

Influence of Position Specific Training on Designated Skill Performance Variables among Rural Grassroots Level Football Players

Vignesh P.^{1*}, Dr. J. Jackson Sutharsingh²

¹Research Scholar, YMCA College of Physical Education, Chennai

²Associate Professor, YMCA College of Physical Education, Chennai

DOI: <https://doi.org/10.36348/jaep.2026.v10i10.002>

| Received: 13.08.2026 | Accepted: 05.10.2026 | Published: 19.10.2026

*Corresponding author: Vignesh P.

Research Scholar, YMCA College of Physical Education, Chennai

Abstract

The purpose of the present study was the influence of position specific training on designated skill performance variables among rural grassroots level football players. The study was administered on rural grassroots level 45 football players in the age group 13 to 15 years of Thiruvallur district on the random sampling basis. The skill performance variables measurement which was used in this study is passing, dribbling and shooting. To find out the significance difference t-test was used. The level of significance was chosen as 0.05 levels. Result of this study reveal that there was significant difference exist between the FP, MP and DP among rural grassroots level football players. It was concluded that position specific training applies showed MP better than the FP and DP on passing skill, DP better than the FP and MP on dribbling skill, FP better than the MP and DP on shooting skill.

Keywords: specific training, motor skill, rural grassroots level, FP (Forward Player), MP (Midfield Player) and DP (Defender Player).

Copyright © 2026 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

INTRODUCTION

Football is a team sport played between two teams of eleven players with a spherical ball. It is played by 250 million players in over 200 countries and dependencies, making it the world's most popular sport. The game is played on a rectangular field with a goal at each end. The object of the game is to score by moving the ball beyond the goal line into the opposing goal.

One of the reasons why football is so popular all around the world is because how easy it is to start as it doesn't have a lot of requirement. Kids in third world countries only need a ball to play and enjoy it with their friends and families. You can play it in the streets, beach, or even in your backyard. Even if you want to play it properly on a football field, the only thing you need a ball, a football shoe, a jersey or sports outfit, and some friends to play with.

Football is multifaceted and complex spasmodic team game that combines cyclic and acyclic movements (Erculj, Blas, and Bracic, 2010). Despite the fact that football execution requires great oxygen consuming capacity for recovery after high-intensity

activity, numerous authors concur that way of execution lies in anaerobic capacity (Delestrat and Cohen, 2009). Many changes of passing, endurance, change of direction and lot of footwork that occur amid the game require strength and agility development in training.

Statement of the Problem

The purpose of present study was the influence of position specific training on designated skill performance variables among rural grassroots level football players.

Hypothesis

There would not be significant difference between of rural grassroots level football players among skill performance variables.

METHODOLOGY

Subject

To achieve of the study was forty-five rural grassroots level football players (fifteen forward players, fifteen midfield players and fifteen defenders) were selected from Thiruvallur district. Their age ranged from 13 to 15 years.

Variables

Following skill performance variables were selected in this study

- Passing
- Dribbling
- Shooting

Research Design

For this study static group design was used. In which fifteen subjects were in each groups.

Criterion Measures

S.NO	VARIABLES	TOOLS/TEST	UNIT
1	Passing	Mor-Christian general Soccer Ability skill test battery	Scores
2	Dribbling		
3	Shooting		

RESULTS ON PASSING

The statistical analysis comparing the initial and final means of, passing due to position specific training on rural grassroots level football players is presented in Table I.

Table I: Computation of Analysis of Covariance of Passing

	FP GROUP	MP GROUP	DP GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	7.13	7.20	7.27	Between	0.13	2	0.07	0.03
				Within	85.07	42	2.03	
Post Test Mean	8.80	9.87	9.20	Between	8.71	2	4.36	1.86
				Within	98.53	42	2.35	
Adjusted Post Test Mean	8.86	9.87	9.14	Between	8.10	2	4.05	5.76
				Within	28.84	41	0.70	

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22 and 41 (df) =3.23

*Significant

As shown in Table I, the obtained pre-test means of passing on rural grassroots level football players of FP was 7.13, MP was 7.20 and DP was 7.27. The obtained pre-test F value was 0.03 and the required table F value was 3.22, which proved that there was no significant difference among initial scores of the subjects.

