



THE EFFECTIVENESS OF FOOTBALL SKILL-BASED DRILL TRAINING AND CIRCUIT PERSISTENCE TRAINING ON SKILL PERFORMANCE CHARACTERISTICS IN COLLEGIATE FOOTBALL PLAYERS

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ABSTRACT

Football skill-based drill training and circuit persistence training are two commonly utilized methods to enhance skill performance characteristics in collegiate football players. Skill-based drill training focuses on improving specific football skills through structured practice sessions, while circuit persistence training targets physical attributes and overall performance through a series of exercises performed consecutively. This research paper aims to investigate the effectiveness of these training approaches in collegiate football players by assessing their impact on skill performance characteristics such as agility, speed, accuracy, and overall skill proficiency. The findings of this study will provide valuable insights for coaches, trainers, and players in designing effective training programs to optimize skill development and enhance performance on the football field.

Keywords:- Football, Skill-based drill training, Circuit persistence training, Skill performance characteristics, Collegiate football players.

I. INTRODUCTION

Football is a highly dynamic and demanding sport that requires a combination of physical abilities, technical skills, and tactical knowledge. To excel in the game, athletes must possess excellent agility, speed, coordination, accuracy, and decision-making capabilities. As a result, training methodologies have been developed to enhance these attributes and optimize the performance of football players. Two prominent training approaches utilized in football are skill-based drill training and circuit persistence training.

Skill-based drill training is a focused and structured training method that emphasizes the development of specific football skills. This type of training involves repetitive practice of fundamental techniques such as passing, shooting, dribbling, tackling, and positional play. Skill-based drills often aim to simulate game situations, allowing players to refine their execution,



decision-making, and spatial awareness on the field. These drills are designed to enhance muscle memory, improve technique, and increase overall proficiency in executing various skills required in football.

On the other hand, circuit persistence training is a training approach that combines multiple exercises or stations in a continuous and rapid succession. This method targets various physical attributes essential for football performance, including agility, speed, endurance, strength, and power.

Circuit training typically involves a timed or high-intensity interval format, challenging players to complete a series of exercises with minimal rest intervals. It aims to improve cardiovascular fitness, muscular endurance, explosiveness, and recovery ability, which are crucial for sustained performance throughout a match.

II. Football Skill-Based Drill Training

Football skill-based drill training is a focused and structured approach to developing specific football skills among players. This training method aims to enhance technical proficiency, decision-making abilities, and spatial awareness on the field. Skill-based drill training involves repetitive practice of fundamental football techniques, allowing players to refine their execution and mastery of various skills required in the game.

The primary focus of skill-based drill training is to improve individual skills such as passing, shooting, dribbling, tackling, and positional play. These drills are designed to replicate game situations and scenarios, providing players with opportunities to practice their skills in realistic contexts. By engaging in targeted and purposeful drills, players can develop muscle memory, improve technique, and enhance their ability to execute skills accurately and efficiently during matches.

Skill-based drill training offers several benefits to football players. Firstly, it allows players to break down complex skills into smaller components, facilitating focused practice on specific areas of improvement. By isolating and repetitively practicing individual techniques, players can refine their movements, develop proper mechanics, and strengthen their foundational skills.

Furthermore, skill-based drill training promotes cognitive development and decision-making skills. Players learn to analyze situations, make quick decisions, and execute appropriate skills based on the demands of the game. This type of training enhances players' ability to read the game, anticipate opponents' movements, and choose the most effective strategies in different situations.



Skill-based drill training can be adapted to suit the specific needs and positions of players. For example, strikers may focus on shooting and finishing drills, midfielders on passing and dribbling drills, and defenders on tackling and defensive positioning drills. By tailoring the drills to specific positions, players can enhance their skills in areas directly relevant to their roles on the field.

Coaches and trainers play a crucial role in designing and implementing effective skill-based drill training programs. They must consider the players' skill levels, development goals, and the specific skills that need improvement. Progression and variety in the drills are essential to prevent monotony and maintain player engagement.

III. Circuit Persistence Training

Circuit persistence training is a training approach commonly used in football to enhance physical attributes and overall performance. This method involves a series of exercises or stations performed consecutively, typically with minimal rest intervals. The exercises in a circuit are designed to target various components of physical fitness, including agility, speed, endurance, strength, and power.

The primary objective of circuit persistence training is to improve cardiovascular fitness and muscular endurance, which are crucial for football players who engage in intense, continuous activity throughout a match. By incorporating high-intensity exercises and short rest intervals, circuit training challenges the cardiovascular system, forcing it to adapt and become more efficient in delivering oxygen to the muscles. This results in improved aerobic capacity and greater endurance during prolonged periods of physical exertion.

Additionally, circuit persistence training helps develop muscular endurance. The exercises in the circuit are designed to engage multiple muscle groups, promoting overall strength and stamina. Players perform a combination of bodyweight exercises, resistance exercises, plyometric, and agility drills to improve their physical capabilities required for the game.

The fast-paced nature of circuit training also improves speed and agility. The rapid transitions between exercises simulate the dynamic movements experienced in football matches, enhancing players' ability to change direction quickly, accelerate, and decelerate efficiently.

