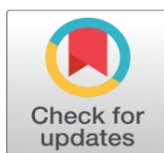
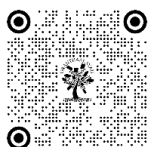


ANALYZING THE OUTCOMES OF THE SIX-WEEK TRAINING PROGRAM ON FOOTBALL PLAYERS

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ABSTRACT

This research examines the effects of a six-week structured training program on football players, specifically targeting improvements in shooting and dribbling skills. The training was designed to enhance overall match performance by incorporating focused physical and technical drills. To evaluate the program's effectiveness, pre- and post-intervention tests were conducted, with two null hypotheses proposing that the training would not lead to significant improvements in performance. The analysis revealed notable enhancements in both shooting and dribbling abilities, demonstrating that even short-duration; sport-specific training can significantly impact player development. The study underscores the value of structured training routines in football and advocates for the integration of physical education strategies in athletic training programs.

Keywords: Shooting, Dribbling, Physical Education, Football Performance

1. INTRODUCTION

Football widely recognized as a sport requiring a blend of skill, strategy, and physical endurance, demands exceptional conditioning, precise technical execution, and sharp mental focus. To meet these requirements, structured sports training programs are crucial for enhancing player's performance, particularly in fundamental areas like passing, shooting, dribbling, and defensive maneuvers (Bompa & Buzzichelli, 2019). With heightened level of competition, short-term, sport-specific training interventions are receiving heightened research attention for their potential to improve match performance within condensed timeframes.

This study aims to assess the after-effect of a six-week structured training program designed to elevate overall football performance. The program incorporated focused physical conditioning along with targeted technical drills, and its effectiveness and usefulness was examined through pre- and post-training performance assessments. By formulating and testing null hypotheses, this research seeks to establish whether a concentrated training period can produce

significant improvements in key performance indicators. Furthermore, the study underscores the importance of integrating evidence-based training methodologies into football player development frameworks.

The understanding developed from this study could be valuable for coaches, physical educators, and sports scientists seeking to design efficient, performance-driven training regimens. By demonstrating measurable gains within a six-week period, the study advocates for the use of systematic, scientifically grounded training programs in football that align with contemporary athletic development standards. Additionally, the outcomes of this investigation may serve as a practical resource for implementing similar training approaches across various levels of football, from youth leagues to professional teams. It highlights the importance of combining fitness enhancement with technical skill development in a structured fashion, reinforcing the concept that even brief but well-planned training regimens often lead to substantial performance improvements. Such studies provide and contribute to the expanding knowledge base in sports science and can inform future coaching strategies centered on scientific assessment and player progress.

2. RESEARCH METHODOLOGY

2.1. STUDY AREA

This specific study was regulated in University of Kashmir which is located in UT OF Jammu and Kashmir region, center part of Kashmir valley. The university main campus is found in the main city of Srinagar, near the very popular Dal Lake. The institution maintains collaborative ties with several academic and research organizations both within the country and abroad.

- **Research Design:** This study used an experimental pre-test and post- test design, which is frequently utilized in sports training research.
- **Training Program:** The experimental group has undergone a structured six-week training program, based on principles of developing overall performance of football player's specifically in shooting and dribbling.
- **Population:** The total of 20 Football players was trained inside the campus of University of Kashmir.
- **Sample Size:** The researcher has used the method of probability sampling that is simple random sampling to select 20 players during trails for the north zone football championship 2025 who meet the following criteria: Age: 18–25 years.
- **Participation:** Actively enrolled in the university's football program.
- **Selections of variables** There are many numbers of variables related to performance of football. However, the researcher has chosen to focus to the following (two ball skills) variables such as, dribbling and shooting performance because they are the two core skills of football performance.
- **Data Analysis:** - Quantitative Analysis (Paired t-tests) has been used to compare pre-test and post-test scores for both shooting and dribbling with the use of Morg Morgan Christian General Soccer Ability Test. Descriptive statistics (mean, standard deviation) to summarize the data.
- **Training Schedule**

S. No.	Clear Details	Time Duration
1	Total Number of Weeks	6 Weeks
2	Total Sessions in a Week	3 Sessions
3	Time Of Each Session	60 Minutes
4	Warm Up Time	8 To 10 Minutes
5	Rest Between Repetitions	60 Seconds
6	Rest Between Sets	60-90 Seconds
7	Rest Between Drills	60-90 Seconds
8	Warm Down Time	8 To 10 Minute

• Data Collection Methods

Pre-Test and Post-Test Assessments: Data has been collected at the start and end of the program to measure changes in performance.

