

## **Assessment of Quality Training Method on the Performance of Hawassa City and Sidama Buna Male Football Clubs of Ethiopia**

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**Abstract:** This study was designed to investigate assessment of quality training method on the performance of Hawassa City and Sidama Buna football club. To achieve this objective, the researcher selected players(n=60), coaches(n=8), technical staffs(n=6), team leader(n=2) a total of (n=76) samples were used. In this research, questionnaire, semi structure interview, and observation were used as a data collection tools. The data obtained through these tools were analyzed with both quantitatively and qualitatively. Qualitative data were analyzed through description in word and quantitative data were analyzed through table with mean, frequency, percentage and simple ordinary least square (OLS) method were used. As the finding of the study indicated that the major problems of Hawassa City and Sidama Buna football club are: lack of deficiency of modern method of coaching technique, tactics, fitness and psychological preparation, insufficient supply of balanced diet and football training materials, lack of encouragement and motivation from coaching staff, Team leaders and family, the Team leaders could not be committed to carry out their responsibility. As a general solution to the identified problem greater emphasis should be given to the coaches and Team leaders to offer them balanced training for both players and coaches to boost player performance. Supply of balanced diet and football training facilities for the club could be major strategy to address the problems.

**Keywords:** - Assessment, Training Method, Performance.

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### **I. INTRODUCTION**

Football is the world's most popular form of sport, being played in every nation without exception. Sport has become a popular past time among the people. Above all, interest in football has been growing in the country over the years. The rapidly increasing popularity of football has also need a demand of excellent performance. Football practitioners require many attributes to become successful Players. These include cardiovascular fitness, muscle strength, Endurance, flexibility, agility, coordination, skill and tactical knowledge. Few players possess 'natural ability' in all areas, indeed the vast majority of players undergo training programme, in some or all attributes, to improve their ability on the field. An understanding of basic anatomy and physiology and Knowledge of muscle actions during football skills such as running, kicking, jumping, heading and throwing will be useful to the player, coach, trainer and medical staff. This knowledge may be employed in the design of training programme to enhance the performance of football skills, in injury prevention and diagnosis and rehabilitation programme. (Bangsbo, J. (1994)

Performance is an observable behavior of players in the playground; an observable behavior comprises the fundamental skills of the game and the physical qualities of performing the skills appropriately. The skills of football could be developed through systematic methods of preparation and applying the scientific method of training. The scientific method of training refers to the knowledge of the frequency, intensity, and duration of training and considering the developmental stages of players. (Bangsbo, J. (1994)

One of the key factors that help to improve the performance of football is the effectiveness of training. The coach is the most important resource in a training system of a modern society. It plays a major role in the delivery of quality training. The essential condition for the development of football performance depends on the specific improvement on general physical preparation for the highest level. This is particularly an important requirement in the game of football. Where the players have to master complex techniques before their performance is excellent.

It is the position of the present researchers that, the need to develop the standard of football in SNNPRS pauses to the question how to plan and achieve the training goal effectively. Furthermore, it requires more efforts to training players in their clubs, improve, and develop the physical fitness and the skills of football to the level of peak performance, before they join the Hawassa City and Sidama Buna Football Club. The

performance of Hawassa City and Sidama Buna Football Club of SNNPRS is considered because of these factors. Means of improving the performance of footballers is by the quality training, introducing new techniques of instructions as well as innovative methods of coaching. However, the need to raise the standard of football pose the question of how to prepare youngsters at early ages, in their clubs, and before they join the Hawassa City and Sidama Buna Football Club.

This study would therefore, attempt to suggest some attainable alternatives of developing the performance of Hawassa City and Sidama Buna Football Club as a function of quality training.

## **II. METHODS**

### **2.1. Study design**

The study was employed both quantitative and qualitative approaches with descriptive survey design because it is very much limited and inherent in the investigation itself to know and describe facts as they exist.

### **2.2. Subject of the study**

The researcher was use simple random sampling technique and purposive sampling technique for his investigation. Based on this the total study populations are 76. Among these 60 players, 8 coaching staff, 6 Technical staff was selected by simple random sampling technique and 2, team leaders was selected by purposive sampling technique. As a result and indicated on the above, 50 players, 6 coaches, 4 Technical staff and 2 team leader, totally 62 individuals were used by the researcher as sample population.

