

EFFECT OF SAQ TRAINING ON PHYSICAL FITNESS VARIABLES OF FOOTBALLPLAYERS

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ABSTRACT

The objective of the investigation was to determine the impact of SAQ training on the physical well-being of football and hockey athletes. For this investigation, forty (40) state level football athletes aged between 14-16 years were randomly chosen from Golden Star football club Kheri, Talwana. The participants were haphazardly divided into two categories as the experimental cohort (soccer athletes) and the control cohort. The exploratory group underwent a SAQ training regimen while no training was given to the control group. The duration of instruction was six weeks in a timetable of weekly three days for every other day. The information were gathered based on the chosen bodily health factors prior to and following the exercise duration. The information that was gathered was examined by "t" examination and the degree of importance was established at 0.05 level. Data examination revealed noteworthy enhancement in the speed, nimbleness, and robustness of the football athletes.

KEYWORDS- SAQ training, physical fitness, sports, football, state player

INTRODUCTION

In recent epochs, sports and athletic contests have transformed into global cultural phenomena, attracting colossal audiences and nurturing fervent competitiveness.(Santosh, 2022). The rise of proficient leagues across diverse sports and the worldwide extent of these occasions have added to the escalated degree of rivalry. Sportspeople and organisations are perpetually endeavouring for triumph, with a robust emphasis on execution and results. Furthermore, the emergence of social media has intensified the competitive environment, granting athletes and teams fresh opportunities to exhibit their accomplishments and secure endorsements.

Today, games and athletics have commenced as global cultural occasions.(Santosh, 2022)The degree of rivalry in sports has considerably escalated due to the expansion of professional leagues in various sports and the burgeoning fascination in athletics. The globalisation of sports is one of the main reasons for the increasing rivalry, as supporters from all over the globe can now track their preferred teams and athletes more conveniently than ever before. The heightened emphasis on performance and results in athletics is another concern, as teams and athletes strive to triumph in additional matches and competitions. Social networking has also contributed to the surge in sports rivalry, as athletes and teams now have supplementary methods to publicise their triumphs and seize sponsorship opportunities. It is crucial for athletes to cooperate with an accredited coach or instructor to establish a training programme that is tailored to their specific needs and goals. SAQ coaching, occasionally known as Speed, Agility, and Promptness coaching, is a form of physical exercise designed to enhance an athlete's capability for swift motions and orientation alterations. It encompasses a plethora of endeavours that examine an athlete's synchronisation, equilibrium, and reaction speed. Callisthenics or gear such as markers, staircases, and obstacles can be utilised for SAQ training. SAQ instruction is a vital component of every athlete's training regimen, as it aids in enhancing their speed, agility, and promptness. It is crucial for both football and ice hockey players, as the game requires swift movements and frequent alteration of course. Activities such as cone exercises, ladder exercises, and response exercises can be integrated into SAQ training to enhance agility and physical command, two abilities that are crucial in a game like football. To construct a programme that is tailored to an athlete's distinct prerequisites and aspirations, it is crucial to collaborate with a proficient coach or instructor. SAQ education is an essential component of a player's comprehensive training

regimen in football. It can aid in enhancing nimbleness and quickness, as well as dynamic power. Participants of all kinds, ranging from the expert to the weekend aficionado, now comprehend the potential advantages of engaging in SAQ training regimen. (Tamilselvan Scholar et al., 2022)

In light of this fiercely competitive environment, it has become essential for athletes to cooperate with accredited mentors and instructors who can devise exercise routines customised to their specific requirements and goals. One such vital element of athlete training is SAQ (Speed, Agility, and Promptness) training. SAQ coaching is a type of physical exercise intended to improve an athlete's capacity to perform swift motions and speedy alterations in orientation. It encompasses a varied assortment of activities that test an athlete's synchronisation, equilibrium, and response speed. (Santosh, 2022)

Understanding SAQ Training: SAQ instruction concentrates on cultivating an athlete's capability for rapid, accurate motions and orientation alterations. This training can integrate bodyweight exercises or employ equipment such as markers, rungs, obstacles, and agility training tools. The principal objective of SAQ training is to enhance an athlete's speed, agility, and quickness, which are vital characteristics in diverse sports, such as football and ice hockey.

Enhancing Speed and Agility: Speed and nimbleness are crucial facets of an athlete's performance, especially in sports like football and ice hockey that necessitate swift motions and frequent alterations in trajectory. SAQ preparation involves activities such as marker exercises, step exercises, and response exercises, all of which are intended to improve an athlete's agility and physical command. (Deepak & Yadav, 2016) These abilities are priceless in sports where athletes need to respond rapidly to altering game circumstances, elude adversaries, and sustain their competitive advantage.

SAQ Training as an Integral Component: SAQ preparation has turned into an essential component of an athlete's all-encompassing training regimen in football and other athletics. It provides numerous advantages, including enhanced agility, speed, and dynamic power. Whether an athlete is an experienced professional or a weekend enthusiast, the potential benefits of participating in SAQ training are widely acknowledged. (Tamilselvan Scholar et al., 2022).

