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## Effect of training on the physical fitness among football players

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#### Abstract

The purpose of the current study was to discover out the effect of eight week training on the physical fitness among football players of district Rohtak, Haryana. To accomplish the purpose of the study total 30 boy's state level players were chosen on an indiscriminate basis. The age limit of the subjects was from 17 to 24 years. To examine the effect of eight week training on physical fitness, AAHPER physical fitness test was managed to the subjects. Further the subjects were specified workout for eight week during the morning and evening sessions. After the workout, physical fitness is again deliberated in terms of performance of the players in all the five physical fitness tests used in pre-training condition. Thus the performance of subject's pre and post workout are engaged to assess the physical fitness. 't' test was functional to the examination data. The level of significance judged at 0.05 levels. Results show that physical training must be specified by coaches to hockey players to get better the quantities such as speed, flexibility, agility, strength & endurance to attain excellence in sports.

**Keywords:** Physical Fitness, Football Players, Training etc.

#### Introduction

Physical exercise helps you to achieve wellness. It is part of healthy living. Anybody interested in natural health should regularly participate in moderate forms of physical exercise, like fitness walking. An active lifestyle is even better than physical exercise in improving your natural health and fitness.

Since the beginning of time, survival has been a daily struggle. Simply staying alive was physically demanding. Yet, humans in industrialized societies over the last 150 years have become spoiled. We live in our minds so much of the time that we have almost forgotten that we have a body. Many people work in offices that make their living by reading, writing, speaking, and thinking, but seldom by physical labour.

Regular physical exercise does the body good. Physical exercise empowers natural health advocates to take active measures to combat disuse atrophy. If you have a natural health attitude taking the car to cross the road is out, and a workout in the gym three or four times a week is in.

Our bodies demand to be used. Failure to use them results in your muscles deteriorating, at a steady and progressive rate. Thus, everyone should develop good, sensible habits of exercise that they can stick to for the rest of their lives. You should pay attention to four different kinds of exercise: an active lifestyle, aerobic, anaerobic, and functional exercises. Exercise, or movement, has a suppressive effect upon cancer.

The objective of exercise is to improve your physical fitness. Thus, if what you are doing does not improve either your cardiovascular fitness or your muscular strength, then it should not be considered as physical exercise.

Historically, except for the last 150 years, the demands of daily life gave everybody all the physical exercise that they really needed to get. People used to walk constantly, and lift and carry burdens. They used to walk to gather food, to work, to the market, and they walked to do virtually everything.

Instead of dreaming up ways to work as little as possible, why NOT find ways to make many of your ordinary activities more vigorous? Since man was meant to walk, the easiest way to increase your overall physical fitness is to choose to walk at every opportunity possible. Walking is an ideal form of physical exercise that physically fit individuals can routinely

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participate in Walking provides for direct contact with the elements of nature. Walking tones muscles, improves your fitness, circulation, appetite, and breathing. Furthermore, walking, unlike bicycling or swimming, is a load-bearing exercise. Walking calms and clears the mind and helps reduce stress and tension. Walking helps to keep your mind centered. Always do something physical every day, for at least 30 minutes. Choose to walk instead of driving short distances. Choose to take the stairs instead of using the elevator. Try doing yard work, working on your car, and cleaning your house. Participating regularly in some type of physical recreation is even better.

## Methodology

### Statement of the problem

Effect of Training on the Physical Fitness among Football Players.

### Hypothesis of the study

- 1) There would be a significant difference on the physical fitness performance of boy's football players in pre and post workout.
- 2) There would be a significant impact of workout on the physical fitness test performance of boy's football players.

### Materials and Methods

**Subjects:** The subjects for the current study consist of 30 boy's football players within the age of 17-24 years who have contributed in various football tournaments. The selected subject's physical fitness was considered in five motor tests - speed, flexibility, agility, strength and endurance. Further the sample was specified workout for six weeks during the morning and evening sessions. After the workout, physical fitness is again calculated in terms of presentation of the players in all the five physical fitness tests which were used in pre workout condition.

### Statistical Analysis

To attain the purpose of the study the data were statistically delighted and inferred in agreement with the rule. The Mean, Standard deviation and t-test is considered and data analyzed.

**Table 1:** Physical Tests Performance of Football boy's in two conditions (Pre and Post)

Tests	Condition	Mean	S.D	't' value
Speed	Pre	12.54	0.841	3.947
	Post	10.72	0.692	
Flexibility	Pre	13.58	4.833	4.692
	Post	20.08	5.016	
Agility	Pre	11.69	1.112	3.496
	Post	9.87	0.969	
Strength	Pre	12.32	4.482	5.281
	Post	16.39	7.488	
Endurance	Pre	3364.82	652.583	12.284
	Post	3727.11	698.481	

Significant level at 0.05

### Analysis and Interpretation of Result

Table 1 show that the pre test mean value of speed test performance of the pre test is 12.54 and post test is 10.72. The mean value illustrates that the hockey boy's have engaged more time to whole the given task in pre training while less time is taken in post workout condition. The standard deviation of speed in pre and post is 0.841 and 0.692 respectively. Whereas the 't' value is 3.947. The difference in

mean score is significant at 0.05 level.

The mean value of flexibility test performance is 13.58 and post test is 20.08. The results demonstrate that flexibility is established to be enhanced after post workout. The S.D. of pre and post training is 4.833 and 5.016 respectively. Whereas the 't' value is 4.692 which is significant at 0.05 level.

The pre test mean value of agility test performance is 11.69 and post test mean value is 9.87. It illustrates that boy's have engaged more time to whole the given task in pre training while less time taken after pre workout condition. The S.D. of pre and post is 1.112 and 0.969 respectively. Whereas the 't' value is 3.496. Hence there was no significant difference was found in regard of agility.

It is also evident that the pre test mean value of strength test performance is 12.32 and post test mean value is 16.39. It designates that the hockey boy's strength is found better after post training condition. The S.D. of pre and post is 4.482 and 4.488 respectively. Whereas the 't' value is 5.281 which is significant at 0.05 level.

The pre tests mean value of 12 min. cooper run & walk test performance is 3364.82 and post test mean value is 3727.11. It specifies that hockey boy's have covered less distance in pre training while more distance is covered in post workout conditions. The standard deviation of endurance in pre and post is 652.583 and 698.481 respectively, whereas the 't' value is 12.284 significant at 0.05 level.

### Conclusion

Within the limitations of the current study, the following conclusions are drained on the basis of attaining results.

There is a significant difference in physical fitness test performances of speed, flexibility, agility, strength and endurance.

There is no significant difference was found in the physical fitness test performance of agility test performance between pre and post workout condition.

There is a significant impact of six week physical fitness workout on the performance of boy's hockey players of Rohtak.

### Recommendations

It is suggested that physical fitness workout must be specified by coaches to hockey players to get better the major quantities such as speed, flexibility, agility, strength and endurance to attain excellence in sports. Similar studies can be behaviour on other games and sports at the main level.

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