### **2.3. Data collection Instrument and procedure**

The researcher used observation, interview, questionnaires and documentary review from secondary data's as an instrument for data collection. Observations were carried out during the club training session. For observation tasks structured check lists was developed to obtain data from the events and key informants. Also, as part of the interview, respondents' consent to be obtained verbally was collected through well-developed structured check lists. The questionnaire was developed for the players; the coaching staff, technical staffs, and the interview were developed for the team leaders. As indicated on the above, the questionnaire was developed as per the objectives of the study and then the questionnaire was approved by the advisors. It was translated in to Amharic with the help of language teacher and was distributed for the players, the coaching staff, and technical staffs. Data collection instruments constitute both closed and an open ended questions items. Observation and interview was executed by well-developed structured and semi-structured checklist respectively

### **2.4. Data analysis**

A data analysis is the process of systematically arranging, organizing and analyzing the questioner, interview and observation that have been collected for the intended study. Based on the above fact the collected data from questionnaire (open ended) and interview was analyzed qualitatively. The descriptive survey analysis of data was analyzed using by mean, frequency, percentage and using simple ordinary least square (OLS) method to develop the effective training quality of football, as well general description to analyze the result. linear regression model was used to examine determinants that affect the performance of football .

## **III. RESULTS**

### **3.1. Impacts of training methods on players performances**

#### **3.1.1. Coaches and players perception on training method**

In examining the factors that could determine the factors affect the training quality of Hawassa City and Sidama Buna football clubs, the researcher used a regression analysis to test the effect of seven independent (explanatory) variables on the dependent (explained) variable i.e. the training quality of football. Thus, in this study the researcher used multiple regression analysis, in which tests have been made to examine whether one or more independent variables influence the variation on dependent variable. The functional relationship between variables in this study is therefore, the training quality is a function of Physical fitness, Technical and tactical skills, Psychology, Nutrition, Systems of Play, Motivation, and Coaching Cycle.

**Table1:** Testing the model through ANOVA (Goodness of fit statistic)

	Sum of Squares		Df		Mean Square		F		Sig.	
	P	C	P	C	P	C	P	C	P	C
Regression	4.525	.704	7	2	.646	.352	12.526	24.376	.000 <sup>b</sup>	.014 <sup>b</sup>
Residual	2.167	.043	42	3	.052	.014				
Total	6.692	.747	49	5						

a. Dependent Variable: PP(player performance)

b. Predictors: (Constant), marital status, educational level, EQU, chronological age, player position, training age in club, MT

P. Players, C: Coach

The above table summarizes the information about the variation of the dependent variable explained by the existing model used for this study and the residual that indicates the variation of the dependent variable that are not captured by the model. It is observed that the independent variables give a significant effect on the dependent variable, where F-value is 12.526&24.376 with a p-value of less than 0.05 (i.e.  $p < 0.050$ ) indicating that, over all, the model used for the study is significantly good enough in explaining the variation on the dependent variable.

To ensure the statistical adequacy of the model, the goodness of fit can also be measured by the square of the correlation coefficient also called  $R^2$ .

**Table2:** Goodness of fit through R Square

Model	R		R square		Adjusted R Square		Std. Error of the Estimate	
	P	C	P	C	P	C	P	C
1	.822 <sup>a</sup>	.971 <sup>a</sup>	.676	.942	.622	.903	.22716	.12017

a. Predictors: (Constant), marital status, educational level, EQU, chronological age, player position, training age in club, MT

P: Players

C: Coaches

Source: Source: Primary data

As shown in the table above, both  $R^2$  and adjusted  $R^2$  measure the fitness of the model i.e. they measure the proportion of the variation in dependent variable explained by the model. But since adjusted  $R^2$  is the modification for the limitation of  $R^2$  the value of the adjusted  $R^2$  is considered to measure the fitness of the model. Thus, as it is shown on Table 2, the value of adjusted  $R^2$  is 0.622, & .903 indicating that; the independent variables in the model are explaining 62.2% and 90.3% variation on the dependent variables. Thus, we can understand that the model of the study is providing a good fit to the data. This outcome empirically indicates that the independent variables in this study are the major determinants of the performance of football in the study area.

**Table 3:** Players perception on training methods

Perceptions on training methods	SA	A	N	D	SD
	%	%	%	%	%
The training method considers the capacity of players	-	-	12.0	48.0	40.0
Coaches work jointly with us about training methods	4.0	-	-	56.0	40.0
I am attending the trainings program appropriately as of the schedule	-	-	-	20.0	80.0
I am happy and interested with training programs	-	-	-	44.0	56.0
My families support me during my training session effectively and continuously	-	-	-	32.0	68.0

My coaches support me to do physical fitness independently	-	12.0	4.0	40.0	44.0
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Source: Own survey data

The result of this study revealed that almost all 88.0% and (100%) of players and coaches respectively replied that the training method that the coach were used not based on the capacity of the players. In addition, coach also was not working jointly with players. Moreover, the players were not attending the training program because they were not interested in the training program. Regarding to family and coach support, the result of this study revealed that majority, (96%, 51%) of both players and coach respectively, replied that there was no support.

