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# Effect of SAQ training programme on playing ability of football players

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## Abstract

The purpose of present study was to investigate the effect of SAQ training programme on playing ability of football players. Twenty male football players were selected and the nature of sampling was purposive and on random basis from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) and their age ranged between 18-25 years. The football playing ability was graded (out of 50 points) by a panel of three qualified experts during actual competition and the average of three grades were considered as subject's playing ability. The subjects were divided into two equal groups on random basis consisting of ten subjects in each group. The first group was administered with Speed Agility Quickness (SAQ) training with equipment and was designated as Speed Agility Quickness Experimental (SAQE) group. The second group was administered with Speed Agility Quickness (SAQ) training without equipment and was designated as Speed Agility Quickness Control (SAQC) group. SAQ training consider as an independent variable and football playing ability consider as a dependent variable. The one-way analysis of co-variance (ANCOVA) and the significant level set at 0.05 was used to find out the effect of SAQ training programme on playing ability of football players. All the statistical calculation was carried out using SPSS version 16.0. The finding of the study shows that there was significant difference found between Speed Agility Quickness Experimental (SAQE) group and Speed Agility Quickness Control (SAQC) group football players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.).

**Key words:** Speed Agility Quickness (SAQ), Football and Training.

## 1. Introduction

Soccer is the most popular sport in the world and is played regardless of such factors as age, sex, race, fitness level or sport performance. It depends on a number of factors such as technical and tactical skills, mental readiness and physiological factors (Hoff et. al., 2002; Stølen et. al., 2005)

Speed-agility- quickness (SAQ) training includes the body movements like sprinting, shuffling, jumping, change of direction etc. As the jumping is one part of speed, agility and quickness training therefore plyometric training is one part of speed, agility and quickness training. Plyometric training significantly improved an individual's agility through a six-week intervention. (Miller et. al., 2006)

Several researches were conducted a study on Speed Agility Quickness (SAQ) training among different team game players but there are less studies were conducted on effect of SAQ training programme on playing ability of football players. Therefore, research scholar is giving consideration to conduct this study.

### 1.1 Hypothesis of the Study:

The statement of the problem was stated as to examine the effect of SAQ training programme on playing ability of football players.

### 1.2 Objectives of the Study

- To study the effectiveness of S.A.Q. training on playing abilities of football players.
- To suggest effective training programme for football players.

## 2. Methodology

### 2.1 Selection of Subjects:

Twenty male football players were selected and the nature of sampling was purposive and on random basis from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) and their age ranged between 18-25 years. The subjects were divided into two equal groups on random basis consisting of ten subjects in each group. The first group was administered with Speed Agility Quickness (SAQ) training with equipment and was designated as Speed Agility Quickness Experimental (SAQE) group were as the second group was administered with Speed Agility Quickness (SAQ) training without equipment and was designated as Speed Agility Quickness Control (SAQC) group.

### 2.2 Selection of Variables:

Keeping the feasibility criterion in mind, the researcher selected the following variables for the study:

1. SAQ Drill Training (Independent Variables).
2. Football Playing Ability (Dependent Variable).

### 2.3 Criterion Measure:

The football playing ability was graded (out of 50 points) by a panel of three qualified experts during actual competition and the average of three grades were considered as subject's playing ability.

### 2.4 Experimental Design of the Study:

For this study pre-test – post-test randomized group design **(Thomas, Nelson & Silverman, 2005**) consisting of one experimental group (n=10) and one control group (n=10) was used.

### 2.5 Collection of Data:

Prior to the administration of SAQ training pre test was conducted to collect the data and after the completion of eight weeks of SAQ training it was repeated for collecting the post training data.

### 2.6 Administration of SAQ Drills Training

The experimental group was trained five days per week for the period of eight weeks. As the per session of training was of 50-60 minutes. Each experimental session was of 50-60 minutes. The load intensity was kept low to moderate in first week and increased progressively in proceeding week moderate to high and repetition and sets were increased respectively. The members of control group were not given any SAQ training during this period.

**Table 1: Schedule of S.A.Q. drills training programme**

| Training | Weeks | Drill (Sets & Repetitions) | | | | |
|---|---|---|---|---|---|---|
| | Days/ Intensity | Monday | Tuesday | Wednesday | Thursday | Friday |
| S.A.Q. Drills | 1st (50-60) | 'A' march walk (1x4) | Figure eight (1x4) | In place ankle jump (1x4) | Butt kickers (1x4) | Z-pattern run (1x4) |
| | | High knee run (1x4) | Carioca (1x4) | Bunny jumps (1x4) | Flying's 30 (1x4) | 15-yard turn drill (1x4) |
| | 2nd (50-60) | Bunny jumps (2x3) | Plyo to sprint (2x3) | Z-pattern run (2x3) | Icky shuffle (2x3) | Ladder speed run (2x3) |
| | | In place ankle jump (2x3) | Speed running (2x3) | Ladder speed run (2x3) | Plyo to sprint (2x3) | 20-yard shuttle (pro agility) (2x3) |
| | 3rd (60-70) | Icky shuffle (2x4) | 20-yard square (2x4) | Hop-scotch drill (2x4) | 20-yard shuttle (pro agility) (2x4) | Hop-scotch drill (2x4) |
| | | Squirm (2x4) | Plyo to sprint (2x4) | Z-pattern run (2x4) | Squirm (2x4) | Lateral skaters (2x4) |

