

Effect Of S.A.Q Training On Certain Physical Variables And Performance Level For Soccer Plyars

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Abstract:

Aim of the study: Speed, Agility and Quickness (SAQ) training has become a very popular method for training athletes. Any athlete, from a child to a professional player, can benefit from it. This method has been implemented for several years, but still today is not used by some athletes mainly due to the lack of knowledge about the type of maneuvers to be used. This type of training can be used to increase the speed and the capacity to develop maximum force during movements at high speeds, since it manipulates and takes better advantage of the stretch-contraction cycle of the muscle, thus reducing the gap that exists between training Traditional resistance and functional training with specific movements. The purpose of this study was to investigate the effect of S.A.Q training on certain physical variables and performance level for soccer players.

Methods. The sample comprised random from elite soccer in ZP High School Bhoodan Pochampally Yadadri Bhongir District. (60) Soccer, the subjects divided into two groups. The experimental group (n= 30) participated in S.A.Q training program four- times weekly, Towel weeks. The control group (n= 30) participated in the traditional program for the same period.

Results. Significant Difference between the experimental group and control group in certain physical variables (Leg strength, Back strength, Coordination, Agility, movement speed and performance level) for the experimental group.

Conclusions. Finally, the findings indicated that the S.A.Q training program for towel weeks could improvement the physical variables (Leg strength, Back strength, Coordination, Agility, movement speed and performance level) for the experimental group. These results have to be taken into account by Trainers in order to better understand and implicated of these concepts in training sessions and lessons.

Keywords: Speed, Agility, Quickness, Training, Soccer, Movement.

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I. Introduction:

Sports today is as of now not an active work; it only proceeded as a method for endurance; it is a stage for people and groups; however, nations are brought together on an equivalent playfield. Games are occurring wherever it has turn into a piece of our way of life. Donning is coordinated in practically all games empowering enormous cooperation, immense onlooker and fan following, and media inclusion. Furthermore, TV and different types of media carry these mega games to our homes (Cryan, 2017). That one game that is the most well-known of all is football, as far as players and observers. During the standard of lord Edward in England, from the year 1307 to 1327, a couple of regulations was passed that would get those playing football detained. That was back in those days however until further notice the game is played by around 240 million individuals across the globe (Athnet). Sports training is a great thing in the preparation, formulation and development of human capacities in their various dimensions in order to maximize the abilities and abilities of human beings in the direction of Objective. The development of special physical abilities is closely related to the development of basic motor skills and that the athlete cannot master the basic motor skills of a type of activity that he specializes in if he lacks the physical abilities necessary for this activity. Soccer is a very interesting sport to practice.

Agility in this type of training is defined as the ability to decelerate, accelerate and change direction quickly maintaining good body control without slowing down. Agility is closely related to the balance, since it requires the athlete to regulate changes in their center of gravity caused by changes in posture. The movements

that require most sports are not rigid or in a straight line, but require changes of direction and turns in several planes of movement simultaneously.

Therefore, it is necessary not only one general assessment of endurance & explosive force, but, moreover, an evaluation of the typical gestures of sport or valuation of explosive force specific. The footwork with speed ladder is very common in sports since 1980, where it began to be used in American football, but it is in the last decade where this type of exercises has become popular among physical trainers of basketball. (Amr, 2012) The training of S.A.Q has become one of the most commonly used exercises in the field of sports, and has proved to be effective in improving the physical and motor abilities of players in many sports events. The term S.A.Q is derived from initial letters for both speed, agility and speed. (Mario et al., 2011) S.A.Q is practiced as an additional (supplemental) program in addition to resistance training exercises in gyms, in order to take advantage of the muscle strength output gained from resistance training and transfer to field performance through S.A.Q.

Speed, Agility and Quickness (SAQ) training has become a very popular method for training athletes. Any athlete, from a child to a professional player, can benefit from it. This method has been implemented for several years, but still today is not used by some football players mainly due to the lack of knowledge about the type of maneuvers to be used. This type of training can be used to increase the speed and the capacity to develop maximum force during movements at high speeds, since it manipulates and takes better advantage of the stretch-contraction cycle of the muscle, thus reducing the gap that exists between training Traditional resistance and functional training with specific movements. (Amr et al., 2017)

Footwork (SAQ) is much more complex with specific fencing skills, this work should be done at the beginning of the training, since the exercises for the development of speed and neuromuscular coordination should be carried out with the least degree of fatigue possible. It is an ideal type of work to perform as a specific warm-up within a physical, technical or tactical session. (Akhil et al., 2011). There is a large number of exercises that can be done with the speed ladder, it can be done with elastic bands, with weight, related to technical skills, like parts of technical circuits. The important thing is not the type of exercise, but the coach knows how to adapt the contents to work at the age and development of the Soccer.

