



A SURVEY OF COMMON SOCCER CONDITIONING PATTERNS AMONG INTER-UNIVERSITY SOCCER PLAYERS

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ABSTRACT

The purpose of the study was to find out a survey of common soccer conditioning pattern, in view of preventing injuries among Inter-University soccer players. The subjects for the purpose of the study were selected from the West Zone and All India Inter- University football championship held at Margao, Goa, and 1999-2000. The total respondents of the study were 80 (Inter-University Football player). The survey method was used in conducting the study. The research scholar framed and prepared the questionnaire in consultation with many experts. The percentage was calculated for each response to the data for the purpose of the present study. The findings showed that 95% of soccer players had warm-up exercises in their training, 78.75% of soccer players had limbering down exercises in their training, 82.5% of soccer players had got preventive conditioning exercises from their coaches, 77.5% of soccer players had strength training with external resistance and 100% of soccer players had flexibility and stretching session in their training session.

Keywords: Soccer, Conditioning pattern, Inter-University soccer players, warm-up exercises, limbering down exercises, preventive conditioning exercises.

INTRODUCTION

Soccer is the most widely played professional and amateur sport in the world. There are major

professional leagues on every continent. It is also the biggest amateur sport in the world. Participants in soccer should give an inspirational appreciation for the team play that is necessary to play a game of excellent soccer. Short passes around defenders should be the focus of the game. Students are encouraged to pass and not dribble; therefore, attempts should be made to get into position to receive pass. Although players can spend most of the game in a specific position according to their role assigned, there are no restrictions on movement, and players can change positions at any time. The positional design of the players in the field of play is known as training. The coach of the team is in charge of deciding training patterns, player's positions and tactics. The number of players in each position determines the style of play of the team or the playing pattern of the opponent team; with more forwards and fewer defenses, the game system is more aggressive and offensive, while conversely, the system would be more defensive. Although players can spend most of the game in a specific position, there are no restrictions on movement, and players can change positions at any time. The positional design of the players in the field of play is known as training. The coach of the team is in charge of deciding training and tactics. Whether we are aiming to improve our performance in soccer or just want to reap the benefits of physical activity, body conditioning exercises strengthen and improve our body and performance. Body



conditioning generally includes strength training, aerobic exercises, flexibility exercises, and active and passive stretching exercises. The specific exercises we choose will vary depending on the standard of players and our goal. A body conditioning exercise is any exercise that improves a physical and mental attribute and may include cardio and strengthening exercises to burn fat or resistance training to tone muscles and avoid injuries.

METHODOLOGY

The purpose of the study was to find out a survey of common soccer conditioning pattern, in view of preventing injuries among Inter-University soccer players. The study was delimited to the inter-university soccer players, who participated in the West Zone and All India Inter-University football championship held at Margao, Goa, 1999-2000. The subjects for the study were selected from the West Zone and All India Inter-University football championship held at Margao, Goa, 1999-2000. The total respondents of the study were 80 (Inter-University Football player). The survey method was used in conducting the study. The research scholar framed and prepared the questionnaire in consultation with many experts. Utmost care was taken in preparing the questionnaire to ensure maximum coverage of area of the field of study to obtain maximum, worthwhile, and meaningful responses from the respondents. The responses to the questionnaire were in the form of 'Yes' or 'No' which were to be answered by the respondents by tick mark the appropriate statements and in the form of filling the blanks according to their choice in the column provided. The percentage was calculated for each response to the data for the purpose of the present study.

RESULTS AND DISCUSSIONS

Table 1

Does your training contain warm-up exercises?

S. No	Response	Frequency	Percentage
1	Yes	76	95%
2	No	4	5%

Above Table 1 shows that 95% of soccer players had warm-up exercises in their training and 5% of players didn't have warm-up exercises in their training.

Table 2

Does your training contain limbering down exercises?

S. No	Response	Frequency	Percentage
1	Yes	63	78.75%
2	No	17	21.25%

Above Table 2 shows that 78.75% of soccer players had limbering down exercises in their training and 21.25% of players didn't have limbering down exercises in their training.

Table 3

Does your coach give preventive conditioning exercises?

S. No	Response	Frequency	Percentage
1	Yes	66	82.5%
2	No	14	17.5%

Above Table 3 reveals that 82.5% of soccer players had got preventive conditioning exercises from their coaches and 17.5% of players didn't get any kind of preventive conditioning exercises.



Table 4

Does your training contain strength training with external resistance?

S. No	Response	Frequency	Percentage
1	Yes	62	77.5%
2	No	18	22.5%

It has been observed from Table 4 that 77.5% of soccer players had strength training with external resistance, whereas 22.5% hadn't received strength training with external resistance.

TABLE 5

Does your training contain flexibility and stretching session?

S. No	Response	Frequency	Percentage
1	Yes	80	100%
2	No	0	0%

It has been observed from Table 5 that 100% of soccer players had flexibility and stretching session in their training session and there was no player to state that his training session didn't contain flexibility and stretching.

CONCLUSIONS

The study shows that 95% of soccer players had warm-up exercises in their training and 5% of players didn't have warm-up exercises in their training.

It is noticed that 78.75% of soccer players had limbering down exercises in their training and 21.25% of players didn't have limbering down exercises in their training.

It is indicated that 82.5% of soccer players had got preventive conditioning exercises from their

coaches and 17.5% of players didn't get any kind of preventive conditioning exercises.

It is indicated that 77.5% of soccer players had strength training with external resistance, whereas 22.5% hadn't received strength training with external resistance.

The study reveals that 100% of soccer players had flexibility and stretching session in their training session and there was no player to state that his training session didn't contain flexibility and stretching.

Preventive conditioning exercises should be administered to soccer players in order to prevent injuries.

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