



DESIGNING OF COMPREHENSIVE PROGRAMME OF DRILLS AND ITS EVALUATION FOR THE DEVELOPMENT OF SKILLS LEVEL OF SOCCER PLAYERS

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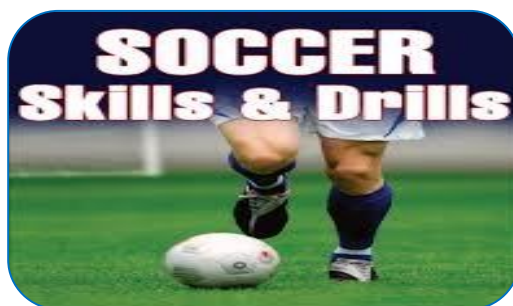
ABSTRACT :

Soccer, a game like no other, a sport whose quadrennial summit – the World Cup – brings the whole world together in a sort of tribal bounding that all the greatest statesmen of our times together cannot achieve. With the constant demand for “high sports performance” the concept of soccer today has been changed. The concept of “total soccer” applies skill development, technical development, development of all important components and physical parameters which are closely associated and contributes to

performance in soccer. The fundamental skills involved in soccer are kicking, passing, evading, feinting, throw-in, receiving, tackling etc. Playing ability in this game comprises effective use of these skills in the form of individual and team tactics. Hence, the research project was titled as “**Designing of comprehensive programme of drills and its evaluation for the development of skills level of soccer players**”.

Fifty male football players pursuing Bachelor of Physical Education and Master of Physical Education programme in Lakshmibai National University of Physical Education, Gwalior were selected as subjects for this study using purposive sampling. The subjects were within the range of age group 18-24 years and were of University level performance standard. All the fifty selected subjects were randomly grouped into experimental (25) and control group (25). The study was delimited to All India Inter University Level Soccer players. The comprehensive exercise drills for soccer players was further delimited to skill level only. The skill variables chosen for the study were Agility Dribbling, Speed Dribbling, Passing Accuracy, Aerial Pass Accuracy, Kicking Performance, Shooting Accuracy, Heading Accuracy and Ball receiving ability. Descriptive statistics were used to highlight status of control and experimental group on each criterion test scores/parameters. Analysis of co-variance was exclusively used to find out the effect of comprehensive training drill programme on each selected parameter based on comparing pre and post data as well as equated comparison with control & experimental group. Level of significance was set on 0.05 level for testing the significance of statistical interpretation. Graphical representation was made for each fitness variable.

The analysis of data revealed that the skill performances that were evaluated with by using eight skills test items the training program was found to be significantly effective. Basic soccer skills, as well as exclusive to skill application conditions were assessed while measuring football skill performance. The eight skill test items were WM figure dribbling, 30 yard dribbling, Ground pass a stationary ball (15 yards), Aerial pass a stationary ball (20 yards), Dribbling and Kicking for distance, Shooting the ball (20 yards) and 12 yards Heading Accuracy Test and Receiving a bouncing ball with sole of foot. It was concluded that the skill level can be very effectively incorporated within the SAQ format drills for multi-purpose training goals accomplishment. The concept of SAQ training provides good provision for adopting comprehensive training programme for football players.



KEYWORDS : *performance in soccer , high sports performance.*

INTRODUCTION :

Soccer, a game like no other, a sport whose quadrennial summit – the World Cup – brings the whole world together in a sort of tribal bounding that all the greatest statesmen of our times together cannot achieve. With the constant demand for “high sports performance” the concept of soccer today has been changed. The concept of “total soccer” applies skill development, technical development, development of all important components and physical parameters which are closely associated and contributes to performance in soccer. Individual offensive skills range from fundamental ball control. trapping, dribbling and so on kicking and heading for passing and scoring.

