	MEAN DIFFERENCE	STANDARD ERROR	T RATIO
Star football club	6.6546	8.2545	0.3878	0.3468	1.6499
Rao football club	5.7212	11.3212	4.3879	0.5488	6.1469

Significant at 0.05 level tabulated t 0.05 (10) =1.9309 , N=11

**Table -2
SIGNIFICANCE OF DIFFERENCE BETWEEN THE PRE-TEST AND POST -TEST MEANS OF RAO FOOTBALL CLUB AND STAR FOOTBALL CLUB FOR DRIBBLING**

GROUP	PRE- TEST	POST- TEST	MEAN DIFFERENCE	STANDARD ERROR	T RATIO
Star football club	14.1539	12.60057	0.34123	0.279599	2.6629
Rao football club	15.218	9.7039	3.0899	0.26479	9.9329

Table 2 shows that there are significant mean difference between the pre test and post test of Rao football club and star football club in kicking dribbling juggling throwing for accuracy .Because all the calculated t value are greater than the tabulated t value of 1.9309 at 0.05 level of confidence

Significance of differences between the pre test and post test mean of Rao football club Star football club for dribbling
Significant at 0.05 level tabulated t 0.05 (10) N= 1.9309

**TABLE3
ANALYSIS OF COVARIANCE FOR THE DATA ON KICKING FOR ACCURACY OF RAO FOOTBALL CLUB AND STAR FOOTBALL CLUB**

Sources of variances	d.f	SSx	SSy	SSx.y	SSy.x	MSy.x Vy.x	F Ration
Among Mean	1	5.3179	69.3179	20.2579	72.9039	72.9039	14.9379*
With in group	20	103.4579	126.2579	18.2579	122.635	3.3779	

Significant at 0.05 level tabulated F 0.05 (1,20) = 2.9979 , N= 22

From table 3 it is obvious that there is significant difference in the mean of Star football club and Rao football club As the F Ratio is found to be significant the post hoc test applied to find out the paired mean differences

TABLE-4
ANALYSIS OF COVARIANCE FOR THE DATA ON DRIBBLING OF RAO FOOTBALL CLUB AND STAR FOOTBALL CLUB

Sources of variances	d.f	SSx	SSy	SSx.y	SSy.x	MSy.x Vy.x	F Ration
Among Mean	1	0.1639	56.1939	3.4349	53.8769	53.8749	61.8809*
With in group	20	53.7059	24.7379	10.1069	22.3619	0.6609	

Significant at 0.05 level tabulated $t_{0.05}(1,20) = 2.9309$ N= 22

Table 4 indicate that there is a significant mean difference between the two group because the obtained F value is greater than the table value as the obtained F ratio was found to be significant the post hoc test was applied

TABLE- 5
PAIRED MEAN DIFFERENCE

MEAN	Control group	Experimental group	Mean difference	Critical differences
Pre test	6.6579	5.7179	2.7279	0.3879
Post test	8.2579	11.3179	1.8479	0.3879
Adjusted	7.6979	10.7579	1.8479	0.3879

Significant at 0.05 level

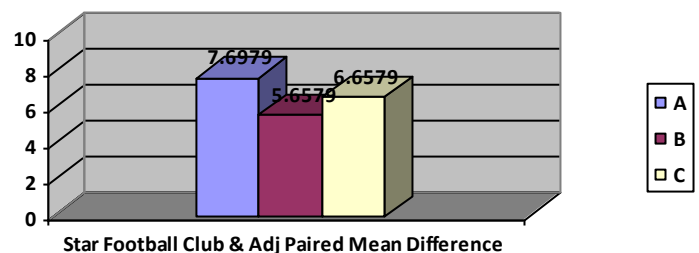
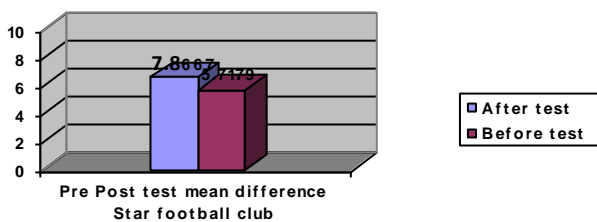
Table 5 clearly shows that there is a significant difference in post and adjusted mean of Star football club and Rao football club A greater improvement was shown by the Rao football club

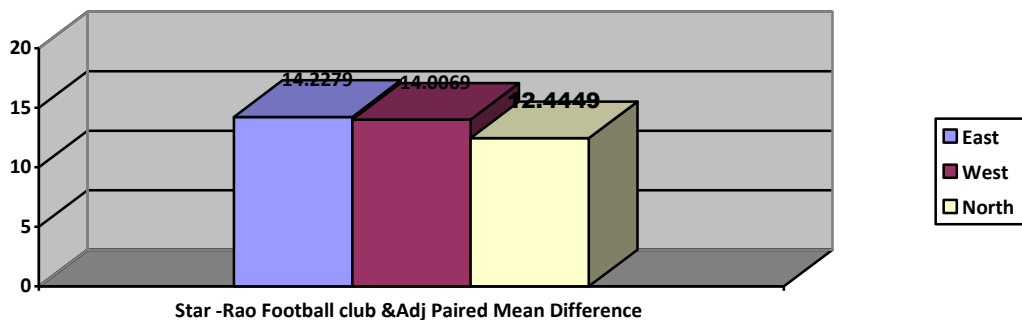
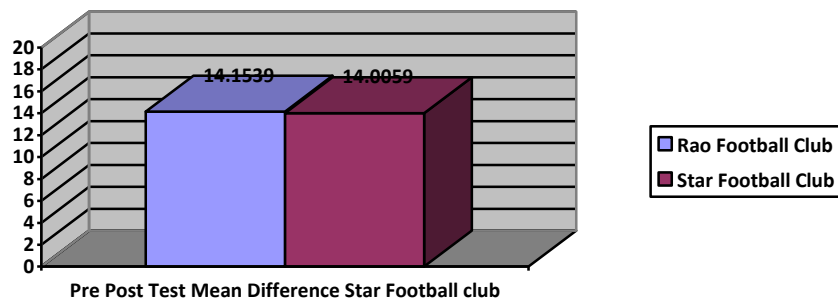
TABLE -6
PAIRED MEAN DIFFERENCE

MEAN	Control group	Experimental group	Mean difference	Critical differences
Pre test	14.2279	14.0069	1.0089	0.4869
Post test	12.4679	9.7039	1.5519	0.4869
Adjusted	12.4449	9.7269	1.5059	0.4869

Significant at 0.05 level

Table 6 Reveals that there are significant difference in post and adjusted mean of Star football club and Rao football club A greater improvement was shown by the Rao football club





JUSTIFICATION OF THE RESULT

It is seen that there is a significant improvement in kicking dribbling juggling throwing of accuracy due to the nature of training For the kicking ability and accurately a player should have well control over the ball and has well as body balance explosive leg strength and a good neuro muscular coordination Dribbling the ball in a zig zag way with a good speed it also a skill and required a control over the ball and on body also it also required energy to run with the speed only the training and make the player perfect in controlling the ball it also increase the muscles stamina with the exercises Juggling is also very important while playing the match it required perfection and a hard practice to do this for this a player have to practice on the same skill many time till he become perfect in it

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