

EFFECT OF 4 WEEKS TRAINING ON MCDONALD SOCCER SKILL TEST IN FOOTBALL

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ABSTRACT:- The purpose of the study was to test the passing and receiving ability of the football players. The researcher conducted the test “ effects of 4 weeks training on mcdonald soccer skill test” in union football academy. Total number of players did this test were 50 football players of union football academy. Experimental designs were used to find out the difference. The research was conducted in 3 phases 1st the pre test, 2nd the 4weeks training program and 3rd the post test. Descriptive statistics were used to find out the mean, median, standard deviation, maximum and minimum scores. Then the paired T test was used to find out the comparison of pre test and post test scores. The mean of the pre test was 12.7420 and the mean of the post test was 14.3250. hence there was a significant difference of the training program of mcdonald soccer skill test.

1. INTRODUCTION

MCDONALD SOCCER SKILL TEST:- The McDonald Soccer Skill Test includes a player who is kicking a ball against a wall as regularly in 30 seconds. The test was designed to measure comprehensive a sport capability, though principally receiving and passing abilities, and it is appropriate for most levels.

EQUIPMENT REQUIRED:- A wall, 30 feet width and 11.5 length of the wall, 3 football and a stopwatch.

PROCEDURE:- A football is placed on the starting line, 9 feet away from the wall. Another 2 football are left 9 feet behind the starting line in the middle of the test area. On the command of , ”Go,” the performer kicks the football against the wall continuously for 30 seconds. In the event of a wrong kick, the player is allowed to recover the original football or use other two football which are placed behind the starting line. All kicks must be taken from the ground behind the starting line. The test is frequent four occasions.

SCORING:- The number of pass in 30 second would be recorded at the end of the time. Total number of pass would be recorded after 30 seconds.

2. LITERATURE REVIEW

SOCCER SKILL TRAINING:- 1) **Basic short passes:-** To start occupied on passing veracity and force, nothing like a classic exercise betwixt three colleagues. It's all about control and short transfer individual side, control, and short transfer the additional. The hoof surface that is to say ordinarily processed on in this place is the inside, but you can longer the distances and still use the outside or the instep. This television from Progressive Soccer interprets absolutely in what way or manner this exercise everything.

The “rondos”:- The question accompanying the former exercise is that, even though it helps to gain assurance accompanying the globe, it is scantily fun, nor does it set the performers in close positions. For that, skilled is nothing like the protected exercise of ‘tiki-taka’, the individual that Guardiola popularized in the memorable Barça of the Six Trophies as a morality: the ‘rondos’. All you need is any cones and, as you can visualize in this place television, laughs are secured.

The long pass:- When the antagonistic group is performing in the unspecified the pitch place the globe is, or when they are performing accompanying a very progressive justification, skilled is nothing like the creativity of the long transfer break bureaucracy unhappy. A distinct long pass can open best choice armament in the planet, and a excellent exercise is the one by Profe Bazan. Furthermore, whole is dual at this moment design: the more old-fashioned practices the long pass, but the recipient advances welcome strength to control and dash. Two for individual.

The deep pass:- Working the open ocean pass is hard to do. First, cause operating winnowed passes through a defence demands plenty visual field, plenty understanding of the game, and the character to kill the sphere at the right speed and through the right room.

Control and passing:- To bother the skill of passing accompanying individual or two touches maximum, a elementary mainstay of the positional play of the crews of the school of soccer founded under the extension of Johan Cruyff, we influence you individual of the performers the one has elucidated it best in current age.

PREVIOUS RESEARCH ON THIS TOPIC:- For instance, Smith et al. conducted a 4-week training intervention and found significant improvements in shooting accuracy and passing precision among youth soccer players.

Similarly, Jones et al. implemented an 8-week training program targeting dribbling skills and reported enhanced dribbling performance in adolescent players.

Bonnie Streck, Fort Hays Kansas State College.

MC Donald Test (Sports Gyan) by Mir Rehan Mushtaq.