The obtained post-test means of passing on rural grassroots level football players of FP was 8.80, MP was 9.87 and DP was 9.20. The obtained post-test F value was 1.86 and the required table F value was 3.22, which

proved that there was no significant difference among post test scores of the subjects.

Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 5.76 was greater than the required value of 3.23 and hence it was accepted that there were significant differences among the treated groups.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table II.

Table II: Scheffe's Confidence Interval Test Scores on Passing

MEANS				Required C.I
FP Group	MP Group	DP Group	Mean Difference	
8.86	9.87	----	1.01*	0.71
8.86	----	9.14	0.28	
----	9.87	9.14	0.73*	

* Significant

The post hoc analysis of obtained ordered adjusted means proved that there were significant differences existed between FP group and MP group

(MD: 1.01), MP group and DP group (MD:0.73). There was no significant difference between FP group and DP group (MD: 0.28).

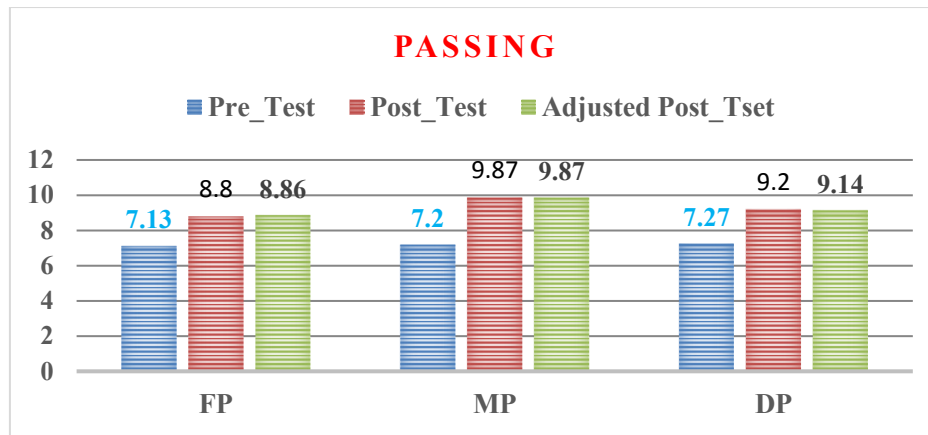


Figure I: Bar Diagram on Means of Passing

RESULTS ON DRIBBLING

The statistical analysis comparing the initial and final means of, dribbling due to position specific training

on rural grassroots level football players is presented in Table III .

Table III: Computation of Analysis of Covariance of Dribbling

	FP GROUP	MP GROUP	DP GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	34.34	34.41	34.30	Between	0.09	2	0.04	0.03
				Within	72.05	42	1.72	
Post Test Mean	33.07	33.51	33.80	Between	4.06	2	2.03	1.05
				Within	81.16	42	1.93	
Adjusted Post Test Mean	33.07	33.46	33.84	Between	4.44	2	2.22	4.96*
				Within	18.36	41	0.45	

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22 and 41 (df) =3.23

*Significant

As shown in Table III, the obtained pre-test means of dribbling on rural grassroots level football players of FP was 34.34, MP was 34.41 and DP was 34.30. The obtained pre-test F value was 0.03 and the required table F value was 3.22, which proved that there was no significant difference among initial scores of the subjects.

The obtained post-test means of dribbling on rural grassroots level football players of FP was 33.07, MP was 33.51 and DP was 33.80. The obtained post-test F value was 1.05 and the required table F value was 3.22,

which proved that there was no significant difference among post test scores of the subjects.

Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 4.96 was greater than the required value of 3.23 and hence it was accepted that there were significant differences among the treated groups.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table IV.