The skills of soccer developed by players are highly interdependent. Good players can switch quickly from walking to sprinting and from dribbling to passing and kicking, sometimes in matter of only a few milliseconds. Thus all the skills should complement one another. Dribbling and trapping, for instance, are considered finesse or ‘touch’ skills; good players know how to integrate these finesse skills with a power or striking skills – kicking and heading. The fundamental skills involved in soccer are kicking, passing, evading, feinting, throw-in, receiving, tackling etc. Playing ability in this game comprises effective use of these skills in the form of individual and team tactics.

Soccer training is a multitask based complex and long process. Each task of training needs to be tackled in most planned way. The major training tasks that are to be dealt with are motor development task specific to soccer, skill and technical training task and tactical ability development task. Hence, the research project was titled as “Designing of comprehensive programme of drills and its evaluation for the development of skills level of soccer players”

MATERIALS AND METHOD:-

Detailed investigation made on the utilization of aquatic and wetland plants sources basic of food, fodder, folk medicine, rituals and cultural practices, fence, flood fighting, fishoues practices, handicraft materials, components of mixed cropping (garma dhan {Paddy with Makhana}.

According to survey report August (2011-2014) total number of ponds in Darbhanga district are 225. Present study is based on 23 ponds: These ponds are of perennial water body, water body of subjected to human interference, waterbodies reciving all types of domastic sewage and seasonal water bodies. Some wetlands, marshes.

1. **Perennial water bodies:-** Example Ganga sagar, Harahi pokhar, mirjagalib khan talab, Diggi pokhar etc. shyma maa temple campus.
2. **Seasonal water bodies:-** some ponds in saramohanpur area, shyma maa temple area, rajkumar gangh area donar gumti area, Sanskrit university campus.
3. **Water body subject to human interference:-** Benipur, ashapur area, subhankarpur area.
4. **Waterbody reciving all types of domastic sewage:-**Ganga sagar, opposite smriti arयोगe sansthan, DMCH area etc besides the railways tracks ditches were also observed. These pondswere visited every month from January 2019 upto January 2020. The plants were collected from different strata level. Herbaria were prepared local people and local hakims and voids were consulted for preliminary identification of plants. Identification was made with the help of M.U., Botany dept., Bodhgaya, P.G. Dept. of L.N.M.U. Darbhanga and Heins flora Botany of Bihar and Orissa. Common name Botonical name, season of occurance, properties with special properties if any were recorded. Besides it their parts which are used for different purpose were recorded. These plants are, free floating, noeted floating, rooted submerged, rooted emergent freely submerged and wetlands plants.

METHODOLOGY

Fifty male football players pursuing Bachelor of Physical Education and Master of Physical Education programme in Lakshmibai National University of Physical Education, Gwalior were selected as subjects for

this study using purposive sampling. The subjects were within the range of age group 18-24 years and were of University level performance standard. All the fifty selected subjects were randomly grouped into experimental and control group as follows: Experimental group :25 subjects, Control group:25 subjects. The study was delimited to All India Inter University Level Soccer players. The comprehensive exercise drills for soccer players was further delimited to Fitness only.

SELECTION OF VARIABLES AND TESTS

Considering the primary purpose of the present study and appropriateness of variables to be assessed in relation to soccer players' characteristics following variables and their tests were selected.

Sl. No.	Variable	Test	Criterion Measure
2.	Skill		
	2.1. Agility Dribbling	WM figure dribbling	Second
	2.2. Speed Dribbling	30 yard dribbling	Second
	2.3. Passing Accuracy	Ground pass a stationary ball (15 yards)	Score
	2.4. Aerial Pass Accuracy	Aerial pass a stationary ball (20 yards)	Score
	2.5. Kicking Performance	Dribbling and Kicking for distance	Score
	2.6. Shooting Accuracy	Shooting the ball (25 yards)	Score
	2.7. Heading Accuracy	12 yards Heading Accuracy Test	Score
	2.8. Ball receiving ability	Receiving a bouncing ball with sole of foot.	Score

On the basis of the knowledge reflected by the available literature, research findings, expert's guidance and scholars own understanding of the problems, it was hypothesized that

1. A soccer specific comprehensive drills can be designed which can be practically used for multitask training with significant effect.
2. Further, skills of soccer players can be significantly developed with single comprehensive drill based training programme.

