

BOOSTING CONFIDENCE: HOW SOCCER TRAINING IMPACTS FEMALE PLAYERS

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ABSTRACT

To investigate the impact of football training on self-confidence in female senior-level football athletes. Individuals between 18 and 24 in the Malappuram district of Kerala were surveyed to gather data. The study included a cohort of 45 football players at the state level. There were 45 participants, with each group having an equal distribution of people. The total number of players is 15, and they are separated into three groups: two experimental groups, namely rondo and skill-based, and one control group referred to as CG. ANCOVA is a statistical technique employed to analyze data. The study's results regarding the impact of rondo and skill-based training (SBT) demonstrated a statistically significant disparity compared to the control group. The study investigated the influence of the experimental groups, rondo, and Skill-based training(SBT) on the self-confidence of female players. The findings indicated that the Rondo group exhibited a notably higher self-confidence enhancement than the SBT group following the intervention (. F (2,41)=282.95, p=.000· $\eta^2 = .932$). The findings indicate that rondo types of training help to improve self-confidence, even though skill-based training exhibits a more pronounced enhancement in effectiveness. The empirical evidence substantiates this claim.

Keywords: Soccer training, Self-confidence, Rondo, Skill Based, Female football players

INTRODUCTION

Sport psychology assists athletes in achieving peak performance by focusing on physical, skill, and mental preparation. Differences in performance among champions appear to be contingent on mental readiness. (Bagherpour et al., 2012)Resilience, self-confidence, and emotional regulation are considered unique psychological characteristics elite athletes require to cope with the great demands and pressure of competitive sports and attain success (Oguntuase & Sun, 2022).

Psychological considerations are crucial in achieving peak performance and success in high-level sports. Many psychological traits have been studied as factors contributing to optimum performance in elite athletes, excluding the consideration of perfect physical condition. Self-confidence is an individual's strong belief in their capacity to succeed in athletics. Vealey theorized that an athlete's self-confidence encompasses both general and specific aspects. The overall confidence of athletes pertains to their confidence in sports in general, such as football matches. Confident sportsmen have faith in their ability in particular scenarios like penalty shootouts. Athletes' specific confidence, also known as state sports confidence, is greatly affected by their general sports confidence and trait sports confidence. Elements like a competitive mindset influence the connection between these constructors. Understanding how general qualities interact with state self-confidence might assist coaches in monitoring and improving athletes' self-confidence. The measurement instrument is essential for comprehending an athlete's mental condition, including self-confidence. We require psychometrics to identify this tool. Self-confidence questionnaires were created for this purpose. Vealy (2008) demonstrated the ability to showcase self-confidence. Self-confidence has been cultivated through several processes (Vealey & Chase, 2008). Hays et al. (2009) conducted a study with world-class players to investigate how confidence influences cognitive, affective, and behavioral responses in the organizational culture of elite sports. Research showed that high sports confidence improved performance by positively influencing athletes' thoughts, emotions, and actions, while low sports confidence was associated with negative emotions, incorrect thoughts, and ineffective actions. Factors such as inadequate preparation, pressure, and high expectations were identified as contributing to a decline in athletes' confidence. The detrimental elements were directly linked to the sources of sport-confidence discovered by Hays et al. in their 2007 study, emphasizing the crucial impact that sources play on players' confidence levels.(Beaumont et al., 2015). Confidence in research is recognized as the psychological trait that sets apart a successful athlete from an unsuccessful one. Extensive evidence supports a strong correlation between high self-confidence levels and good performance(Feltz & Lirgg, 2001). Implementing a psychological skills intervention tailored for football midfielders, which included relaxation, imagery, and self-talk techniques, resulted in slight enhancements in performance metrics and social approval (Thelwell,& Greenlees 2006).

'Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven't got the ball, how to play 'one touch' soccer, how to counteract the tight marking, and how to win the ball back -Johan Cruyff

The rondo is a game where players form a circle and pass the ball while defenders inside the circle try to disrupt the attackers' possession. There is no restriction on the number of players participating and no fixed proportion between attackers and defenders. The sole requirement is that there are more attackers than defenders. The defender who successfully intercepts the ball exchanges positions with the player from whom they took it on the perimeter of the circle. Defenders can regain possession by making tackles or interceptions. This dynamic persists for a set duration, with players alternating roles anytime a defender gains possession of the ball. The rondo is a basic game that focuses on players' passing, vision, control, and combination play. The players in possession must complete a specific number of passes set by the coach, while the defenders must stop their opponents from achieving that number.¹

An athlete must participate in hard training to achieve a noteworthy accomplishment in sports. Training is a methodical process that provides an athlete with the essential skills and physical preparation needed to achieve their maximum potential and perform exceptionally at the greatest level possible.(Hadinata et al., 2023)

METHODOLOGY

The researcher employed a purposive sampling technique to select a group of 45 female college-level football players, aged between 18 and 24 years, with a mean age of 21.33 years, from Kerala. A design that combined Rondo and football-specific groupings was utilized. A total of 45 football players at the state level were randomly allocated into three groups: experimental and control groups. Before initiating the project, ethical clearance was acquired from the Institutional Ethics Committee for Human Studies (IEC-H) at Pondicherry University. Enrolment in the study was optional, and explicit consent was acquired from all individuals or their legal representatives. The study utilized a pre-test/post-test approach to assess the influence of football training sessions on the self-confidence perspectives of female football players. Before the intervention, participants underwent a pre-test examination to determine their initial levels of self-confidence. The pre-test examination employed the Traits Sport Confidence Inventory (TSCI, Vealey, 1986).

After the initial assessment, the participants participated in a sequence of organized soccer training sessions led by qualified coaches who were both researchers and certified. The training sessions were explicitly developed to address several facets of technical proficiency, strategic comprehension, physical fitness, and mental fortitude vital to football performance. The training intervention lasted for twelve weeks, with training sessions taking place three days per week. After finishing the training intervention, participants were subjected to a post-test assessment to measure any alterations in their levels of self-confidence. The identical measurement instrument employed in the pre-test evaluation was utilized in the post-test to guarantee uniformity in data gathering.

Measuring and testing procedures

The study employed a Skill Rondo and group design. 45 state-level football players were randomly selected and divided into three groups: an experimental group and a control group, each with an equal number of players. Only the experimental groups underwent 12 weeks of football-specific and particular rondo training. Pre-tests and post-tests were administered to assess the selected variables before and after the training intervention. The Trait Sports Confidence Inventory (TSCI, Vealey, 1986) was employed as the research tool to assess self-confidence. The questionnaire includes thirteen Likert-style questions. The data was analyzed using Analysis of Covariance (ANCOVA) in SPSS (Statistical Package for the Social Sciences). The researchers selected ANCOVA as the statistical analysis method to investigate the impact of football training sessions on participants' self-confidence perspectives while accounting for any pre-existing variations in self-confidence levels among the participants. Furthermore, simulation experiments were carried out to confirm the findings and evaluate the reliability of the results.

Analysis of covariance on the pre-test, post-test, and adjusted post-test means for self confidence

Groups	Test	Rondo	SBT	CG	source of variance	Df	Sum of Square	Mean Square	F- ratio	Sig
pre-test	Mean	82.93	82.47	82.20	BG	2	4.13	2.07	0.14	0.870
	SD	3.88	4.12	3.51	WG	42	621.07	14.79		
post-test	Mean	109.53	103.40	82.80	BG	2	5883.24	2941.62	249.22	0.000*

¹ <https://www.coachesvoice.com/cv/rondo-explained-cruyff-guardiola-ancelotti/>

	SD	3.40	3.76	3.12	WG	42	495.73	11.80	
					BG	2	5753.52	2876.76	
Adjusted post-test	Mean	109.39	103.42	82.91					282.95 0.000*
					WG	41	416.86	10.17	