Table IV: Scheffe's Confidence Interval Test Scores on Dribbling

MEANS				Required C.I
FP Group	MP Group	DP Group	Mean Difference	
33.07	33.46	----	0.39	0.58
33.07	----	33.84	0.77*	
----	33.46	33.84	0.38	

* Significant

The post hoc analysis of obtained ordered adjusted means proved that there were significant differences existed between FP group and DP group

(MD: 0.77). There was no significant difference between FP group and MP group (MD: 0.39), MP group and DP group (MD: 0.38).

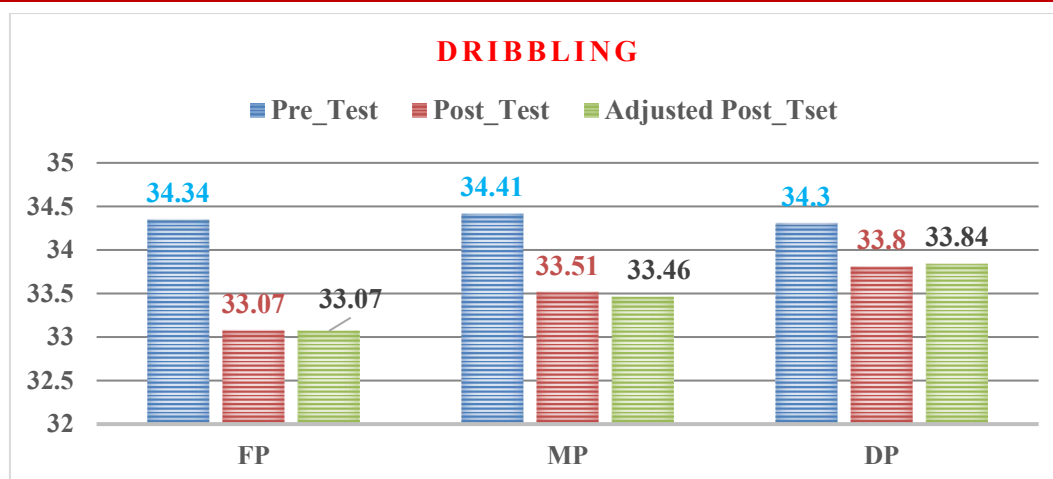


Figure II: Bar Diagram on Means of Dribbling

RESULTS ON SHOOTING

The statistical analysis comparing the initial and final means of, shooting due to position specific training

on rural grassroots level football players is presented in Table V .

Table V: Computation of Analysis of Covariance of Shooting

	FP GROUP	MP GROUP	DP GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	70.27	70.20	70.00	Between	0.58	2	0.29	0.02
				Within	771.33	42	18.37	
Post Test Mean	84.80	81.07	74.53	Between	810.13	2	405.07	12.80*
				Within	1329.07	42	31.64	
Adjusted Post Test Mean	84.77	81.05	74.58	Between	796.60	2	398.30	12.98*
				Within	1258.32	41	30.69	

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22 and 41 (df) =3.23

*Significant

As shown in Table V, the obtained pre-test means of shooting on rural grassroots level football players of FP was 70.27, MP was 70.20 and DP was 70.00. The obtained pre-test F value was 0.02 and the required table F value was 3.22, which proved that there was no significant difference among initial scores of the subjects.

The obtained post-test means of shooting on rural grassroots level football players of FP was 84.80, MP was 81.70 and DP was 74.53. The obtained post-test F value was 12.80 and the required table F value was

3.22, which proved that there was significant difference among post test scores of the subjects.

Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 12.98 was greater than the required value of 3.23 and hence it was accepted that there were significant differences among the treated groups.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table VI.