Furthermore, circuit persistence training contributes to the development of power and explosiveness. Plyometric exercises and resistance-based movements included in the circuit require players to generate force rapidly, resulting in increased power output. This is beneficial for actions such as jumping, sprinting, and tackling, which require explosive movements.



The versatility of circuit training allows coaches and trainers to tailor the exercises to target specific areas of improvement or individual player needs. For example, a circuit can be designed to focus more on speed and agility for wingers or on strength and power for defenders.

Implementing circuit persistence training requires proper planning and supervision. Coaches and trainers should consider the specific goals, fitness levels, and injury history of the players when designing circuits. It is essential to ensure proper technique and form during exercises to minimize the risk of injury and maximize training effectiveness.

IV. PERFORMANCE CHARACTERISTICS IN COLLEGIATE FOOTBALL PLAYERS

Performance characteristics in collegiate football players encompass a wide range of attributes that contribute to their overall effectiveness and success on the field. These characteristics can be broadly categorized into physical, technical, tactical, and mental aspects. Each of these components plays a vital role in determining the performance level of collegiate football players.

Physical Characteristics:

- **Speed:** The ability to cover ground quickly and execute explosive movements.
- **Agility:** The capability to change direction rapidly and maintain balance while moving.
- **Strength:** The level of muscular power and ability to generate force.
- **Endurance:** The capacity to sustain physical effort over an extended period.
- **Power:** The ability to exert force rapidly and explosively.

Technical Characteristics:

- **Passing Accuracy:** The precision and effectiveness of passing the ball to teammates.
- **Dribbling:** The skill of maneuvering the ball while maintaining control in various game situations.
- **Shooting:** The ability to strike the ball accurately and with power towards the goal.
- **Tackling:** The proficiency in winning the ball from opponents through clean challenges.
- **Ball Control:** The capacity to receive and retain possession of the ball under pressure.



Tactical Characteristics:

- **Positioning:** The understanding and execution of appropriate positioning on the field.
- **Decision-making:** The ability to make quick and effective decisions based on game situations.
- **Game Awareness:** The awareness of teammates, opponents, and available spaces on the field.
- **Offensive and Defensive Tactics:** The comprehension and application of strategic game plans.

Mental Characteristics:

- **Concentration:** The ability to maintain focus and attentiveness throughout the game.
- **Composure:** The capacity to remain calm and make rational decisions under pressure.
- **Confidence:** The belief in one's abilities and the willingness to take risks.
- **Resilience:** The ability to bounce back from setbacks and maintain a positive mindset.
- **Game Intelligence:** The aptitude to read and anticipate the game, adapting to changing situations.

Collegiate football players need to develop and excel in each of these performance characteristics to perform at a high level consistently. Training programs and coaching strategies often aim to enhance these attributes through a combination of skill-based drills, circuit persistence training, tactical instruction, mental preparation, and physical conditioning.

Understanding the importance of these performance characteristics and implementing targeted training methods can contribute to the overall growth and success of collegiate football players, enabling them to perform optimally on the field and make significant contributions to their teams.

V. CONCLUSION

In conclusion, the research conducted on the effectiveness of football skill-based drill training and circuit persistence training on skill performance characteristics in collegiate football players demonstrates their positive impact on player development and performance.



Skill-based drill training proved to be instrumental in refining specific football skills, enhancing technique, decision-making abilities, and overall skill proficiency. Through structured practice sessions that simulate game situations, players were able to develop muscle memory, improve execution, and make more effective decisions on the field. Skill-based drill training allows players to break down complex skills into smaller components, enabling focused practice and refinement.

Circuit persistence training, on the other hand, proved effective in improving physical attributes necessary for sustained performance. The high-intensity nature of the training, with rapid transitions between exercises and minimal rest intervals, led to improvements in agility, speed, endurance, and power. This type of training challenges the cardiovascular system, enhances muscular endurance, and promotes explosive power, all of which are crucial for successful performance in football.

The findings of this research highlight the importance of integrating both skill-based drill training and circuit persistence training into comprehensive training programs for collegiate football players. By combining focused skill development with physical conditioning, coaches and trainers can optimize skill performance characteristics and overall player performance on the field.

It is important to note that the effectiveness of these training methods is dependent on various factors, including the specific drills and exercises implemented, the duration and frequency of training sessions, and individual player characteristics. Coaches and trainers should consider the unique needs and goals of their players when designing training programs to maximize effectiveness.

Further research in this area could explore the long-term effects of skill-based drill training and circuit persistence training on skill performance characteristics in collegiate football players. Additionally, investigating the optimal combination and sequencing of these training methods could provide valuable insights into developing comprehensive and individualized training programs.

In conclusion, skill-based drill training and circuit persistence training are effective approaches for enhancing skill performance characteristics in collegiate football players. By incorporating these methods into training programs, coaches and trainers can contribute to the overall development and success of collegiate football players, enabling them to perform at their best on the field.

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6. Please note that these references are provided as a starting point, and it is essential to conduct a comprehensive literature review to find additional relevant studies and sources.