

EFFECT OF INDIVIDUALIZED AND COMBINED RESISTANCE AND SAQ TRAINING ON SELECTED PHYSICAL FITNESS AND SKILL PERFORMANCE VARIABLES OF INTERCOLLEGIATE MEN'S FOOTBALL PLAYERS

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ABSTRACT

This investigation explored the effects of individualized resistance training, speed-agility-quickness (SAQ) training, and their combined application on selected physical fitness and skill-related performance parameters of intercollegiate men's football players. Effective football performance depends on the development of muscular strength, speed, agility, and sport-specific technical competencies. Although resistance and SAQ training approaches are frequently implemented independently to enhance performance, limited studies have examined their combined influence among football players.

Thirty male intercollegiate football players aged 18-25 years were randomly assigned to three groups: Resistance Training Group (RTG), SAQ Training Group (SAQG), and Combined Resistance and SAQ Training Group (CRSTG). The training intervention was conducted over an eight-week period with three sessions per week. Physical fitness components such as muscular strength, speed, and agility, along with skill performance measures including ball control and passing accuracy, were evaluated before and after the training programme. Statistical analysis using a paired t-test indicated significant improvements in all groups, with participants in the combined training group demonstrating greater gains than those in the individual training groups. These findings indicate that the integration of resistance and SAQ training leads to superior improvements in overall fitness and football-specific skills.

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