

# Effect of Sand and Offshore Training on Speed among College Men Football Players

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## Abstract

Sports training aims at improving the performance of sports persons. Sand and offshore training are very popular and effective training to promote higher performance in sports. Systematic sand and offshore training can improve quickness, strength and muscle endurance of a player. The purpose of the study was to find out the effect of sand and offshore training on speed among college men football players. To achieve this purpose, forty five men football players from various colleges of University of Madras were randomly selected and they were assigned into three groups namely sand training group, offshore training group and control group. The training programme was scheduled for three days a week and each training session consist of 45 minutes including warm up and cool down exercises. Analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post-test mean differences among sand training and offshore training groups and the adjusted post-test result was significant, the scheffe's post-hoc test was used to determine the significance of the paired mean differences. Offshore training made significant improvement on speed among college men football players due to the six weeks of offshore training. It was concluded that offshore training can be better utilized for improving speed than sand training among college men football players.

**Key words:** Sand training, Offshore training and Speed

## Introduction

Training is a systematic process of repetitive, progressive exercise or work, involving also learning process and acclimatization. Arnheim,(1985). The sports training aims at achieving high performance in sports competition. In order to achieve high performance, sports training is done in a planned and systematic manner. Sports training is based on systematic facts and principles.

Sports training is continuous process of perfection, improvement and creation of means and methods of improving sports performance and factors of performance. Hardayal Singh, (1987).

Speed is the capacity of the individual to perform successive movements of the same pattern at a faster rate. Gothi, (1993).

## Purpose of the Study

The purpose of the study was to determine the effect of sand and offshore training on speed among college men football players.

## Hypothesis

It was hypothesized that the offshore training would significantly improve the speed than sand training among college men football players.

## Review of Literature

Sathiskumar, (2011) conducted a study on the effect of sand and offshore training of selected physical and physiological variables among inter engineering college level football players. To achieve the purpose of the study, 45 engineering college football players were selected and they were divided into three groups namely experimental group I assigned as sand training group, experimental group II assigned as offshore training group and group III assigned as control group. Pre-test were conducted on selected physical fitness and physiological variables such as speed, agility, endurance, resting pulse rate, breath holding time and blood pressure. After a period of six weeks of sand and offshore training to the respective experimental groups, post-test were conducted. Analysis of covariance and Scheffe's post-hoc test were used to test the significant mean differences among the experimental groups. The study was concluded that six weeks of sand training significantly improved the selected dependent variables such as speed, agility, endurance, resting pulse rate, breath holding time and blood pressure than offshore training among inter engineering college football players.

## Methodology

To achieve the purpose of the study, forty five men football players were randomly selected in the age group of 18 to 21 years from various colleges of University of Madras. They were assigned into three groups of which one group participated in sand training, second group participated in offshore training and the third group served as control group.

The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=45) were randomly assigned into three equal groups of fifteen men each. The groups were Experimental group I assigned as sand training group, group II assigned as offshore training group and control group as group III respectively. Pre -test was conducted for all the forty five subjects on speed. The experimental groups participated in their respective sand and offshore training for a period of six weeks. The post-test was conducted on speed after six weeks of sand and offshore training.

The investigator administered 50 yards run test to measure speed. The score was the elapsed time to the nearest tenth of a second between the starting and the instant the subject crosses the finish line. Pre -test and post -test scores were statistically examined by applying Analysis of Covariance (ANCOVA) and

scheffe's Post -hoc test was used due to significant results were found. The level of confidence was fixed at 0.05 level to test the significance.

## Results and Discussion on Speed

**Table - I**

**Calculation of Analysis of Covariance of Speed  
(Score in Seconds)**

	Sand Training Group	Offshore Training Group	Control Group	Sources of Variance	Sum of Squares	df	Mean squares	Obtained F-ratio
Pre - test Mean	7.15	7.17	7.17	B	0.01	2	0.005	0.13
				W	1.52	42	0.04	
Post - test Mean	6.95	6.8	7.14	B	0.87	2	0.44	22*
				W	0.78	42	0.02	
Adjusted post -test Mean	7.05	6.99	7.16	B	0.44	2	0.22	7.33*
				W	1.55	41	0.03	
Mean Gains	0.2	0.37	0.03					

Table F-ration at 0.05 level of confidence for 2 and 41 (df) = 3.22, 2 and 42 df = 3.22

\* Significant

Table I shows the analysed data on speed. The pre-test means of speed were 7.15 for sand training group, 7.17 for offshore training group and 7.17 for control group. The obtained F-ratio 0.13 was lesser than the table F-ratio 3.22. Hence the pre-test was insignificant at 0.05 level of confidence for the degrees of freedom 2 and 42.

The post-test means were 6.95 for sand training group, 6.8 for offshore training group and 7.14 for control group. The obtained F-ratio 22 was greater than the table F-ratio 3.22. Hence the post-test was significant at 0.05 level of confidence for the degrees of freedom 2 and 42.

The adjusted post-test means were 7.05 for sand training group, 6.99 for offshore training group and 7.16 for control group. The obtained F-ratio 7.33 was greater than the table F-ratio 3.22. Hence the adjusted post-test was significant at 0.05 level of confidence for the degrees of freedom 2 and 41. The mean gains of sand training group, offshore training group and control group were 0.2, 0.37 and 0.03 respectively.

**Table - II**

**Calculation of Scheff's Post - Hoc Test Analysis of Speed  
(Scores in Seconds)**

<b>Control Group</b>	<b>Sand Training Group</b>	<b>Offshore Training Group</b>	<b>Mean Difference (MD)</b>	<b>C.I Value</b>
7.16	7.05		0.11	0.15
7.16		6.99	0.17*	
	7.05	6.99	0.06	

\* Significant

Table II shows the scheffe's post-hoc test of ordered adjusted final mean difference of speed for different groups. The differences between the control group and sand training group was 0.11, control group and offshore training group was 0.17 and sand training group and offshore training group was 0.06. Hence the second group comparison was significant and first and third comparisons were insignificant.

The analysis of covariance of speed indicated that there was significant improvement on speed among college men football players due to the six weeks of offshore training.

Further findings of the study showed that the control group did not improve the speed. However, the offshore training group had more effect on the improvement of speed than the sand training group and control group.

Paish,(1991) stated that speed is more a product of nature than nurture. A person is born with muscle capable of working at speed. A person is born with an ultimate speed potential and only by planned training can this potential be fully realised. If one becomes stronger, more powerful and flexible, this will almost certainly enhance basic skill of running at peak speed, in other words sprinting.

The findings of this study are in agreement with the theoretical knowledge cited in respect of sand and offshore training.

### **Conclusion**

It was concluded that offshore training significantly improved the speed than the sand training among college men football players.

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