Training Programme

Monday Morning Session	Assembly Modern Warm up Specific Endurance Training distance time Rec. 5*200 m. 30sec 150 sec. 10*100m 15sec 75sec.	Thursday Morning Session	Assembly Modern Warm up Endurance Training Fartlek Training 150 jog - 50 m sprint 100 jog - 100 m. sprint Ar. 3 rounds = 1 series 5 series	Monday Morning Session	Assembly Modern Warm up Speed Endurance Shuttle Run 10yd., 20yd., 5 time 1 series 5 series
Evening Session	Assembly Warm up different types of Running Side ways, forward, Backward Partner Stretching	Evening Session	Assembly Warm up Plyometric drills (Box, hurdle)	Evening Session	Assembly Warm up Technical drills connected with conditional Aspects
Tuesday Morning Session	Assembly Warm up Strength Training Medicine ball Partner flexibility Exercises	Friday Morning Session	Assembly Modern Warm up Strength Training Weight Training Exercises	Tuesday Morning Session	Assembly Warm up Strength endurance Resisted Acceleration drills
Evening Session	Assembly Warm up Specific Aerobic Exercises	Evening Session	Assembly Warm up Ladder (Stick drills)	Evening Session	Assembly Warm up Coordinative Ability drills
Wednesday Morning Session	Assembly Modern warm up Coordinative ability (Reaction time & Agility) Technical Training	Saturday Morning Session	Assembly Cross Country/ Long distance running Partner stretching Exercises Cool down	Wednesday Morning Session	Assembly Modern Warm up Coordinative ability (Reaction Times & Agility) Technical Training
Evening Session	Assembly Warm up (yoga/swimming)	Evening Session	Assembly Active Rest Lead up activity Small area games <i>(Sunday Rest)</i>	Evening Session	Assembly Warm up Active Rest football (Basketball)

STATISTICAL ANALYSIS

Descriptive statistics were used to highlight status of control and experimental group on each criterion test scores/parameters. Analysis of co-variance was exclusively used to find out the effect of comprehensive training drill programme on each selected parameter based on comparing pre and post data as well as equated comparison with control & experimental group. Level of significance was set on 0.05 level for testing the significance of statistical interpretation. Graphical representation was made for each fitness variable.

RESULTS

Table-1
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON W M DRIBBLING

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	19.99	20.01	A 0.004 W 77.266	1 48	0.004 1.610	0.003
Post Test	18.04	20.22	A 59.84 W 76.56	1 48	59.84 1.59	37.54*
Adjusted Post Test	18.04	20.22	A 59.37 W 60.45	1 47	59.37 1.286	46.154*

- Significant at 0.05 level of confidence N=50 A= Among mean variance W= Within group variance F-ratio needed for significance at 0.05 level of confidence

Table 1 clearly shows that the F-value for WM Dribbling is 46.15 which is significant at 0.05 level. It indicates that the adjusted mean scores of WM Dribbling of experimental and control group differs significantly. Since the F- value was found to be significant, Post Hoc test was employed to find out the difference on WM Dribbling performance among the both the groups.

Table -2
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND THE CONTROL GROUP ON W M DRIBBLING

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
18.04	20.22	-2.18*	1.03

* Significant at 0.05 level of confidence

It is evident from table-2 that the adjusted mean difference -2.18 between experimental and control group is higher than the critical difference 1.03. The findings clearly revealed that eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on

WM Dribbling skills of the experimental group of Soccer Players. The graphical representation of mean comparison of WM Dribbling skills of experimental and control group is represented in Figure 1.