**Table 4: Coaches perception on training methods**

Perceptions on training methods	SA	A	N	D	SD
	%	%	%	%	%
The training method considers the capacity of players	-	-	-	33.3	66.7
Players work jointly with us about training methods	-	-	-	33.3	66.7
I am attending the trainings program appropriately as of the schedule	83.3	16.7	-	-	-
I am happy and interested with training programs	50.0	50.0	-	-	-
Players families support them during my training session effectively and continuously	-	-	50.0	16.7	33.3
I support my trainees me to do physical fitness independently	-	-	-	16.7	83.3

### 3.2. Impact of organization on training method

#### 3.2.1. players and Coaches perception on organization of training method

**Table 5: Players perception on organization of training methods**

Perceptions on training methods	SA	A	N	D	SD
	%	%	%	%	%
The training methods are studied and well organized	-	4.0	8.0	44.0	44.0
Technique committee and the coaches work jointly concerning training	-	16.0	20.0	32.0	32.0
Training fields are convenient to conduct the training sessions effectively	-	4.0	20.0	44.0	32.0
Training delivered is consistent with all time	20.0	52.0	8.0	16.0	4.0
Coaching style is modernized	-	-	4.0	40.0	56.0
The training method is continuous	-	-	4.0	48.0	48.0
The coaches uses the session plan during the training session	-	-	-	28.0	72.0

Regarding to the training method organization, the response results of respondents revealed that, (88. % and 100%) of both players and coaches, the training methods were not organized. In addition, the joint work between technique committee and coaches was not good. Moreover, concerning to the level of consistently delivering the training, both players and coaches result revealed that the coach delivering the training consistently. The response results of respondents about coaching style modernization, players result revealed that almost all, 90% of the respondent's replied that the training methods were not modern. In the other hand, the response rate of the coaches revealed that all 100% respondent replied that they were implemented modern training method.

**Table 6: Coaches perception on organization of training methods**

Perceptions on training methods	SA	A	N	D	SD
	%	%	%	%	%
The training methods I used is studied and well organized	-	-	-	33.3	66.7
Technique committee and the work jointly with me concerning training	-	-	-	33.3	66.7
Training fields are convenient to conduct the training sessions effectively	-	-	-	66.7	33.3
Training delivered is consistent with all time	-	83.3	-	16.7	-
My coaching style is modernized	66.7	33.3	-	-	-
My training method is continuous	66.7	33.3	-	-	-
I uses the session plan during the training session	66.7	33.3	-	-	-

**3.3. Impacts of facilities and equipment on training plan**

**3.3.1. Players and coaches perception on facilities and equipment’s**

The response results of respondents about the training materials have quality and standardized. Accordingly, 40.0% of the respondent’s disagree and 40.0% became strongly disagree on training materials has quality and standardized. The rest of 12.0 % were neutral about wheatear the training materials have quality and standardized or not. This analysis show that majority of the players (80percent) were disagreed on training materials are quality and standardized. Another is players asked that their club provides us additional coaching aids. Accordingly majority 24% of respondents disagreed that their club provides us additional coaching aids. Whereas, the remaining 28% were disagree and 40 percent were neutral on their club provides us additional coaching aids. This reflect that majority of the players (52 percent) were disagreed that their club are provides us additional coaching aids.

Players were asked that their coaches follow training manuals during training sessions. The response results of respondents indicates that 36.0% were disagreed and 52.0% were strongly disagreed that their coach’s follow training manuals during training sessions. This implies that majority of the players (88percent) were disagreed up on their coaches are follow training manuals during training sessions. At the end players were asked whether they are using additional recommended resources like books, seminars, and different foo ball high lights...etc or not. The response results of respondents indicate that, 48.0% were agreed, 32.0% were disagreed, 16.0% were strongly disagreeing and 4.0% were neutral. This implies that half of them were agreed and the rest 48.0% were also disagree on their club is using additional recommended resources like books, seminars, and different football high lights

**Table 7: Players perception on availability facilities and equipment’s**

Perceptions on Equipments	SA	A	N	D	SD
	%	%	%	%	%
Training materials has quality and standardized	-	8.0	12.0	40.0	40.0
My club provides us additional coaching aids	-	8.0	40.0	28.0	24.0
The coaches follow training manuals during training sessions	-	-	12.0	36.0	52.0
Besides training we use additional recommended resources like books, seminars, and different foot ball high lights...etc	-	48.0	4.0	32.0	16.0

The response results of respondents about training materials have quality and standardized. Accordingly, 50.0% of the respondent’s disagree and 33.3% became strongly disagree on training materials has quality and standardized. The rest of 16.7% were agreeing about wheatear training materials have quality and standardized or not. This analysis show that majority of the coaches (83.3%) were disagreed that the training materials are quality and standardized. Another is players asked their club provides us additional coaching aids. Accordingly, majority 50.0% of respondents disagreed that their club provides us additional coaching aids. Whereas, the remaining 16.7% were agree and 33.3percent strongly disagree on their club provides us additional coaching aids. This reflect that majority of respondents (83.3 percent) were disagreed that their club are provides us additional coaching aids.

