

EFFECTS OF LADDER TRAINING ON SPEED AND AGILITY AMONG HIGH SCHOOL BOYS' FOOTBALL PLAYERS

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Abstract

The determination of study was to find out the effect of ladder training on speed and agility among high school boys' football players. Thirty (30) high school boys' football players were selected from the different schools of Kha-Sanjenbam village, Manipur and their age ranged between 14 to 16 years. The selected subject were divided into two groups with fifteen (N=15) subject each. They were further divided into equal categories namely experimental and control groups based on their initial test in speed and agility and each group were consisting of 15 subjects. Experimental group was treated with Ladder training programs for three (3) days in a week totally 18 sessions for six (6) weeks along with the irregular programs. The variables speed and agility were analyzed. The data collected from two groups before and after experimental training period and statistically examined using the analysis of t-test. The result of the study shows that 6 weeks of ladder training programme had significantly increased on speed and agility.

Keywords: Ladder training, speed, agility, football

Introduction

Currently, progressively individuals generally boys and girls are conceited by sports events that bring to increase the quantity in the sports zone. The physical abilities direct to practise to play in sport on one's body works better mind works better, brain and body those are interrelated to knock-back of tension, to forget problems momentarily and to dim and have ahead time regardless what other presses one may be tendering the life.

Enthusiastically thorough new teaching techniques in football drive increase the act and contribute an advantage in the rivalry. Numerous sports executed on a court or on a field require high-speed total body movements. Speed and agility show a fundamental part. To progress the physical fitness potentials complex is numerous training programme. Newest technique of multi-directional training program is the ladder training.

Methodology

Before the commencement of the training, purpose of the study and method of conducting test speed and agility and ladder training were explained to the subjects for their co-operation and to avoid injuries. To facilitate the study, thirty (30) high school boys'football players were selected from the different schools of Kha-Sanjenbam village, Manipur

and their age ranged between 14 to 16 years. They were further divided into equal categories namely experimental and control groups based on their initial test in speed and agility and each group were consisting of 15 subjects. Experimental group was treated with Ladder training programs for three (3) days in a week totally 18 sessions for six (6) weeks along with their regular programs and later the training period post-test was showed on dependent variables for both the groups.

Training Programme

Ladder training was specified 6 weeks for one hour of regular training for three days in a week. The training schedule included exercises and the tools and technique had been shown in Table 1 and 2.

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Table 1: Ladder training programme schedule

1 st to 2 and weeks					
Days	Sl.NO.	Exercise	Sets and Reps	Rest/Set	Intensity
Mon,	1	One feet in box forward steps	2 Sets/3 rep	2 min.	low
Wed	2	Bothfeet in box forward steps			
& Fri.	3	Both feet in lateral steps			
	4	Both feet later hops			
	5	Single leg shuttle			
	6	Double leg shuttle			
	7	Hopscotch			
	8	Forward zig zag hops			
3rd to 4th Weeks					
Mon.,	9	Muhammad Ali's	3 set/ 3 rep	90 sec.	Moderate
Wed.,	10	Both feet lateral in and out			
& Fri	11	Hops			
	12	Single feet lateral in and out			
	13	Hops			
	14	Straddle forward hops			
	15	Side straddle hops			
	16	Lucks shuffle Forward hop tail whips Tango drill			
5th to 6th weeks					
Mon.,	17	Both feet lateral in and out	3 sets/ 4 rep	90 sec.	High
Wed.,	18	Hops			
& Fri.	19	Single feet lateral in and out			
	20	Hops			
	21	Straddle forward hops			
	22	Lucky shuffle			
	23	Forward hop tail whips			
	24	Lateral explosive lunge hops Explosive squate zig zag hops Back & forth			

Table 2: Variables of the study

Variables		Criterion test	Unit
Dependent	Speed	50 meter dash run test	Sec.
	Agility	Illinois test	Sec.

The data collected from the control and experimental groups were statistically analysed by mean \pm standard deviation (SD) and t-test. The level of significance was 0.05.

Outcome

Since the groups were equated based on initial scores, the final mean scores were compared for the effect of ladder training. The data collected before and after the experimental period on speed and agility experimental group and control group on speed and agility of the school boys' football players were evaluated and highlighted on Table 3.

Table 3: Mean, standard deviation, mean difference (MD) and standard error of the mean (SDM) and t-test value of experimental and control group on speed and agility of the boys' football player's.

Variables	Groups	Mean + SD	MD	SDM	t
Speed	Experimental	3.89 \pm 0.206	0.36	0.07	5.39
	Control	4.25 \pm 0.306			
Agility	Experimental	16.15 \pm 0.58	0.806	0.16	4.89
	Control	16.96 \pm 0.43			

* Significance of 0.05 level of confidence

On speed of the school boys football players revealed the mean \pm SD of experimental and control groups were 3.89 ± 0.206 and 4.25 ± 0.306 respectively. The mean difference 0.36 was in favour of the experimental group. The t-test value 5.39 was greater than the value of 0.05 level of significance. So the experimental group was better than the control group in ladder training on speed of the school boys' football players. And on agility of the school boys football players revealed the mean \pm SD of experimental and control groups were 16.15 ± 0.58 and 16.96 ± 0.43 respectively. The mean difference 0.806 was in favour of the experimental group. The t-test value 4.89 was greater than the value of 0.05 level of significance. So the experimental group was better than the control group in ladder training on speed of the school boys' football players.

DISCUSSION

In the speed and agility the results between initial and final (6 weeks) test has been initiate pointedly higher in ladder training group in comparison to control group. This remains likely for owing to regular ladder training in football players. The results of the study have intensely specifies that core training of six weeks have substantial consequence on speed and agility of football players.

CONCLUSION

On the basis of the study the following conclusions were strained. The ladder training had progressive impression on speed and agility for football players.

☐ The experimental group presented well improvement on speed and agility for football players than the control group.

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