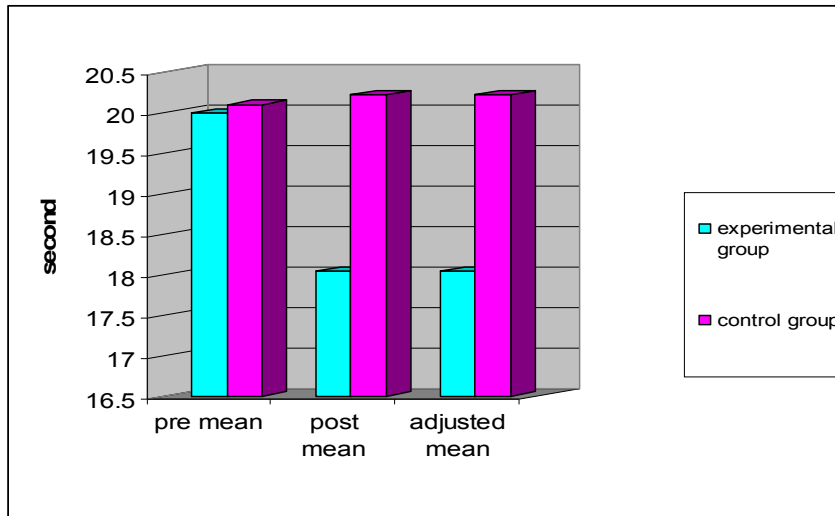


Figure-1 Mean Comparison of Experimental Group and Control Group on W M Dribbling

Table-3
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON 30 YARD DRIBBLING

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	4.73	4.82	A 0.090 W 6.68	1 48	0.090 0.139	0.645
Post Test	4.54	5.04	A 3.046 W 8.871	1 48	3.046 0.185	16.48*
Adjusted Post Test	4.59	4.99	A 2.025 W 1.599	1 47	2.025 0.034	59.50*

From the Table 3 it is evident that the adjusted F value for 30 yard dribbling is 59.50, which is significant at 0.05 level. It indicates that the adjusted mean scores of 30 yard dribbling of experimental and control group differs significantly. Since the adjusted F- value was significant, Post Hoc test was employed to find out the difference on 30 yard dribbling performance among the both the groups.

Table-4
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND THE CONTROL GROUP ON 30 YARD DRIBBLING

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
4.59	4.99	-0.4*	0.027

* Significant at 0.05 level of confidence

It is clearly evident from table-4 that the adjusted post mean difference -0.4 between experimental and control group is greater than the critical difference 0.027. The findings clearly revealed that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on 30 yard dribbling performance of the experimental group. The graphical representation of mean comparison of 30 yard dribbling of experimental and control group is represented in Figure 2

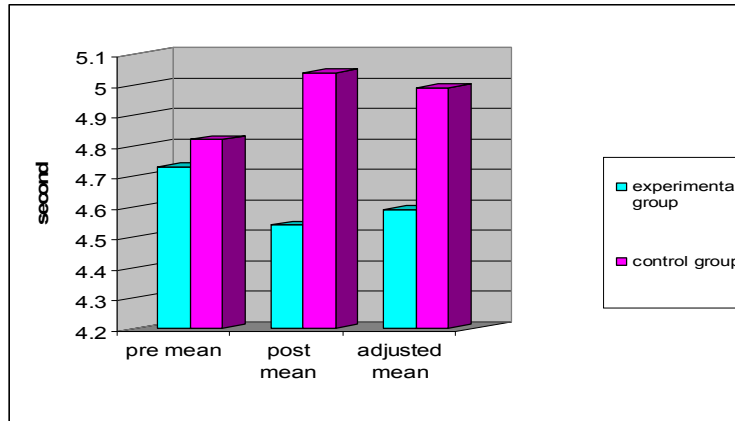


Figure-2 Mean Comparison of Experimental Group and Control Group on 30 Yard Dribbling

Table-5
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON GROUND PASS ACCURACY

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	20.44	20.00	A 2.42	1	2.42	0.817
			W 142.16	48	2.96	
Post Test	22.56	19.04	A 154.88	1	154.88	81.58*
			W 91.12	48	1.89	
Adjusted Post Test	22.41	19.19	A 128.19	1	128.19	206.5*
			W 29.17	47	0.62	

From the Table 5 it is evident that the adjusted F value for ground pass is 206.50, which is significant at 0.05 level. It clearly indicates that the adjusted mean scores of ground pass of experimental and control group differs significantly. Since the F-value was significant, Post Hoc test was used to find out the difference on ground pass for accuracy among the experimental and control group.

