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Effect of hypoxic training and pilates training on selected bio motor and skill related variables of university level soccer players

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Introduction: Football or soccer is the most popular sporting event in the world. It is the king of sports. There is not a single country in the world where soccer is not played in some form or other, and it is popular particularly among the youth of the world. "Soccer is the game of educated feet. Hypoxic (low-oxygen) workout makes the oxygen delivery system more efficient, increasing the strength and endurance up to 40 percent. Pilates training is a physical fitness regimen of repeated exercise and is a holistic approach to well-being and a lifelong process of refinement.

Method: *Participants:* Thirty six (N=36) male students who were members of their concerned university soccer team are selected as the subjects. *Procedure and Task:* They were divided randomly into three groups. Group-1 (hypoxic training), Group-2 (Pilates training) and Group-3 acted as control group. The duration of training was 12 weeks (1 hour per day, four days /week). Hypoxic training and Pilates training are selected as the independent variables where bio-motor variables and soccer skill variables are selected as the dependent variables. Mor-Christian general ability soccer test is used to take soccer skills of subjects. Dependent 't' test and ANOVA were used with F-ratio and Scheffe's post hoc test as needed.

Results: The 't-test' scores of group-1, group-2 and group-3 were for speed (9.26,4.69,0.06) explosive power (3.89,4.27, 0.06), dribbling (5.43,6.41,0.03), passing (7.47, 4.44, 0.20)and shooting (11.09, 12.18, 0.52).

Discussion & Conclusions: In all the selected dependent variables, the t-values of both experimental groups were bigger than the table value where the same for control group was lesser than the table value. Hence, the result is significant for the selected variables of study.

Biography

Dr Abdussalam Kanniyan who has more than 18 years of extensive experience in the field of Health and Physical Education was First Rank holder and Gold Medalist in his Master Degree. He completed his PhD from Calicut University in 2008. He has presented papers in many international conferences in many countries like Australia, China, England, Germany, Turkey, Malaysia etc and has many published papers in ISI and Non ISI Journals. He has been serving as Associate Editor, Member of Editorial board and Review committee member of more than six International Journals.

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