TRX Suspension Training: A New Functional Training Approach For Men Footballers on Skill Performance

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Abstract- *The purpose of the study was to find out the effects of TRX Suspension training on selected skill performance variables among men footballers. To achieve this study, Thirty football school players from Madurai Kamaraj University affiliated colleges were selected as subjects at random and their ages ranged from 17 to 24 years. The subjects were divided into 2 equal groups of fifteen football players each. The study was formulated as a true randomly group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to 2 equal groups of fifteen football players each. The groups were assigned as TRX suspension training and control group in an equivalent manner. The group I underwent TRX Suspension training and group II acted as a control group. The experimental group participated the training for a period of twelve weeks and the control group have not underwent any training programme. The data was collected before and after twelve weeks of training period. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The TRX suspension training had better improvement on skill performance among men footballers.*

Keywords- TRX suspension training, kicking, dribbling, football

I. INTRODUCTION

The field of suspension training is a form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously.[1] Suspension training develops physical strength while using functional movements and dynamic positions. The actual term "suspension training" is a trademark of Fitness Anywhere. Proponents of suspension training argue that it develops core body strength, as well as joint and muscular stability, reducing the chance of injury. Some sports scientists have expressed concern that weaker individuals may not have the core stability or joint integrity to use the system safely and effectively.Effective training tool not only develops the muscle, but also demands stability and coordination. suspension training is an effective workout system that demands generating and controlling strength in a dynamic and changing environment.TRX is a strength exercise that applies only to resistance to own body weight without any additional weight. Especially,it can be applied for beginners to strength studies or as recommended training style for athletes (Soydan 2006). The suspension training intensity can be modified by changing the body positions and angles according to the suspension point (Ronai 2016).

II. METHODOLOGY

To achieve the purpose of the study, thirtymen footballers from Madurai Kamaraj University affiliated colleges were selected randomly as subject. The subject's age were ranged from 17 to 24 years. For this study pre test and post test random group design, which consists of control group and experimental group was used. The selected subjects were equally divided into two group's of fifteen each namely Experimental group (EG) with TRX suspension training and Control Group (CG) have not underwent any training. Suspension training was selected as independent variable and the criterion skill performance variable were selected as dependent variable and the selected dependent variable were assessed by standardized test items. Passing were assessed by Mor Christian soccer test and unit of measurements in Counts and Dribbling was assessed by Mor Christian soccer test and unit of measurement in seconds.The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05. The TRX suspension training had better improvement on passing and dribbling among men footballers.

Table – I

Analysis of Co variance between Experimental Group and Control Group on passing of footballers for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	22.00	22.56	BG	9.63	1	9.63	1.90
			WG	141.73	28	5.06	
Post Test Mean	29.93	22.66	BG	396.03	1	396.03	115.19*
			WG	96.26	28	3.43	
Adjusted Post Mean	30.07	22.52	BG	399.83	1	399.83	123.11*
			WG	87.68	27	3.24	

*****Significance at 0.05 level of confidencedf: 1/27= 4.21

Figure-I

Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group onpassing

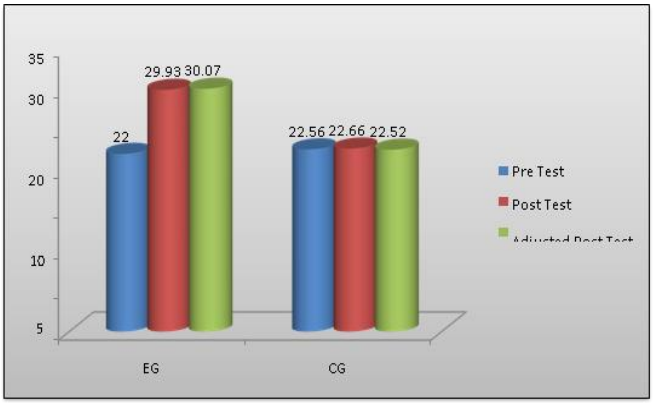


Table – II

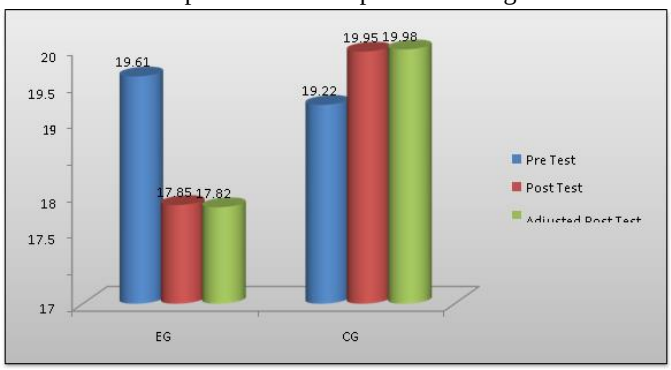
Analysis of Co variance between Experimental Group and Control Group on Dribbling of footballers for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	19.61	19.22	BG	1.09	1	1.09	0.34
			WG	90.41	28	3.22	
Post Test Mean	17.85	19.95	BG	33.18	1	33.18	19.26*
			WG	48.21	28	1.72	
Adjusted Post Mean	17.82	19.98	BG	34.42	1	34.42	19.97*
			WG	46.53	27	1.72	

*Significance at 0.05 level of confidencedf: 1/27= 4.21

Figure II.

Comparisons of Pre-Test Means Post-Test Means and Adjusted Post- Test Means for Control group and Experimental Group on Dribbling



III. DISCUSSION ON FINDINGS

In case of skill performances i.e. passing and dribbling the results between pre and post (12weeks) test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular suspension training which may also bring sudden spurt in skill performance in footballers. The findings of the present study have strongly indicates that TRX suspension training of twelve weeks have significant effect on selected skill performances i.e., passing and dribbling of footballers. Hence the hypothesis earlier set that TRX suspension training would have been significant effect on skill performance among footballers.

IV. CONCLUSIONS

On the idea of findings and within the limitations of the study the subsequent conclusions were drawn:

1. The experimental group showed better improvement onpassing and dribbling among men footballers than the control group.
2. On testing the post-test means between experimental and control groups, significant mean difference was found on variables used in the study.

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