Table-6
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND THE CONTROL GROUP ON GROUND PASS ACCURACY

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
22.41	19.19	3.22*	0.50

* Significant at 0.05 level of confidence

The table-6 implies that the adjusted mean difference is 3.22 between experimental and control group is greater than the critical difference 0.50.

This indicates that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on the ground pass for accuracy of soccer players of experimental group. The graphical representation of mean comparison of ground pass of experimental and control group is represented in Figure 3.

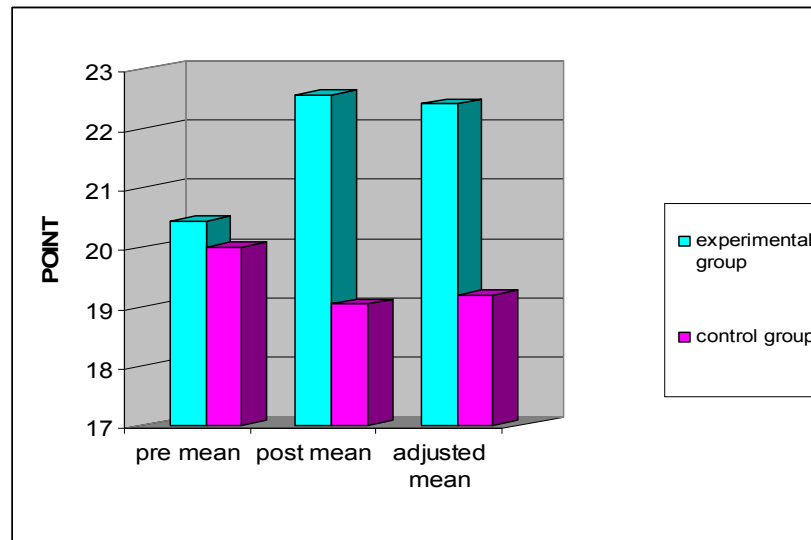


Figure-3. Mean Comparison of Experimental Group and Control Group on Ground Pass Accuracy

Table-7
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON HEADING FOR ACCURACY

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	12.84	12.48	A 1.62 W 225.6	1 48	1.62 4.7	0.345
Post Test	14.28	11.64	A 87.12 W 62.8	1 48	87.12 1.30	66.58*
Adjusted Post Test	14.23	11.69	A 80.29 W46.6	1 47	80.29 0.992	80.97*

It is evident from Table 7 that the adjusted F value for heading for accuracy is 80.97, which is significant at 0.05 level. It clearly indicates that the adjusted mean scores of heading for accuracy of experimental and control group differs significantly. Since the F- value was found to be significant, Post Hoc test was employed to find out the difference on heading for accuracy among the experimental and control group.

Table-8
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND THE CONTROL GROUP ON HEADING FOR ACCURACY

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
14.23	11.69	2.54*	0.08

* Significant at 0.05 level of confidence

From Table-8 it is clearly evident that the adjusted post test mean difference is 2.54 between experimental and control group is greater than the critical difference 0.08. Further the findings indicates that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on heading for accuracy skill performance of experimental group. The graphical representation of mean comparison of heading for accuracy of experimental and control group is represented in Figure 4.