S. No.	Variables	Test	Objective	Score
1	Shooting	Morgan Christian General Soccer Ability Test	The motive of the test will be measured the variable shooting ability among school level football players.	Scoring: Ten points will be awarded for shots that are going through a perfect target, and four points will be awarded for the shots going through a lower target when aiming at the upper target. The end score will be out of total 16 trials.
2	Dribbling	Morgan Christian General Soccer Ability Test	The motive of the test will be measured in the variable dribbling ability among school level football players.	The final score will be the joint time of the two best trials

3. ANALYSIS AND INTERPRETATION OF RESULT

The analysis of this study has focused on evaluating the impact of six-week structured training program on overall performance of the football players. The data has been collected from the pre-test and post-test assessments has been analyzed to determine if significant improvements have occurred in player's performance during practice and competitive games.

To examine the effectiveness/usefulness of the training program, the data from the pre-test and post-test assessments has analyzed with the use quantitative methods. Paired t-test has been applied to compare the outcomes (results) of the critical components for football player's overall performance.

Descriptive statistics, including means and standard deviations, has been used to summarize the performance data and provide an overview of the shooting and dribbling. This will allow for a clear comparison of the player's baseline performance (pre-test) with their post-training performance. In addition, the overall impact of the training program on the player's performance in practice matches and competitive games will be assessed based on observed changes in their skill execution, tactical awareness, and match outcomes.

The results (outcomes) of this analysis will be crucial for determining the effectiveness of the training program and formulating recommendations for future training regimens aimed at improving player performance. The exact result is given in below mentioned tables including Table 1, 1.1 and 2, 2.1

Table 1

Mean And Standard Deviation of Before and After Test of Shooting

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Batting Average Before	7.35	20	1.899	.42473
Batting Average After	11.60	20	2.036	.45538

Table 1.1

Comparison of Before and After-Test Between Inter-University Male Football Players of Shooting

	Paired Differences				t	df	Sig. 2-tailed
	Mean	Std. Dev.	Std. Error Mean	95% confidence interval of the difference			
				Lower	Upper		
Pair 1 Shooting Average Before-After	-4.25	2.403	0.53742	-5.37482	-3.12518	-7.908	0

Table 1.1: Illustrates that the Mean and SD Values of Pre-test and Post-test of the Variable Shooting of Interuniversity football Players were 4.25 and 2.403 respectively. The obtained “t” value (df-19) -7.908 was found statistically significant, ($P < 0.05$) at 0 .05 level of significance.

