

## EFFECT OF FIFA RECOMMENDED EXERCISES ON KICKING ABILITY OF SOCCER PLAYERS OF 15-16 YEARS

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### ABSTRACT

*This study was conducted to find out the effect of eight weeks training program based on FIFA recommended exercises on kicking ability of 15-16 age group boys. Ninety students (45 in experiment and 45 in control group) with minimum participation at district level participated in this study. To determine within the group differences in changes at each test, the "t" was used. At way ANOVA was used to assess between group differences. Subjects completed eight weeks training program (six days a week). The kicking ability was assessed through Warner Test of Soccer Skills. The training program, based on FIFA recommended exercises showed significant improvement after 8 weeks of training in kicking ability, especially in left foot. When the subjects of experimental group were subjected to the training program it was found that they scored better in kicking with right and left foot. The study revealed that there occurred significant improvement in kicking ability when the training program based on FIFA recommended exercises was administered to the subjects of expert group. The study further established the fact that no significant effect can be brought about, if the subjects are not administered a designed training program.*

*Key Words: FIFA, Exercises and Kicking.*

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### INTRODUCTION:

The world of training methodology has crossed many mile stones as a result of different types of researches in general and their application to the sport development in particular. In the modern scientific age, athletes are being trained by highly sophisticated means for better achievement in their concerned sport. They are being exposed to the exercises and training methods which have proved beneficial for achieving higher standards. Much progress has been made in the recent years in the acquisition of the knowledge about the means and techniques of sport skills. In sports training specialized exercises are being prescribed for the fullest and optimum development for a particular game. Modern soccer is a vigorous fast game requiring accelerating sprints, rough tackling, power in kicking and endurance to sustain skillful play for 90 minutes

The growth and development is not a uniform process but it is characterized by the development of various parameters at different velocities at different ages. Some abilities show a faster development in the early childhood, some in the late childhood and some in adolescence.

As child grows and attains the age of 15 years, a critical age in his development, is no longer considered a child. There are strong tendencies to idealize at this stage. He chooses his ideas and starts depending on coach. Techno-tactical exercises are the means to develop the players' ability further. Therefore, the selection of exercises is to be done in such a way that causes positive and multifarious effects on the organism particularly on coordinative abilities and techniques.

FIFA, the world governing body of soccer in its development program has recommended various types of exercises suitable to different age groups. In other countries the effect of such exercises has already become known through research work. But the countries like India lag behind. The players at junior level does not expose to the scientific training. Therefore the investigator was prompted to this type of project to explore the possibilities and find out the effect of such type of program.

#### METHODOLOGY:

90 students of 15-16 years age who had already participated minimum at District level were selected as subjects from different schools of Hisar city. They were imparted training of eight weeks. Every seventh day was the rest day. Out of these 90, 45 were in experimental group and given training as per training program and 45 in control group and played as per their routine.

#### STUDY DESIGN:

All the students were tested with soccer skills tests before the start of eight weeks training program and after the completion of training program. After the pre test, eight weeks training program introduced. The training was carried in a good atmosphere without any interpretation and interference of any kind. Training session in the morning and evening lasted for 56 days and 2½ hours daily. The training program was prepared anticipating the effects on the techniques, tactics and fitness. The selection of exercises was done in a manner leading to the development of the elements, most suitable to 15-16 years age groups. The selection of exercises and tests

were done from the programs and exercises and tests recommended by FIFA in its developmental programs.

The post test score were recorded after 8 weeks. The subjects of the control group were instructed to do their routine work during this 8 weeks period and were asked to appear only for pre test and post test.

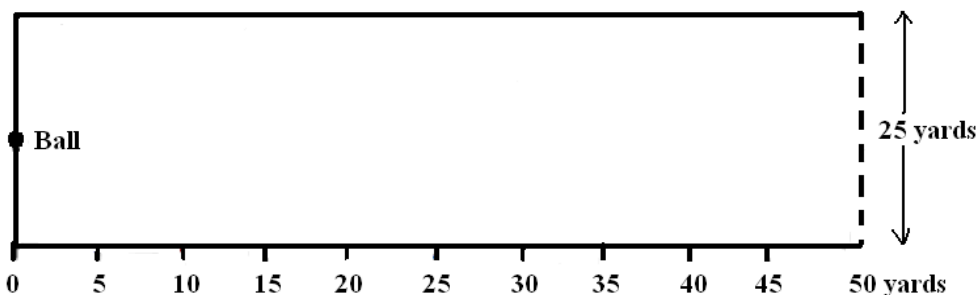
### Selection of tests-

Keeping in view the requirement of the FIFA recommended exercises, the following tests were conducted:

1. Kicking for Distance, Right Foot (Warner, 1950)
2. Kicking for Distance, Left Foot (Warner, 1950)

### Description of tests

1. **Kicking for Distance, Right Foot (Warner, 1950):**



The test was used to measure kicking ability for distance with a degree of accuracy using right foot. The player runs to kick a stationary ball from a 25 yards wide line. The distance the ball advanced in the air was measured. It was measured at first bounce. The student was given three trials and the best one was counted to the nearest yard.

2. **Kicking for Distance, Left Foot (Warner, 1950):** The test was used to measure kicking ability for distance with a degree of accuracy using left foot. The player ran to kick a stationary ball that is placed on 25 yards wide line. The distance the ball advanced in the air was measured. It was measured at first bounce. The student was given three trials and the best one was counted to the nearest yard.

**RESULT AND DISCUSSION:**

To find out the effect of exercise on soccer skills, the mean and standard error were computed and to determine the differences in each variable of skills, one way analysis of variance (ANOVA) was applied. The level of significance was set at 0.05 in order to check the significance of the calculated F value.

**Table No-1****The analysis of variance for Kicking for distance-Right Foot of the different groups**

Source	Degree of Freedom	Sum of square	Mean square	F value
<b>Between Group</b>	3	919.83	306.61	10.80*
<b>Error</b>	176	4997.02	28.39	
<b>Total</b>	179	5916.86		

Significance at ( $P \leq 0.05$ )

The data pertaining to effect of exercise on Kicking for distance-Right Foot of the subjects are presented in table 1. The analysis of data presented clearly indicates that there is significant difference in Kicking for distance-Right Foot of different groups as the calculated F value was significantly higher at 0.05 levels of significance.

**Table No-2****The analysis of variance for Kicking for distance-Left Foot of the different groups**

Source	Degree of Freedom	Sum of square	Mean square	F value
<b>Between Group</b>	3	1468.32	489.44	16.67*
<b>Error</b>	176	5168.53	29.36	
<b>Total</b>	179	6636.86		

Significance at ( $P \leq 0.05$ )

The data in the Table-2 presented pertaining to effect of exercise on Kicking for distance-Left Foot of the subjects. It is clearly evident that there is significant improvement in Kicking for distance-Left Foot of different groups as the calculated F value 16.67 was significantly higher at 0.05 levels of significance with 3 and 176 degrees of freedom.

#### CONCLUSION:

On the basis of this study, we can frame general principles based on established theories so that the most effective and efficient training program for skills and motor abilities can be put in use.

When the subjects of both groups were subjected to the training program, based on FIFA recommended exercises designed for the players of 15-16 years boys, there was a significant improvement after 8 weeks of training in Kicking for Distance-Right Foot and Kicking for Distance-Left Foot. The studies conducted by E. Manolopoulos *et. al.* suggest that the application of the training programs using soccer-specific strength exercises would be particularly effective in improving of soccer kick performance.

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