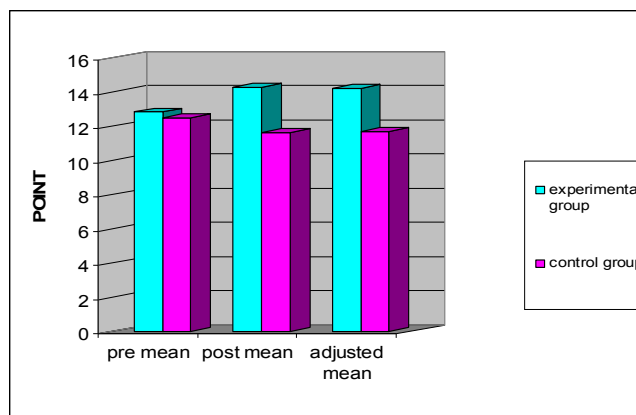


Figure-4 Mean Comparison of Experimental Group and Control Group on Heading for Accuracy

Table-9
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON ARIAL PASS

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	17.76	17.72	A 0.020 W 413.6	1 48	0.020 8.617	0.002
Post Test	20.36	17.24	A 121.68 W 244.32	1 48	121.68 5.090	23.90*
Adjusted Post Test	20.35	17.25	A 119.513 W 44.00	1 47	119.513 0.94	127.6*

It is evident from Table 9 that the F value for Aerial pass is 127.60, which is significant at 0.05 level. It indicates that the adjusted mean scores of Aerial pass performance of experimental and control group differs significantly. Since the F- value was found to be significant, Post Hoc test was employed to find out the difference on Aerial pass performance. Post Hoc test is presented in Table 18.

Table -10
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND CONTROL GROUP ON ARIAL PASS

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
20.35	17.25	3.1*	0.75

* Significant at 0.05 level of confidence

From Table-10 it is clearly evident that the adjusted post-test mean difference is 3.10 between experimental and control group is greater than the critical difference 0.75. The finding implies that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on Aerial pass performance of experimental group comprised of Soccer Players.

The graphical representation of mean comparison of Aerial pass of experimental and control group is represented in Figure 5.

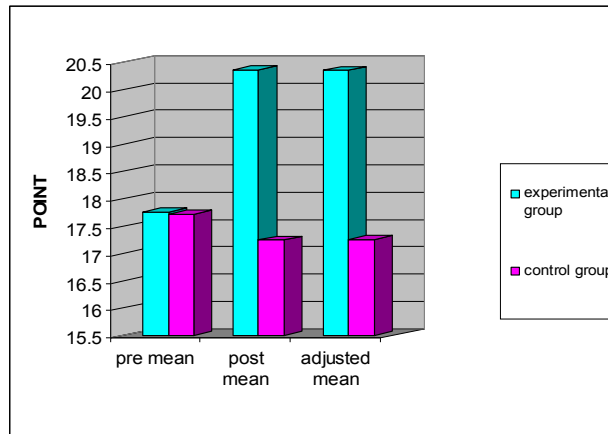


Figure-5 Mean Comparison of Experimental Group and Control Group on Aerial Pass

Table- 11
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON RECEIVING A BOUNCING BALL WITH SOLE OF FOOT

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	12.52	12.32	A 0.50 W 211.6	1 48	0.50 4.41	0.113
Post Test	14.24	11.84	A 72.0 W99.2	1 48	72.0 2.08	34.5*
Adjusted Post Test	14.2	11.88	A 66.5 W 58.9	1 47	66.5 1.25	53.1*

It is evident from Table 11 that the F value for receiving a bouncing ball with sole of foot is 53.1, which is significant at 0.05 level. It indicates that the adjusted mean scores of receiving a bouncing ball with sole of foot of experimental and control group differs significantly. Since the F- value was found to be significant, Post Hoc test was employed to find out the difference on receiving a bouncing ball with sole of foot among experimental and control group.

Table-12
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND CONTROL GROUP ON RECEIVING A BOUNCING BALL WITH SOLE OF FOOT

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
14.2	11.88	2.32*	1.01

* Significant at 0.05 level of confidence

It is evident from Table-12 that the adjusted post test mean difference is 2.32 between experimental and control group is greater than the critical difference 1.01. Further the finding indicates that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on receiving a bouncing ball with sole of foot soccer players of experimental group. The graphical representation of mean comparison of receiving a bouncing ball with sole of foot of experimental and control group is represented in Figure 6.