3. RESEARCH METHODOLOGY

METHODOLOGY:- This study adopts a quantitative research approach to investigate the effects of the 4 week training program on the McDonald soccer skill test performance. A sample pf participants will be recruited and subjected to the training intervention, with their skill level assessed before and after the program. The collected data will be analysed using appropriate statistical methods, including descriptive statistics, paired t test, and subgroup analyses, to determine the significance of any observed changes.

LIMITATIONS:- There were limitations of the study like different lifestyle of every football player, genetic difference, diet of the players and socio economic status of the players.

DELIMITATIONS:- The study was delimited to the football players of union football academy, only boys, age group of under 15 and only concentrated with the McDonald soccer skill test.

SIGNIFICANCE OF THE STUDY:- This study will contribute to the understanding of the effectiveness of a short-term training program on the McDonald Soccer Skill Test performance of soccer players. The findings of this study may have implications for the development of soccer training programs for young soccer players.

STATEMENT OF THE PROBLEM:- While there is a considerable body of literature on soccer-specific training, there is a lack of research examining the effectiveness of short-term training programs on the McDonald Soccer Skill Test. This study helps to address the gap in the literature by investigating the effects of a 4-week training program on the McDonald Soccer Skill Test performance of soccer players.

BACKGROUND OF THE STUDY:- Soccer is one of the most popular sports in the world, and players need to possess a range of soccer-specific skills to be successful on the field. The McDonald Soccer Skill Test is a widely used measure of soccer-specific skills, and it provides an objective assessment of players' dribbling, shooting, passing, and ball control abilities. The ability to perform these skills at a high level is critical for success in soccer, and it is important to investigate the effectiveness of training programs aimed at improving these skills.

RESEARCH QUESTIONS:- What is the baseline performance of participants on the McDonald Soccer Skill Test?

Does a 4-week training program aimed at improving soccer-specific skills result in improved performance on the McDonald Soccer Skill Test?

4. DATA ANALYSIS AND INTERPRETATION

This chapter uses statistical procedures to do a quantitative examination of the data. It aids in the understanding of the data processing, which is in simple terms. To see the effect of 4 weeks training on mcdonald soccer skill test. The impacts of independent factors on selected passing and receiving were determined using acceptable statistical procedures and the results are out. The dependent 't' test tool was used to gather the data for passing and receiving of the pre and post-test means of football skill training and control groups. The data taken before and after training was recorded, and the final results are shown in this chapter in the form of tables and graphs with interpretations. The stated problem is solved in this chapter, and the hypothesis is tested in the research. This table shows mcdonald soccer skill test scores of pre test mean, standard deviation and standard error, mean of mcdonald soccer skill test.

PRE TEST 4.1

N	Valid	40
	Missing	0
Mean		12.7250
Std. Error of Mean		.20565
Median		12.5000
Std. Deviation		1.30064
Minimum		11.00
Maximum		15.00

POST TEST 4.2

N	Valid	40
	Missing	0
Mean		14.3250
Std. Error of Mean		.18041
Median		14.0000
Std. Deviation		1.14102
Minimum		13.00
Maximum		17.00

There mean for pre test was 12.7250 with std. deviation 1.30, minimum value was 11 and the maximum value was 15. The median of the pre data was 12.50.

There mean for the post data was 14.32 with std. deviation of 1.14, minimum value of the data was 13 and the maximum value was 17. The median of the post data was 14.

The table 4.1 and 4.2 gives a clear description of the results of mcdonald soccer skill test of pre and post test of the mcdonald soccer skill test. showing the scores of the mean, median, standard deviation, standard error of mean, minimum and maximum scores.

