12 WEEK OF REPEATED SPRINT TRAINING RESPONSES TO DOWNHILL SLOPE VS. LEVEL-GRADE SURFACES IN SCHOOL FOOTBALL PLAYERS

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ABSTRACT

This present study compared the effects of 12 week repeated sprint training responses to downhill slope and flat surfaces on maximum sprinting speed, running velocity and anaerobic power among school football players. Thirty six male football players volunteered to participate, they were randomly assigned in to Downhill slope group (DSG; n = 12) or Flat surface group (FSG; n=12) and control group (CG; n=12). Maximum sprinting speed - 35 Metre Speed Test, velocity and maximum anaerobic power- Running-based Anaerobic Sprint Test (RAST) were measured during pre and post training. The training program took place during the preseason period. The TGs followed a repeated sprint training program twice in a week over a period of 12 week. Paired t-test, ANCOVA and Scheffe's test were used to evaluate the effect of training. In all the cases 0.05 level of confidence was fixed to test the hypothesis. The result of the study shows that the 12 week repeated sprint training protocol on maximum sprinting speed, velocity and maximum anaerobic power for the football players was significantly improved. While comparing the DSG vs. FSG, Downhill surface training group was better improved on experimental variables of football players.