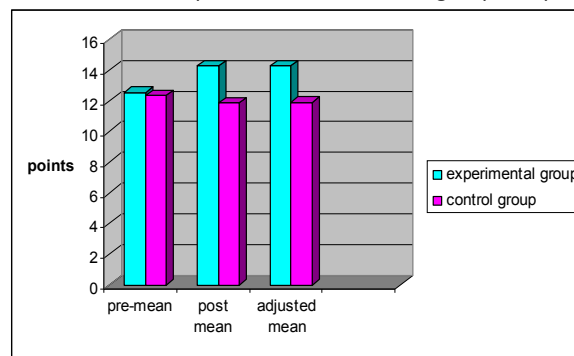


Figure-6 Mean Comparison of Experimental Group and Control Group on Receiving the Bouncing Ball with Sole of Foot

Table-13
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS
AND CONTROL GROUP ON SHOOTING A
STATIONARY BALL IN GOAL

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	8.92	8.84	A 0.08 W 287.20	1 48	0.08 5.983	0.013
Post Test	11.16	9.2	A 48.02 W221.2	1 48	48.02 4.612	10.413*
Adjusted Post Test	11.13	9.23	A 44.85 W 28.27	1 47	44.85 0.614	73.00*

From Table 13 it is evident that the F value for shooting a stationery ball in goal is 73.0, which is significant at 0.05 level. It indicates that the adjusted mean scores of shooting a stationery ball in goal of experimental and control group differs significantly. Since the F- value was found to be significant, Post Hoc test was employed to investigate the difference on shooting a stationery ball in goal among experimental and control group.

Table 14
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND THE
CONTROL GROUP ON SHOOTING A STATIONARY BALL IN GOAL

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
11.13	9.23	1.9	0.49

* Significant at 0.05 level of confidence

It is evident from Table-14 that the adjusted post-test mean difference is 1.9 between experimental and control group is greater than the critical difference 0.49.

Therefore, the findings indicates that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly effected on shooting a stationery ball in goal of the soccer players of experimental group. The graphical representation of mean comparison of shooting a stationary ball in goal of experimental and control group is represented in Figure 7.

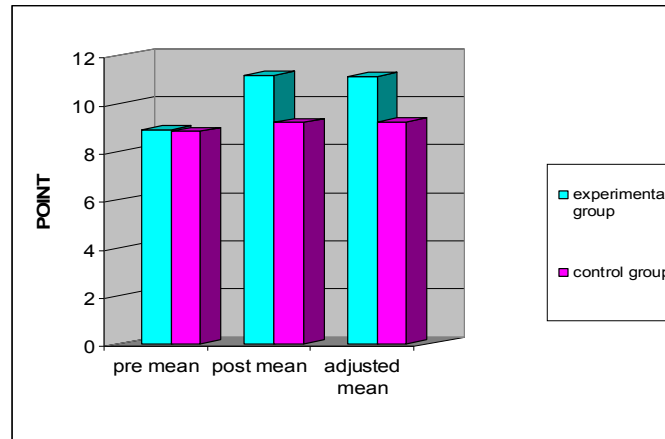


Figure-7 Mean Comparison of Experimental Group and Control Group on Shooting a Stationary Ball in Goal

**Table-15
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON DRIBBLING AND KICKING FOR DISTANCE**

Means	Group		Sum of Square	df	Mean of Square	F Ratio
	Experimental	Control				
Pre-Test	43.84	43.04	A 8 W 1178.3	1 48	8 24.5	0.32
Post Test	47.36	42.6	A 283.2 W 1053.7	1 48	283.2 21.95	12.90*
Adjusted Post Test	47.0	42.96	A 201.8 W 78.7	1 47	201.8 1.67	120.44*

It is evident from Table 15 that the F value for dribbling and kicking for distance is 120.44, which is significant at 0.05 level. It indicates that the adjusted mean scores of dribbling and kicking for distance of experimental and control group differs significantly. Since the F- value was significant, Post Hoc test was found out the difference on dribbling and kicking for distance among experimental and control group.