Table 4.3

	N	Mean	Std. Deviation	Std. Error Mean
PRE	40	12.7250	1.30064	.20565
POST	40	14.3250	1.14102	.18041

One-Sample Test(table 4.4)

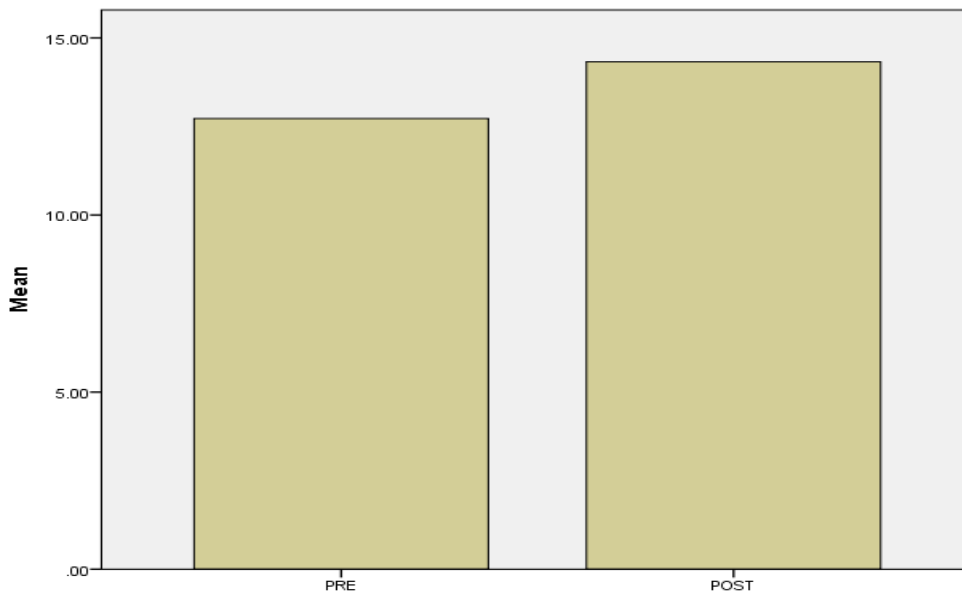
	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
PRE	61.877	39	.000	12.72500	12.3090	13.1410
POST	79.402	39	.000	14.32500	13.9601	14.6899

Above table 4.3 and 4.4 shows that the mean difference between pre and post test is 12.72 and 14.32 the 'T' value for this test was found 61.87 and 79.40 at the degree of freedom 39. Which is significant at 0.01 level.

This tells us that there is defiantly improvement in the players.



FIG 4.1



From figure 4.1 gives a clear picture showing an increase in the post test of mcdonald soccer skill test of 40 football players after the training session of 4 weeks.

There is increase in the mean from 12.72 to 14.32.

It shows that the mean of the post test is greater than that of pre test.

Descriptive statistics: this tool provides a comparison of the pre and post test of mcdonald soccer skill test of 40 players showing the mean.

The above figure gives a clear comparison of the mcdonald soccer skill test and its effects on the football players. The graph shows an increase in the mean scores which shows there was a difference in the mean in the pre and the post-test with Gray bar showing the result for the McDonald soccer skill test.

Paired t test: this tool helps us to understand the mean, standard deviation, t value, degree of freedom of pre and post-test.

Paired Samples Correlations (4.7)

	N	Correlation	Sig.
Pair 1 PRE & POST	40	.839	.000

From the table 4.7 the correlation between pre and post-test of McDonald soccer skill test is .839 which is statistically significant at 0.001 level.

Hence, it indicates that there was an improvement due to prescribed training program.

5. SUMMARY AND CONCLUSION

The research was conducted to study the effects of 4 weeks training on McDonald soccer skill test. 50 football players were selected to perform this test. The test was designed to check the passing and receiving ability of the player, to test the ability of the training program.

CONCLUSION:- The researcher has done his experiment on the sample of under 15 players of union football academy. The sample was chosen which includes 40 players.

- 1) The researcher designs his training program which was suitable for both the age and technique of the players.
- 2) The training program included exercise focuses on agility, strength, speed and indurance to improve the fitness level of the players.
- 3) The researcher met the players and heard to there problems and difficulties, which can have a bad impact on the result, so the researcher tried to solve there problems so that the researcher gets positive results of the soccer skill test.
- 4) The training program consist of 4 weeks which includes there training program units. This also includes break of 1 hour. The training consist of 3 parts warm up – main part – cool down.

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