Figure 1

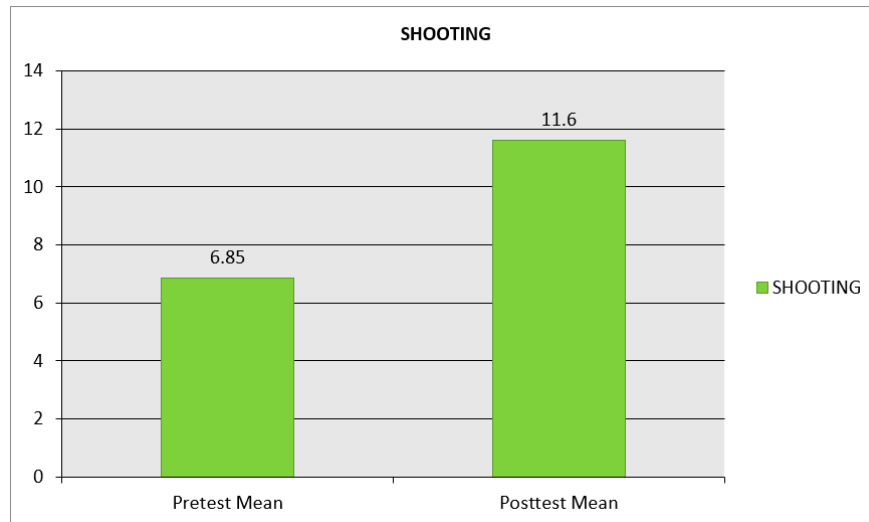


Figure 1: Shows Mean of Before and After Test of the Variable Shooting of Interuniversity Football Players

Table 2

Mean and Standard Deviation of Before and After Test of Dribbling

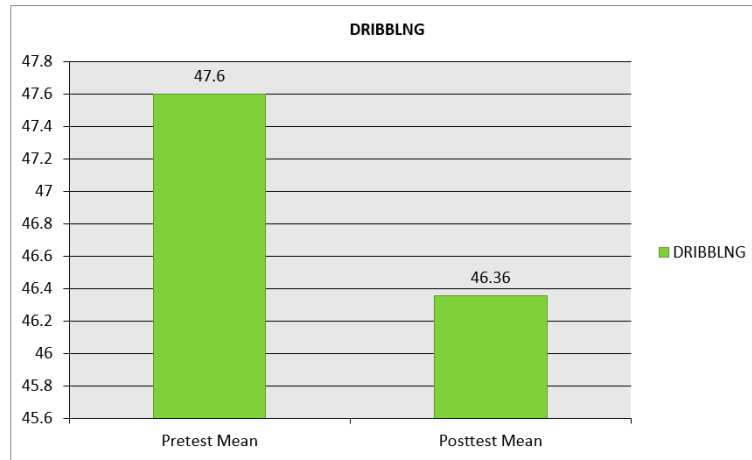
	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Dribbling Before	47.10	20	3.719	.83168
Dribbling After	45.85	20	3.970	.88792

Table 2.1

Comparison of Before and After Test Between Inter-University Male Football Players of Dribbling

	Paired Differences					t	df	Sig. 2-tailed
	Mean	Std. Dev.	Std. Error Mean	95% confidence interval of the difference				
				Lower	Upper			
Pair 1	1.25	1.401	0.31334	0.59416	1.90584	3.989	19	0.001
Dribbling Average Before - After								

Table 2.1: Illustrates that the Mean and SD Values of Pre-test and Post-test of the Variable Dribbling of Interuniversity Football Players were 1.25 and 1.401 respectively. The obtained “t” value (DF-19) 3.989 was found statistically significant, ($P < 0.05$) at 0 .05 level of significance.

Figure 2.1**Figure 2.1:** Shows Mean and Sd of Before and After Test of the Variable Dribbling of Interuniversity Football Players

4. DISCUSSION OF THE FINDINGS

The result of the study revealed that there was seen a noticeable improvement in the overall performance of football players during practice matches and competitive games after completing the training program in selected variables such as- Shooting and Dribbling before and after test of the six-week training program on football players.

5. CONCLUSION

This study examined the effects of a structured six-week training program on football players, with a particular emphasis on performance-related skills. The hypothesis suggesting no significant improvement in football performance was rejected, as the results demonstrated clear enhancements in shooting and dribbling abilities following the intervention. The outcomes suggest that focused physical and technical training plays a vital role in improving specific aspects of football performance. Overall, the research confirms that well-organized, targeted training programs can lead to measurable improvements in key skills, highlighting the importance of integrating such methods into player development. The study specifically recorded notable gains in shooting and dribbling when comparing pre- and post-training results.

6. FINDINGS OF THE STUDY

The result of the study was designed to check the significant improvement of football players and a noticeable improvement in the overall performance during practice matches and competitive games after completing the training program in selected variables such as- Shooting and Dribbling before and after test of the three months training program on football players.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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