In summary, the rivalrous scenery in athletics has escalated considerably, necessitating that athletes consistently improve their corporeal characteristics and abilities. SAQ preparation has surfaced as a crucial instrument to assist athletes enhance their speed, agility, and promptness, ultimately contributing to their triumph on the pitch.(Kumar et al., 2023) With its emphasis on rapid movements and alteration of course, SAQ training is indispensable for athletes in football and other sports, enabling them to manoeuvre the obstacles of their respective games with elegance and accuracy.

METHODOLOGY

The objective of the investigation was to determine the impact of a six-week SAQ regimen on the physical aptitude measure of football athletes. To accomplish the objective of the investigation, 40 state level athletes were chosen at random and they were evenly distributed into two sets of 20 each as experimental group-I and experimental group-II. The exploratory groups experienced SAQ training for one hour in the morning prior to commencing the customary badminton practises. The duration of instruction was 6 weeks in a timetable of weekly 3 days for every other day. The information was gathered on the speed and nimbleness prior to and following the instructional duration. The gathered information was statistically examined by utilising t-test. To examine the importance. The 05 degree of assurance was established.

RESULTS

Information regarding every group's speed, nimbleness, and quickness is acquired according to the investigation that has been conducted. The data is displayed in Table 1, as illustrated.

Variable	Group	Pre	Post	T-Value	Sig
Speed	Exp.	5.106 ±0.326	4.753 ±0.451	5.048	.000
	Cont.	5.179 ±0.339	5.030 ±0.362	7.907	.000
Agility	Exp.	13.089 ±0.744	12.543 ±0.699	4.391	.000
	Cont.	13.582 ±1.196	13.481 ±1.086	7.103	.000
Strength	Exp.	2.03 ±.424	2.18 ±.375	-2.446	.024
	Cont.	1.99 ±.362	2.04±.354	-4.271	.000

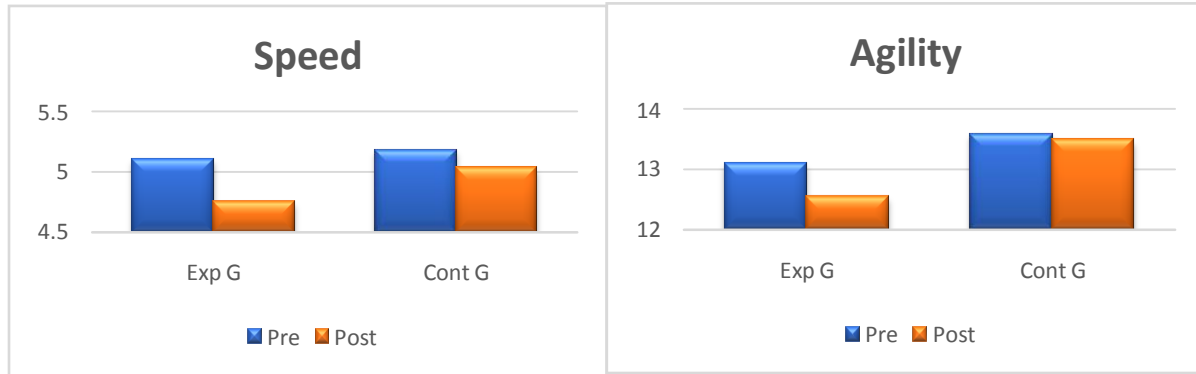
The investigation sought to assess the influence of a six-week interval training regimen on the physical fitness variables of football athletes. Information were gathered and examined to evaluate the alterations in speed, nimbleness, and power prior to and following the training duration. The outcomes, as exhibited in Table 1, offer valuable perspectives into the efficacy of interval training in augmenting these physical characteristics.

Speed: One of the crucial variables examined in this investigation was speed. In the exploratory group (Exp.), participants demonstrated an average speed of 5.106 ± 0.326 prior to the training regimen, which notably enhanced to 4.753 ± 0.451 following the six-week interval training. This enhancement was statistically noteworthy, as indicated by the T-value of 5.048 and a significance level (Sig) of .000. On the other hand, the comparison group (Cont.) demonstrated a decline in speed from 5.179 ± 0.339 to 5.030 ± 0.362 , exhibiting a T-score of 7.907 and a level of significance of .000. These findings emphasise the beneficial influence of interval training on improving the speed of football players.

