

**A COMPARATIVE EFFECT OF SOCCER TRAINING IN SMALL PLAYFIELD  
AND REGULAR OFFICIAL SIZE PLAYFIELD ON THE SELECTED  
PHYSIOLOGICAL PARAMETERS**

**\*Baro Mantu**

Assistant Professor, Centre for Studies in Physical Education and Sports, Dibrugarh University,  
Assam, **INDIA**.

**Email:** mantumunu15@gmail.com

*(Received November, 13, 2014, accepted November 19, 2014)*

**ABSTRACT**

*The purpose of the present study was to determine the effect of training in small size playfield and regular official size playfield on the selected physiological parameters of soccer players. Sixty six districts level male soccer players (age 17-25 yrs) of Assam were divided into three unequated group in equal number. Two experimental groups, Group-A and Group-B had gone through the 12 weeks training programme consist of general conditioning, techno-tactical (special conditioning) training and game practice progressively for two and half hour par day, five days per week in Small Playfield (SP) and Regular Official Size Playfield (ROSP) respectively and Control Group-C did not participate to any special training programme. The selected physiological parameters were measured before and immediately after completion of the training programme. To find out the pre and post training performance and significance differences among the groups the collected data were analyzed statistically through T-test, Analysis of Variance (ANOVA) and Analysis of Co-variance (ANCOVA). The level of significance was observed at 0.05 level of confidence. The finding shows that the selected physiological parameters i.e. Systolic Blood Pressure ( $t=2.09 > 2.08$ ); Heart Rate ( $t=3.33 > 2.08$ ), Respiratory Rate ( $t=4.34 > 2.08$ ), Vital Capacity ( $t=2.426 > 2.08$ ) and Fat Weight ( $t=2.72 > 2.08$ ) of Group A (SP) were improved significantly. In case of Group- B (ROSP) there were significant improvement of Systolic Blood Pressure ( $t=3.08$ ), Heart Rate ( $t=2.798$ ), Respiratory Rate ( $t=5.33$ ) and Vital Capacity ( $t=3.58$ ) show significant improvement. There also significant differences were found between pre test and post test means of composite scores of selected physiological parameters in both the experimental group A and B ( $t= 4.81$  and  $4.15 > 2.08$ ). Insignificant difference was found in the pre-test means of three selected groups as the obtained F-value of 0.23 is less than that of tabulated F-value of 3.144 for the d.f. of 2/63 at 0.05 level and significant difference was found in the post-test means and adjusted means of three selected groups as the F-Value 8.76 and 18.39 are quite higher than the tabulated F-value of 3.144 and 3.146 respectively at 0.05 level of confidence.*