Players were asked that their coaches follow training manuals during training sessions. The response results of respondents indicates that 83.3% were strongly disagree and 16.7% were disagree that their

coaches follow training manuals during training sessions. This implies that all the sample coaches (100%) were disagreed that their coaches follow training manuals during training sessions. At the end players were asked whether they use training additional recommended resources like books, seminars, and different football high lights...etc or not. The response results of respondents indicates that 16.7% were disagree, 33.3% were neutral, 16.7% were agreed and 33.3% were strongly disagreed on the use training additional recommended resources like books, seminars, and different football high lights...etc. This implies that half(50.0%) of sample respondents were agree and disagreed that are all the coaches neither or nor use training additional recommended resources like books, seminars, and different football high lights...etc.

**Table 8:** Coaches perception on availability of training equipment's

Perceptions on Equipments	SA	A	N	D	SD
	%	%	%	%	%
Training materials has quality and standardized	-	16.7	-	50.0	33.3
My club provides us additional coaching aids	-	16.7	-	50.0	33.3
The coaches follow training manuals during training sessions	-	-	-	16.7	83.3
Besides training I use additional recommended resources like books, seminars, and different foot ball high lights...etc	-	16.7	33.3	16.7	33.3

#### IV.DISSCUSSION

The findings of this study revealed that one of the key factors for effective performance is quality of training method. The scientific method of training refers to the knowledge of the frequency, intensity, and duration of training and considering the developmental stages of players. (Bangsbo, J. (1994) regarding to this, Koning, 2003 describe that the training activities and quality training method determines the performance of the team on the field . The coaches' influence on the team's performance depends mainly on the coaches' quality training ability to combine the stock of players effectively, through team selection as well as choice of strategy to produce positive game outcomes. Therefore, a coach must have an understanding of the game, the qualification to monitor and evaluate a player's performance in a variety of situations and knowledge of the player's strengths and weaknesses. Moreover, the coach has also an important leadership impact on team performance, through the strategic team composition and applying quality training method Furthermore, in the long term a coach is responsible for forming a real team out of various individuals, their skills, personalities and perspectives, which must be able to compete successfully (Dawson, et al., 2000).

The result of this study revealed that coaches and players were not properly using appropriate facilities and equipment's during training session. This kind of problem will lead players to decrease the physical fitness qualities and performance as well. *As Bompa, T.O (1994) stated that, quality training methods are designed to improve performance by developing and using appropriate facility and sources of equipment. This facilities and equipment's are very important for coaches to increasing muscular structures, and improving neuromuscular skill patterns. Coaches should be familiar with the basic principles and processes of training, so that they can evaluate training method and determine their adequacy in maintaining the player's health, performance and preventing injury. One of the key factors that help to improve the performance of football is the effectiveness of training. The coach is the most important resource in a training system of a modern society. It plays a major role in the delivery of quality training. As Gareth (2004) state that football coaches should be aware of the gradual process performance development. They do not just start training and expect instant result but it takes several years, until footballers achieve a high standard of performance in order to make a farther increase in performance level. In order to achieve permanent improvement and to make training as effective as possible, certain stages and fundamental as technical, tactical, physical and psychological components must be distinguished. Each of these components includes tasks of great significance for the perfection on play. According to Kachany (1986) football performance is regarded as an actual manifestation of the efficiency of the player, it is a purposeful activity directed to the solution of a task determined by the principle of training and estimable achievement is a complex mixture of environmental influences and training method. Attempting to reach any meaningful conclusions it is therefore useful to separate these two factors. Improvements in muscular and energy fitness take time. Setting training goals can be an effective way of sustaining players' interest toward fitness training.*

#### V. CONCLUSION

This study was designed to assess the quality of training method on the performance of Hawassa City and Sidama Buna Male Football Clubs, SNNPRS. Coaches and team leader did not organize programs to create awareness about the club and the spot with the players' family. Coaches do not have a well- designed and well



written training plan. Team leaders do not follow training delivery procedure. The clubs do not provide adequate and appropriate training material which in turn affects the overall performance of the club. Provision of balanced diet in the club is not good .Beside the club members lack knowledge of sport nutrition. Provision of motivation from the coach and the club is not adequate. The coaches do not prepare theoretical sessions to improve psychological wellbeing of the players, team leaders do not encourage or motivate players to improve their performance, and the salary of players is not satisfactory with their monthly paid salary. The coach focuses on some specific coaching component-tactical and physical preparation. Other components of training like technical and psychological preparation are forgone. Follow up by the coach is not consistent in the warm up and cool down session of the training. The observation data indicated that 5 to 10 minutes of warm up is implemented which is far beyond the science

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