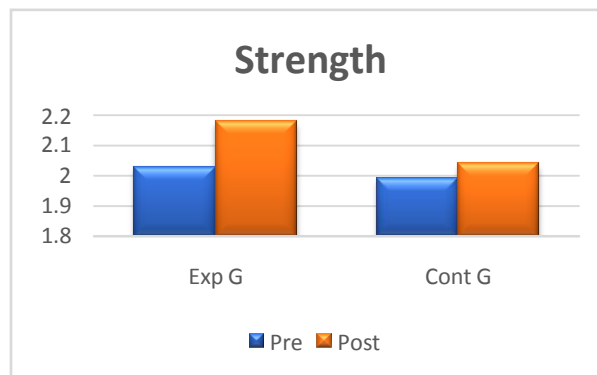
Agility: Agility is an additional vital element of physical fitness, particularly for football players who require to manoeuvre the pitch with accuracy and swift alterations in orientation. In the exploratory cluster, agility enhanced significantly from 13.089 ± 0.744 prior to instruction to 12.543 ± 0.699 following the six-week interval conditioning regimen. The T-score of 4.391 and a significance level of .000 validate the statistical importance of this enhancement. Likewise, the command group demonstrated a decline in nimbleness from 13.582 ± 1.196 to 13.481 ± 1.086 , with a T-score of 7.103 and a significance threshold of .000. These discoveries underscore the favourable impact of interval training on nimbleness, which is crucial for the performance of football players.

Strength: Might is an essential physical quality for football athletes, as it directly affects their capacity to tackle adversaries, triumph in battles, and uphold physical supremacy on the pitch. The investigation additionally evaluated power as a component of bodily wellness. In the exploratory cluster, individuals demonstrated an average potency of 2.03 ± 0.424 prior to instruction, which escalated to 2.18 ± 0.375 following the six-week period of cyclic training. This enhancement, although statistically noteworthy with a T-score of -2.446, had a significance level of .024. On the other hand, the experimental group exhibited a minor decline in potency,

transitioning from 1.99 ± 0.362 to 2.04 ± 0.354 , accompanied by a T-score of -4.271 and a level of significance of .000. These findings imply that although interval training predominantly concentrates on qualities such as speed and nimbleness, it also exerts a favourable influence on power, which is crucial for football athletes in physical competitions.



The mean value and standard deviation (Mean SD) of the pre-test and post-test for speed in the experimental group were 5.106 0.326 and 4.753 0.451 respectively. The values for agility were 13.089 0.744 and 12.543 0.699 respectively. The values for strength were 2.03.424 and 2.18.375 respectively.



For command group the average value and deviation of pre-examination and post-examination for speed were 5.179 ± 0.339 , 5.030 ± 0.362 , for nimbleness were 13.582 ± 1.196 , 13.481 ± 1.086 and for power were $1.99 \pm .362$, $2.04 \pm .354$ respectively.

Based on Table 1 as an entirety, there is a disparity between each of the reliant variables (speed, nimbleness, and power) in the experimental group before and after the intervention while in the control group there are no noteworthy alterations detected. It is evident from the table that in the

experimental group, every variable's degree of significance for speed, agility, and power is lower than sig 0:05, or $P < 0.05$. After experiencing a Speed, Nimbleness, and Promptness (VNP) workout, it can be stated that there is a transformation in regards to quickness, agility, and limb dynamic force.

DISCUSSION

Physical health is a fundamental requirement for the majority of the obligations that an individual must fulfil in a daily existence.(Sagre et al., 2022)Speed, agility, and quickness training are demanding workouts that aid athletes in enhancing their bodily state to triumph in the contest. The discoveries of the investigation unveil that exercising quickness, agility, and speed can amplify the bodily wellness parameters such as celerity, nimbleness, and robustness. SAQ education has currently extensively utilised to ready athletes for a complete spectrum of training intensities from minimal to elevated.

Physical activity of “speed, agility, and quickness is a framework of gradual workouts and guidance intended to cultivate essential motor abilities and enhance the capability of the athlete to become more proficient at accelerated velocities and with enhanced accuracy. Speed, agility, and quickness has become a trendy method to train athletes.

The discoveries of this investigation are in agreement with the prior exploration carried out by(Suresh et al., 2021). Additionally, this investigation explores that, in general, the coaching methods for speed, agility, and quickness (SAQ) significantly improve the performance of football athletes.”

Furthermore, investigation carried out by(Amelia et al., 2022)Recommends that SAQ instruction has greatly enhanced the responsiveness of goalkeepers who possess superior and subpar reaction capabilities.

The workout additionally enhances the capacity to apply utmost strength during motion exercises at rapid speed.(Azmi & Kusnanik, 2018). It is extensively recorded that SAQ training has greatly enhance speed.(Chandrakumar & Ramesh, 2015; Mitra et al., 2016; Trecroci et al., 2016), agility (Puinachandra et al., 2012; Singh Dhapola, 2017) and leg explosive power (Mitra et al., 2016; Suresh et al., 2021)

CONCLUSION

It has been determined, on the basis of the findings of the research, that the SAQ training over a period of six weeks results in a considerable improvement in the chosen physical parameters of football players. Because of this, it is recommended to implement SAQ training with players, particularly younger ones, in order to enhance the physical fitness components of speed, agility, and quickness during their sensitive growth phases. This is because this is the key to their development and reaching the highest level, demonstrating the influence of its efficacy on the growth of athletic abilities. It is also possible to conduct this research on children in the sub-junior age group so that the significance of SAQ training may be determined at the most fundamental level of football players.

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