

UNIVERSITI TEKNOLOGI MARA

**COMPARISON BETWEEN NUMBER OF TRAINING
FREQUENCY EFFECT ON AGILITY PERFORMANCE
AMONG CAREERIST FC**

By

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ABSTRACT

The purpose of this study was to compare the effectiveness of training frequencies on agility performance among three different training frequency groups of Careerist FC players. A total of eighteen (N=18) players of Careerist FC; (21.33 ± 1.09 yrs; 168.94 ± 4.88 cm; 64.94 ± 11.12 kg) were selected via purposive sampling participated in this study. Whole players of Careerist FC were divided into three groups which are G5 (5 days training frequency), G3 (3 days training frequency) and CG (No day training frequency). Statistically G5 has shown improvement in post-test of agility compared with pre-test. There was no significance difference between the pre and post-test among the players in G3 ($p=0.12$) and CG ($p=0.27$). Other than that, there was no significance difference on training frequency between the three groups. ($p>0.05$) that had been tested both of pre and post-test. As conclusion, the findings in this study indicated that the higher number of frequencies of training may help developing the agility performance among the social league football player.

Keywords – training frequency, agility, SAQ training, social league football player

TABLE OF CONTENTS

	Pages
DECLARATION	i
LETTER OF TRANSMITTAL	ii
AFFIRMATION	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	v
TABLE OF CONTENT	vi
LIST OF TABLES	xi
LIST OF FIGURES	xii
LIST OF ABBREVIATIONS	xiii
CHAPTER ONE : INTRODUCTION	1
1.1 Background of The Study	1
1.2 Statement of The Problem	6
1.3 Purpose of The Study	6
1.4 Objectives	6
1.5 Hypotheses	7
1.6 Delimitations	
1.6.1 Surface of The Field	7
1.6.2 Subject	7
1.6.3 Parameter	7
1.6.4 Frequencies	7

1.7	Limitations	
1.7.1	Dietary Intake	8
1.7.2	Injury Status	8
1.8	Significance of The Study	8
1.9	Operational Terminologies	
1.9.1	SAQ Training	8
1.9.2	Training Frequency	8
1.9.3	Agility	9
1.9.4	Social League Football Player	9
	CHAPTER TWO : LITERATURE REVIEW	10
2.1	Training Frequency	10
2.2	Application of Football	10
2.3	Agility in Football	11
2.4	Speed, Agility And Quickness (SAQ) Training	12
	CHAPTER THREE : METHODOLOGY	14
3.1	Research Design	14
3.2	Sampling Technique	14
3.3	Conceptual Framework	15
3.4	Ethical Committee Approval	15

3.5	Description of Sampling	
3.5.1	Sampling Method	15
3.6	The Outcomes of Measurement	
3.6.1	SAQ Training	16
3.6.2	Illinois Test	16
3.6.3	Scoring Procedure	16
3.7	Data Collection Procedure	17
3.8	Data Analyses	
3.8.1	Statistical Analysis	19
3.8.2	Analysis Procedure	19
	CHAPTER FOUR : DATA ANALYSIS AND	20
	RESULTS	
4.1	Introduction	20
4.2	Statistical Assumption	
4.2.1	Normal Distribution	20
4.3	Demographic Data	21
4.4	Different between Pre and Post-Test among Players in G5 (5 Days Training Frequency)	
4.4.1	Descriptive Table of G5	23
4.4.2	Comparison of Pre and Post-Test of G5	23
4.4.3	Mean of Pre and Post-Test of G5	24