

EFFECT OF SPEED, AGILITY AND QUICKNESS (S. A. Q) TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES AMONG SCHOOL SOCCER PLAYERS

R. ARJUNAN

Associate Professor, Department of Physical Education & Health Sciences,
Alagappa University, Karaikudi, Tamil Nadu, India

ABSTRACT

The purpose of the study was to find out the effect of speed, agility and quickness (S.A.Q) training on selected physical fitness variables among school soccer players. To archive this purpose of the study sixty school boys from Alagappa Model Higher Secondary School, Karaikudi, were selected as subjects at random. The subjects chosen for the study were divided into four equal groups called control and experimental groups consisting of sixty students, each group consists of fifteen students. Speed, Agility and Quickness training was given to the experimental groups. The control group was not allowed to participate in any of the special training programme except their routine practices. All the subjects of four groups were tested on selected criterion variables such as speed, muscular strength endurance, agility and explosive power at prior to training after the training programme by using 50 meters run, bend knee sit ups, shuttle run and standing broad jump respectively. The Analysis of covariance (ANCOVA) was used for interpreting the results. On the basis of the results the impact of Speed, Agility and Quickness training has significantly contributed to improve the selected Physical Fitness Variables such as speed, muscular strength endurance, agility and explosive power.

KEYWORDS: Training, Speed, Agility, Quickness, Physical Fitness, Soccer