Table VI: Scheffe's Confidence Interval Test Scores on Shooting

MEANS				Required C.I
FP Group	MP Group	DP Group	Mean Difference	
84.77	81.05	----	3.72	4.75
84.77	----	74.58	10.19*	
----	81.05	74.58	6.47*	

* Significant

The post hoc analysis of obtained ordered adjusted means proved that there were significant differences existed between FP group and DP group

(MD: 10.19), MP group and DP group (MD: 6.47). There was no significant difference between FP group and MP group (MD: 3.72).

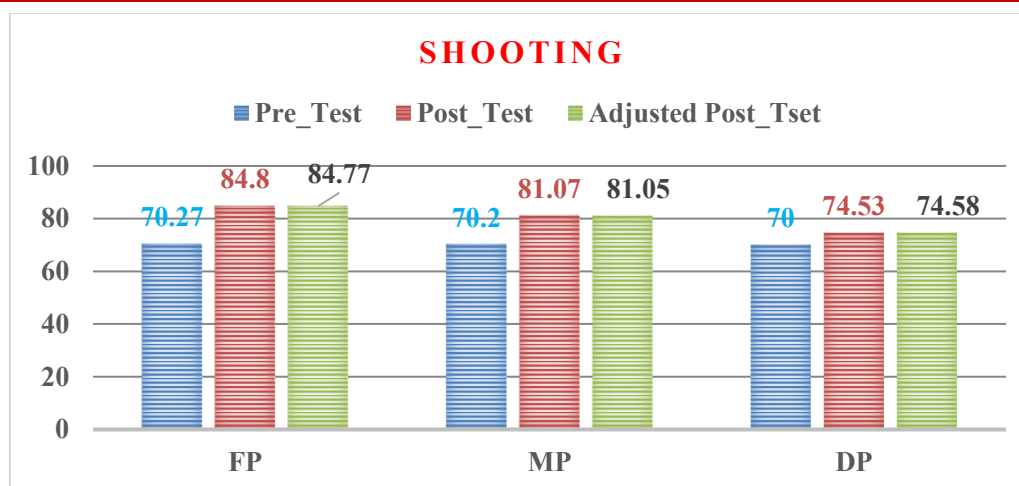


Figure III: Bar Diagram on Means of Shooting

DISCUSSIONS ON THE FINDINGS

Passing, Dribbling and Shooting

Mearg Tesfay (2016) investigated the effect of specific football training on selected motor fitness components, physiological variables and football skill performances of sub - junior school students. The results of one-way analysis of covariance (ANCOVA) indicated that the experimental group had shown significant improvement in all selected variables of passing, resting heart rate and recovery heart rate. Hence, the specific football training program appears to be an effective way of improving motor fitness components, physiological variables and soccer skills performance of sub junior school students.

Samson Wondirad and Dawit Atomsa (2019) reveal the effect of ten weeks mixed football training program on dribbling, passing and shooting performance of Jimma University and JimmaTesfa male football project. In conclusion, mixed youth football training program is an effective method in football to enhance dribbling, passing and shooting performances of players. It is better to recommend that various specific youth training programs applied for youth soccer players to develop their soccer technical and tactical capabilities.

CONCLUSIONS

Within the limitations, the results of present study seem to permit the following conclusion on rural grassroots level football players.

- It was concluded that position specific training applies showed significant influence on passing, dribbling and shooting of rural grassroots level football players from Tiruvallur District.
- It was concluded that position specific training applies showed MP better than the FP and DP on passing skill.
- It was concluded that position specific training applies showed DP better than the FP and MP on dribbling skill.
- It was concluded that position specific training applies showed FP better than the MP and DP on shooting skill

REFERENCES

- Kodeeswaran N and Murugavel K (2024) "Skill performance response to the influence of position wise specific skill training among school level football players" International Journal of Physical Education, Sports and Health, 11(1); Page: 215-221.
- Samson Wondirad and Dawit Atomsa (2019) "The effect of ten weeks mixed football training program on dribbling, passing and shooting performance of Jimma University and JimmaTesfa male football project" International Journal of Physical Education, Sports and Health, 6(5); Pages: 01-04