**Table-16
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND THE CONTROL GROUP ON DRIBBLING AND KICKING FOR DISTANCE**

Mean		Diff between Means	Critical diff for Adjusted Mean
Experimental group	Control group		
47.0	42.96	4.04*	1.34

* Significant at 0.05 level of confidence

It is evident from Table-16 that the adjusted post test mean difference is 4.04 between experimental and control group is greater than the critical difference 1.34. Further, the findings revealed that the eight weeks experimentation of the comprehensively designed exercise drills programme have significantly

effected on dribbling and kicking for distance of the soccer players. The graphical representation of mean comparison of dribbling and kicking for distance of experimental and control group is represented in Figure 8

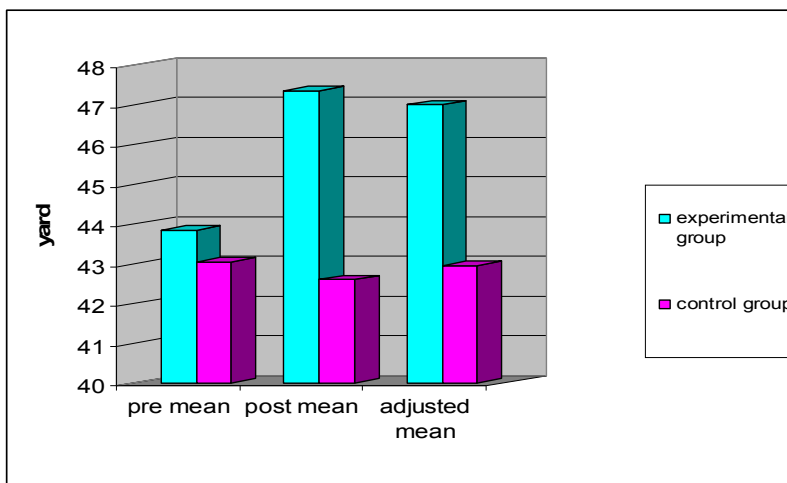


Figure-8 Mean Comparison of Experimental Group and Control Group on Dribbling and Kicking For Distance

DISCUSSION

The findings of this study were of great relevance in terms of effects of specially design training program on selected performance parameters. The statistical findings shows, finding in terms of the skill level based on eight skill based test were significant from every aspects. More over research scholar is extremely satisfied as the vary purposes on which the study was conceptualized were accomplished and fulfilled to best of expectation.

In nutshell the thrust and priority of the study was to design a comprehensive SAQ based training program, that ultimately could fulfil training requirements for development of footballer various aspect of performance. Though, theoretically the idea to experiment with, such a exclusively designing and implementation was appropriate, purposive and challenging and worth to take up as researcher project. However ultimately the findings after eight weeks of experimentation in most scientific way established the appropriateness of the study.

Further, in the skill performances that were evaluated with by using eight skills test items the training program was found to be significantly effective. Basic soccer skills, as well as exclusive to skill application conditions were assessed while measuring football skill performance. The eight skill test items were WM figure dribbling, 30 yard dribbling, Ground pass a stationary ball (15 yards), Aerial pass a stationary ball (20 yards), Dribbling and Kicking for distance, Shooting the ball (20 yards) and 12 yards Heading Accuracy Test and Receiving a bouncing ball with sole of foot.

CONCLUSIONS

Based on understanding after deliberate discussion with experts and supervisor and also light of above understanding following conclusions were finally drawn.

1. The concept of SAQ training provides good provision for adopting comprehensive training programme for football players.
2. For instance, the skill level of soccer players can be significantly develop through comprehensive and SAQ based skills & tactical drills.
3. A minimum of eight weeks duration of comprehensive drill programme should be planned to significantly effect on performance parameters for soccer player.

4. Drill based training programme is significantly effective because it ensures control experimentation, sufficient practice and game based specific movements.

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