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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 themself fit and healthy. There are many sports which is played all over the world. But most popular sport which is played all over the world is soccer. In India to most of the state played football and have there club. The India national football team represents India in international football and is controlled by the all India football federation. Soccer games being played in the Indian army since at least 1949. India is home to some of the oldest football club in the world. In Nagpur to there are many club which play football and it is run by private body’s. Every club have their own coaches and player and all this club is affiliated with NDFA that is Nagpur District Football Association. Football is the game which required high level of physical fitness and perfection in skill. So that he can give the best what he has to the game. To do this all one required to develop all the skill and STR practice to do it for this a suitable training and practice is needed for. 112 Male soccer player of two football club of Nagpur were selected as a subjects. All the subject were unequally distributed in equal number into Rao football club and Star football club. A training programme of kicking, dribbling, juggling, throwing for a period of 4 week was administered at Rao football club. The data were collected by administering health and Rodger’s test before and after training programme. T test and ANOVA statistical technique were applied. The finding shows a significant improvements in performance of the Rao football club.

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

INTRODUCTION
The most popular game in the world is soccer has we all know that it is played all over the world. In India it is the most popular game after the cricket. This game need stamina and physical fitness. It is not a individual game it is a team game one can’t win the match without a team work. The whole team have to work in a team to perform their best of the best.

This game is full of skill. A player have to have a master in this skills like Kicking dribbling Juggling throwing the ball this all skill is the combination of each other a player have to perform this skill during the match. A soccer player should have stamina excellent neuro muscular co-ordination and the ability to make adjustment 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 become 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 undergone a training programme of kicking dribbling juggling throwing for a period of 4 week, 6 days 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**

<table>
<thead>
<tr>
<th>GROUP</th>
<th>PRE-TEST</th>
<th>POST-TEST</th>
<th>MEAN DIFFERENCE</th>
<th>STANDARD ERROR</th>
<th>T RATIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Star football club</td>
<td>6.6546</td>
<td>8.2545</td>
<td>0.3878</td>
<td>0.3468</td>
<td>1.6499</td>
</tr>
<tr>
<td>Rao football club</td>
<td>5.7212</td>
<td>11.3212</td>
<td>4.3879</td>
<td>0.5488</td>
<td>6.1469</td>
</tr>
</tbody>
</table>

Significant at 0.05 level tabulated $t_{0.05}(10) = 1.9309$, $N=11$

**TABLE 2**

<table>
<thead>
<tr>
<th>GROUP</th>
<th>PRE-TEST</th>
<th>POST-TEST</th>
<th>MEAN DIFFERENCE</th>
<th>STANDARD ERROR</th>
<th>T RATIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Star football club</td>
<td>14.1539</td>
<td>12.60057</td>
<td>0.34123</td>
<td>0.279599</td>
<td>2.6629</td>
</tr>
<tr>
<td>Rao football club</td>
<td>15.218</td>
<td>9.7039</td>
<td>3.0899</td>
<td>0.26479</td>
<td>9.9329</td>
</tr>
</tbody>
</table>

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 $t_{0.05}(10) = 1.9309$

**TABLE 3**

<table>
<thead>
<tr>
<th>Sources of variances</th>
<th>d.f</th>
<th>SSx</th>
<th>SSy</th>
<th>SSx.y</th>
<th>SSy.x</th>
<th>MSy.x</th>
<th>Vy.x</th>
<th>F Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Among Mean</td>
<td>1</td>
<td>5.3179</td>
<td>69.3179</td>
<td>20.2579</td>
<td>72.9039</td>
<td>72.9039</td>
<td></td>
<td>14.9379*</td>
</tr>
<tr>
<td>With in group</td>
<td>20</td>
<td>103.4579</td>
<td>126.2579</td>
<td>18.2579</td>
<td>122.635</td>
<td>3.3779</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Sources of variances</th>
<th>d.f</th>
<th>SSx</th>
<th>SSy</th>
<th>SSx.y</th>
<th>SSy.x</th>
<th>MSy.x</th>
<th>Vy.x</th>
<th>F Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Among Mean</td>
<td>1</td>
<td>0.1639</td>
<td>56.1939</td>
<td>3.4349</td>
<td>53.8769</td>
<td>53.8749</td>
<td></td>
<td>61.8809*</td>
</tr>
<tr>
<td>With in group</td>
<td>20</td>
<td>53.7059</td>
<td>24.7379</td>
<td>10.1069</td>
<td>22.3619</td>
<td>0.6609</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.05 level tabulated t0.05 (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 the significant the past
hoc test was applied.

**TABLE-5**

**PAIRED MEAN DIFFERENCE**

<table>
<thead>
<tr>
<th>MEAN</th>
<th>Control group</th>
<th>Experimental group</th>
<th>Mean difference</th>
<th>Critical differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre test</td>
<td>6.6579</td>
<td>5.7179</td>
<td>2.7279</td>
<td>0.3879</td>
</tr>
<tr>
<td>Post test</td>
<td>8.2579</td>
<td>11.3179</td>
<td>1.8479</td>
<td>0.3879</td>
</tr>
<tr>
<td>Adjusted</td>
<td>7.6979</td>
<td>10.7579</td>
<td>1.8479</td>
<td>0.3879</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>MEAN</th>
<th>Control group</th>
<th>Experimental group</th>
<th>Mean difference</th>
<th>Critical differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre test</td>
<td>14.2279</td>
<td>14.0069</td>
<td>1.0089</td>
<td>0.4869</td>
</tr>
<tr>
<td>Post test</td>
<td>12.4679</td>
<td>9.7039</td>
<td>1.5519</td>
<td>0.4869</td>
</tr>
<tr>
<td>Adjusted</td>
<td>12.4449</td>
<td>9.7269</td>
<td>1.5059</td>
<td>0.4869</td>
</tr>
</tbody>
</table>

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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