| | | | | | |
|---|---|---|---|---|---|
| **4th (70-80)** | Vertical jump to sprint (3x3) | T-drill (3x3) | Hop-scotch drill (3x3) | Partner assisted let go's (3x3) | The triangle (3x3) |
| | Ladder speed run (3x3) | X-over zig zag (3x3) | Plyo to sprint (3x3) | Bounding (3x3) | X-over zig zag (3x3) |
| **5th (70-80)** | 5-dot drill (3x3) | Side shuffle to sprint (3x3) | Snake jump (3x3) | 5-dot drill (3x3) | Hop-scotch drill (3x3) |
| | Forward roll to lateral skaters (3x3) | Lateral skaters to sprint (3x3) | In in Out out (3x3) | Hexagon drill (3x3) | 8-point star drill (3x3) |
| **6th (80-90)** | Lateral skaters to sprint (3x4) | Sprint and cut on command (3x4) | Hop-scotch drill (3x4) | T-drill (3x4) | X-pattern multi skill (3x4) |
| | In in Out out (3x4) | Back roll to squirm (3x4) | Side shuffle to speed run (3x4) | Icky shuffle to sprint (3x4) | 5-dot drill (3x4) |
| **7th (80-90)** | Hop-Scotch drill to speed run (4x3) | Snake jump to speed run (4x3) | Backward roll to squirm (4x3) | Repeated vertical jump to sprint (4x3) | In out shuffle to sprint (4x3) |
| | Sprint and cut on command (4x3) | 180 degree turn to sprint (4x3) | Hexagon drill (4x3) | Hop-Scotch drill to speed run (4x3) | Snake jump to speed run (4x3) |
| **8th (70-80)** | 30-yard square (v) (4x3) | Vertical jump to speed run (4x3) | Snake jump to sprint (4x3) | Backward roll to squirm (4x3) | Sprint and cut on command (4x3) |
| | 5-Dot drill (4x3) | Hop-scotch drill to speed run (4x3) | X-pattern multi skill (4x3) | 30-yard square (4x3) | 8-point star drill (4x3) |

*****Note**: -** Recovery (between repetitions) – Partial; Recovery (between next drill)–03minutes (1st to 6th weeks) and 05 minutes (7th to 8th).

**2.7 Statistical Technique:**

The one-way analysis of co-variance (ANCOVA) and the significant level at 0.05 was used to find out the effect of SAQ training programme on playing ability of football players. All the statistical calculation was carried out using SPSS version 16.0.

## 3. Result and Finding of the Study

The statistical analysis of data of the football group i.e. the Speed Agility Quickness Experimental (SAQE) group and Speed Agility Quickness Control (SAQC) group on football playing ability for pre-test and post-test have been presented (mean, standard deviation, standard error, minimum and maximum scores) are shown in table 1.

**Table – 2: Descriptive Statistics of Football Players in Relation to Playing Ability**

| Variable | Group | Test | N | Mean | Std. Deviation | Std. Error | Min. | Max. |
|---|---|---|---|---|---|---|---|---|
| Playing Ability | Football Group | Pre | 10 | 88.0500 | 4.27168 | 1.35082 | 83.00 | 94.50 |
| | | Post | | 94.1500 | 7.13773 | 2.25715 | 86.00 | 108.00 |
| | Control Group | Pre | 10 | 87.2000 | 4.49197 | 1.42049 | 82.00 | 96.00 |
| | | Post | | 87.8000 | 4.18463 | 1.32330 | 81.00 | 96.00 |
| | Total | Pre | 20 | 87.6250 | 4.28853 | .95894 | 82.00 | 96.00 |
| | | Post | | 90.9750 | 6.56040 | 1.46695 | 81.00 | 108.00 |

**Table - 3**

**Analysis of Co-Variance of the Means of Experimental Groups and Control Group in Relation to Football Playing Ability**

| Test | Mean | | ANCOVA Table | | | | | |
|---|---|---|---|---|---|---|---|---|
| Test | Football Group | Control Group | Sum of Variance | Sum of Square | df | Mean Sum of Square | F-ratio | Sig. |
| Pre Test | 88.050 | 87.200 | B | 3.612 | 1 | 3.612 | .188 | .670 |
| | | | W | 345.825 | 18 | 19.212 | | |
| Post Test | 94.150 | 87.800 | B | 201.613 | 1 | 201.613 | 5.890* | .026 |
| | | | W | 616.125 | 18 | 34.229 | | |
| Adjusted Post Test | 93.690 | 88.260 | B | 145.898 | 1 | 145.898 | 11.758* | .003 |
| | | | W | 210.951 | 17 | 12.409 | | |