The purpose of this study was to investigate the effect of S.A.Q training on certain physical variables and performance level for soccer players.

II. Methods:

The sample comprised random from elite soccer in ZP High School Bhoodan Pochampally Yadadri Bhongir District. (60) Soccer, the subjects divided into two groups. The experimental group (n= 30) participated in S.A.Q training program four- times weekly, 12 weeks. The control group (n= 30) participated in the traditional program for the same period. Steps to prepare a training program for the sack:

The objectives of the training sessions:

The development of some special physical abilities of the soccer through the use of physical and professional training, and different parts of the body and according to the nature of physical performance and skill of the duel with the importance of the development of:

Special physical fitness level

- The level of performance of offensive and defensive skills.
- Criteria for the SAQ Training Program:
- The proposed training should be tailored to the objectives set and the nature of the age.
- Program flexibility and adaptability.
- Availability of security and safety factors.
- Take into account individual differences between players.
- Availability of tools and equipment used in training and program implementation and suitability.
- Balance the generality and specificity of training.
- Organization, diversification and continuity of training.
- Determinants of the SAQ training Program: Program duration:
- Program duration (12) weeks. Number of training modules:
- The number of units weekly (4) units weekly by 4×8 weeks = 32 units of the proposed program.

Training Method Used: The scientific bases of the training program in the method of high intensity load: • Determine maximum repetition of 30 w for each exercise selected. • Determine the load of each exercise. • Weight training for the development of the transition speed is determined by 75% intensity, taking into account the gradation in those wrenches, and that the frequency of 8-12 days. • Rest between each exercise 60th, including stretching exercise as one of the training exercises, taking into account the use of pulse in comfort and after the effort in determining the rest periods used in the search.

Statistical analysis

All statistical analyses were calculated by the SPSS 22 statistical package. The results are reported as means and standard deviations (SD). Differences between the two groups were reported as mean difference \pm 95% confidence intervals (meandiff \pm 95% CI). Student’s t-test for independent samples was used to determine the differences in physical and tactic parameters between the two groups.

III. Results

Table 1. Age and Anthropometric Characteristics of the Groups (Mean \pm SD)

Variables	Mean	Standard Deviation	Coefficient of skewness
Age (years)	20.12	1.23	1.05
Height (cm)	184.5	6.34	0.37
Weight (kg)	77.32	5.7	0.45
Training Experience (years)	8.31	2.63	0.18

Table 1 shows the age and anthropometric characteristics of the subjects. There were no significant differences were observed in the age and anthropometric characteristics for the subjects in the groups.

Table 2. Mean \pm SD and "T" sign. Between two Groups (experimental and control) in physical variables and Performance level in Soccer

Variables	Experimental group		Control group		T.sign
	Before	After	Before	After	
Coordination (freq.)	11.90#0.65	13.10#0.55	11.08#0.73#	11.99#0.58	Sign
Ability (s)	12.04#0.18	11.82#0.27	12.08# 0.28	12.00#0.34	Sign
Movement speed (second)	6.22 #0.19	6.14#0.09	6.23.#0.25	6.19#0.23	sign
Leg Strength (kg)	89.42.#3.94	92.22#4.89	89.25#4.42	90.74# 4.66	Not Sign
Back Strength (kg)	77.51#4.26	85.22#3.79	78.05#4.37	80.31#3.79	Sign
PerformanceLevel(Degree)	7.61 #0.08	8.50#0.05	7.62#0.08	7.59#0.06	Sign

It is clear from Table (2) the t-test showed statistically significant differences between the post measurements for the experimental and control groups in all physical variables except leg strength. And significant differences in Performance Level for the experimental group.

IV. Discussion:

The researcher attributed this to the good planning of the training program of the Sakio and the standardization of training loads in a scientific manner suitable for the age and training of the research sample, resulting in physical improvement reflected in the level of skill performance. Amr et al., (2017) adds that guided motor speed training is easy and natural and involves many muscle mass and gains more compared to other exercises as a result of the use of the arms of the arms and legs compared to the mobile mat where the two men are used only.

V. Conclusion

Finally, the findings indicated that the S.A.Q training program for 12 weeks could improvement the physical variables (Leg strength, Back strength, Coordination, Agility, movement speed and performance level) for the experimental group. These results have to be taken into account by Trainers in order to better understand and implicated of these concepts in training sessions and lessons.

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