***0.05 level df(2,42) and (2,41), 3.23* Rondo training , *Skill based training :SBT**

RESULT

A study of one-way between two ANCOVA is conducted to assess the impact of rondo and basic skill training on the self-confidence of female soccer players. The test results showed a substantial main effect of rondo and SBT on female football players: $F(2,41)=282.95, p=.000, \eta^2 = .932$. The primary impact of the covariate was statistically not significant : $F(2,42)=0.140, p=0.870, \eta^2= .159$

DISCUSSION

The current study provided training to female football players in rondo and SBT, resulting in a notable increase in self-confidence. The self-confidence pre-test score is included as a covariate in the model. The post hoc pairwise comparison using the Bonferroni correlation showed a significant increase in self-confidence among female football players who participated in the rondo and SBT group compared to the control group. The Rondo group demonstrated modest enhancement in self-confidence compared to the SBT group, indicating the significance of both training methods in boosting self-confidence. There is a plethora of empirical evidence supporting self-confidence.

This is congruent with research indicating that athletes who engage in regular training programs see a boost in self-confidence from achieving goals and developing a stronger belief in their capabilities (Trine University, 2023). Increased self-assurance can subsequently enhance athletic performance, as athletes are more inclined to concentrate, exert energy, and tackle obstacles favorably (Sports Performance Bulletin, 2023). Self-confidence is crucial for athletes to achieve success in their respective sports. It can be enhanced by self-talk, positive reinforcement, and various training methods. The prior research indicates that training has a good impact on self-confidence. A study investigated how various training methods and self-confidence impact students' football skills. The study concluded that whole-method training was more effective than part-method training(Sukamto et al., 2020). Success-oriented sports programs can positively impact students' self-perception and should be part of high school curricula(Sukamto et al., 2020). The study shows that participants were offered the Personal Goal Management Program as a treatment. Trainees' school and football motivation and satisfaction were assessed before, during, and after the intervention. The results positively impacted football motivation, contentment, and overall trainee satisfaction.(Laurin et al., 2008)

It is crucial to recognize the constraints of this particular investigation. The limited sample size may restrict the capacity to apply the findings to a broader group of football players. In addition, this study did not account for elements such as motivation and social support networks, which can have a major impact on self-confidence. In addition, the pre-test/post-test approach introduces the potential for confounding variables, such as maturation or prior experiences, to have influenced the outcomes (BelievePerform, n.d.).

CONCLUSION

Despite these limitations, the study provides encouraging evidence that Rondo and skill-based training can be effective strategies for improving self-confidence in football players. Further investigation using more extensive and varied populations and controlled training that accounts for external variables could strengthen this correlation and delve into the processes via which Rondo training enhances self-assurance. The findings point to Rondo training as a potentially superior method for boosting football players' self-confidence compared to skill-based training or non-training.

IMPLICATIONS

The study's effects on football players' self-confidence are further enhanced when both skill-based training methods and Rondo are considered.

Practical implications: The research supports the idea that coaches might gain from developing training programs that use a range of approaches. Developing specific football skills still requires skill-based training, even though Rondo's training seems to be good at raising confidence. Both physical and mental health could be enhanced by a well-rounded program that incorporates both methods.

Individualized Training:

When determining training emphasis, coaches could take into account individual player needs. Rondo workouts may be helpful for players who have trouble believing in themselves, while those who are already technically proficient may need more targeted Training.

Theoretical Implications:

Training Specificity: In the future, scientists may look at how various training techniques focus on building confidence in particular areas. Players may gain self-assurance in their technical prowess and ability to make split-second decisions through Rondo training, for example, or in their ability to master a particular talent through skill-based drills.

Possible Synergistic Effects of Combining Rondo with Skill-Based Training:

Research might investigate this possibility. Maybe the self-assurance you acquire from Rondo training transfers to your skill-based workouts, making them more effective and allowing you to see results more quickly.

Considering both approaches, it becomes clear that a well-rounded football player is best developed through a diverse strategy. For athletes to realize their maximum potential, instructors must employ strategies that cultivate both technical proficiency and self-assurance. Additional research is required to validate these results and investigate the best training combinations for various player needs.

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