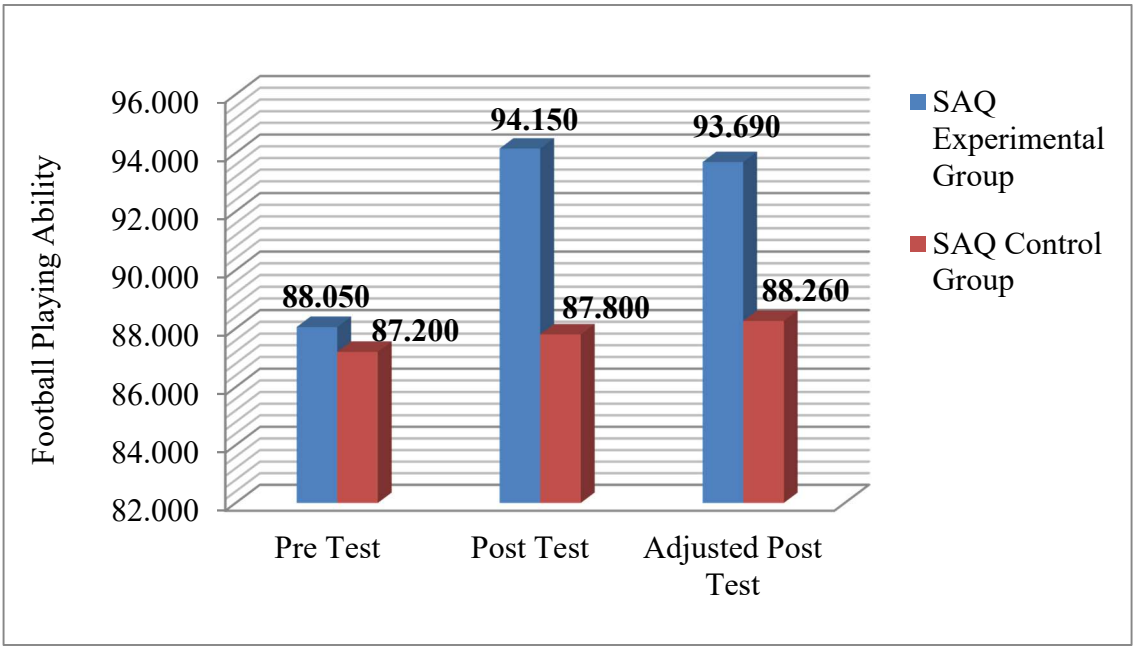
*significant at 0.05 level, B = between group variance, W = within group variance, df = degree of freedom.$F_{0.05}$ (1, 18) = 4.41, $F_{0.05}$ (1, 17) = 4.45

Table 2 shows that the f-ratio after implementing analysis of co-variance (ANCOVA) is 5.890, as the tabulated value is 4.41 which is less than calculated f-ratio.

Hence, there is significant difference between the football playing abilities of the experimental group and control group often imparting the eight weeks SAQ training to the experimental group at the 0.05 level of significance.

**Figure: 1**

**Graphical Representation Means of Football Playing Ability of Experimental Groups and Control Group**



## 4. Discussion of the Study

The finding of the study shows that there was significant difference between Speed Agility Quickness Experimental (SAQE) group and Speed Agility Quickness Control (SAQC) group of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) in relation to football playing ability. The finding of the study supported by Prasad, & Dhapola, (2014) they have conducted a study to investigate the effect of eight weeks S.A.Q. training programme on selected physical fitness variables and the finding of the study revealed that S.A.Q. drills training of eight weeks have significant effect on selected physical fitness variables. Toppo, & Tirkey, (2014) also conducted a study with the aim to examine the effect of SAQ training on selected motor abilities of SAI East football players between 15-18 years and the result of study concluded that SAQ training have positive effect on soccer players on selected motor abilities (speed and agility).

Some more study also supported my findings Milanovic, Sporis, Trajkovic, James, & Samija, (2013) conducted a study with the aim to examine the effects of a 12 week SAQ training programme on agility with and without the ball among young soccer players and the finding of the study shows that the SAQ training is an effective way of improving agility, with and without the ball, for young soccer players. Vallimurugan, V., & Paul, J. V. (2012) studied to evaluate the effect of SAQ training on selected physical fitness parameters of men football players and the finding of the study revealed that the SAQ training group showed significant improvement on all selected variables among football players. The other similar studies also supported my findings Jovanovic, Sporis, Omrcen, & Fiorentini, 2011; Polman, Bloomfield, & Edwards, 2009; Polman, Walsh, Bloomfield, & Nesti, 2004.

## 5. Conclusion of the Study

On the basis of findings following conclusions have been drawn –

- Significant difference found between Speed Agility Quickness Experimental (SAQE) group and Speed Agility Quickness Control (SAQC) group of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) in relation to football playing ability (Post Test, F = 5.890 and Adjusted post-test, F = 11.758).

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