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EFFECT OF AUDIO-VISUAL TRAINING ON DRIBBLING SKILL OF YOUTH SOCCER PLAYERS IN MANIPUR

Mr. Moirangthem Chinglemba Meitei
Dept. of Physical Education and sports science, Ph.D. Scholar, Dhanamajuri University, Imphal, Manipur, India
Dr. Khuraijam Lojit Singh
Dept. of Physical Education and sports science, Professor, Dhanamajuri University, Imphal, Manipur, India
Dr. Th. Dhanamanjuri Devi
Assistant Professor, Thambal Marik College, Oinam, Manipur, India

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ABSTRACT

The purpose of the study to investigate the effect of audio-visual training on the dribbling skill of youth soccer players in Manipur. Sixty male soccer players (N=60), ages of the subject range to 14-18 years, from different nearby clubs in Imphal West, Manipur, were randomly divided into two groups viz., 30 experimental and 30 control. The subjects were selected on the basis of their participation in football. The level of audio-visual was assessed by Mor- Christian soccer ability skill test during pre-test, and post-test. Audio -visual training was imparted to the experimental group for a period of 3 months, whereas the controlled subjects did not participate in the said training program. The descriptive analysis and pair sample 't' test statistical techniques were used to determine the essential characteristic of the data and significant differences of the pre and post-test of dribbling skills between the experimental and control groups. The level of significance was set at 0.05. Significant improvement was observed in the experimental group of audio-visual training on dribbling skills of youth soccer players in pre- and post-mean comparison (t=4.85). However, no significant improvement was found in the control group in dribbling skills of youth soccer players in pre and post-mean comparison (t=1.84) at 0.05 confidence level. Therefore, the audio-video training program is important to develop the dribbling skill performance of the youth soccer players.

Keywords: Audio-visual, Dribbling skill, and Youth Soccer Players.

1. Introduction

Soccer is one of the most popular sports around the world. Soccer highly demands physical fitness, physiological efficiency, techniques, and tactics. The basic techniques will make it easier to develop the players' individual abilities (Efendi, 2016). The basic techniques in soccer include dribbling, passing, kicking, and controlling the ball (Handoko, 2018). These basic techniques are very important and needed in soccer. Dribbling techniques are often used in soccer (Mappaompo, 2012). Dribbling is an absolute individual skill and must be mastered by every soccer player, because the ability to dribble is very much needed in individual player skills (Siregar et al., 2018). In addition to the basic technique of dribbling, one of the important components that players must master in soccer is control of the ball against the feet (Zago et al., 2016).

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The training method will be very effective when applied properly in the learning process to improve agility, accuracy, opportunity, and skills (Syukur & Soniawan, 2015 & Thomas et al., 2021). Imagery in sports refers to rehearsing physical skills cognitively without body movement (Morris & Watt, 2005). which can have a positive effect on both skill learning and competition preparation. Imagery has been used successfully within these categories in various sports and is effective on self-confidence, skill acquisition, anxiety management, and pain control (Brouziyne & Molinaro, 2005; Gordon et al., 1994). Internal imagery is more effective than external imagery regarding sports performance improvement (Callow et al., 2013; Olsson, 2008).

2. Objective

The objective of the present study is to investigate the effect of audio-visual training on the dribbling skills of youth soccer players.

Delimitation of the study

- The study has been delimited to the youth soccer players from different clubs in Imphal-West district.
- Male soccer players in Imphal-West district, Manipur pand willing to participate in the present study have been delimited for this study.
- Considering the paucity of fund and less availability of the participants, the duration of the experiment has been restricted for 3 months only.

Limitations

Certain factors like food habits, life style, nature of diet intake, routine work, etc. might have affected the result of the present study; hence they have not been considered while analyzing the data.

Hypothesis:

H_1- Audio-visual training schedule might be significantly effective in improving dribbling skills.

Significance of the Study:

1. The result of this study may evaluate the present status dribbling skills of the youth soccer players, which in turn may help them for developing overall kicking skill.
2. The study would add some new knowledge in the field of sports biomechanics, games & sports and health education.
3. The study will give the knowledge about the impact of audio visual for regulating dribbling skill that is beneficial for soccer players. Such knowledge will also benefit the soccer coach and physical education professions towards improving youth players in soccer.

3. Methodology

For this study, sixty male soccer players (n=60), ages of the subject range to 14-18 years, from different nearby clubs in Imphal West, Manipur, were randomly divided into two groups viz., 30 experimental and 30 control. The subjects were selected on the basis of their participation of football. The level of audio-visual was assessed by Mor- Christian soccer

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ability skill test during pre-test, and post-test. Audio -visual training was imparted to the experimental group for a period of 3 months, whereas the controlled subjects did not participate in the said training program. The descriptive analysis and pair sample 't' test statistical techniques were used to determine the essential characteristic of the data and significant differences of the pre and post-test of dribbling skills between the experimental and control groups. The level of significant was set at 0.05.

The audio-visual training plan for three (3) months is shown in the table 1.

Table 1:
3 Months training Schedule (Monday to Saturday – Morning Session)

Training Week/Day	Type of Drills/Exercises	Duration/Repetition Required	Total Duration
1st Month (Tue, Thu, Sat, & Sun)	Warm Up	15 min	45 min
	20m shuttle dribbling	1 min	
	Zig-zag dribbling	1 min	
	Diagonal shuttle dribbling	1 min	
	Dribbling and dragging	1 min	
	Repeated passing	1 min	
	Game play	15 min	
	Limbering down	10 min	
2st Month (Tue, Thu, Sat, & Sun)	Warm Up	15 min	50 min
	20m shuttle dribbling	2 min	
	Zig-zag dribbling	2 min	
	Diagonal shuttle dribbling	2 min	
	Dribbling and dragging	2 min	
	Repeated passing	2 min	
	Game play	15 min	
	Limbering down	10 min	
3rd Month (Tue, Thu, Sat, & Sun)	Warm Up	15 min	55 min
	20m shuttle dribbling	3 min	
	Zig-zag dribbling	3 min	
	Diagonal shuttle dribbling	3 min	
	Dribbling and dragging	3 min	
	Repeated passing	3 min	
	Game play	15 min	

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	Limbering down	10 min	

4. Finding

The pertaining data of dribbling skills were treated by using descriptive analysis to find out the mean (M) and standard deviation (SD) respectively. The mean differences between pre and post-test of dribbling skills of both experimental and control groups.

The descriptive analysis and paired sample 't'-test of pre and post-test of dribbling skills for the experimental group is shown in Table 2.

Table 2:
The Descriptive and Mean Comparison of Experimental Group

Variables	Test	N	Mean	MD	SD	SEM	Df	t	Sig. p-value
Dribbling Skills	Pre	30	18.16	0.97	1.87	0.20	29	4.85	0.00
	Post		17.19		1.85				

**Significant at 0.05, where tabulated $t_{(0.05)}(29)=2.045$*

Table 2 reveals of the experimental group, the mean (M) and the standard deviation (SD) of pre and post-test of dribbling skills were 18.16±1.87 and 17.19±1.85 respectively, and found the calculated value 't'=4.85 respectively. Therefore, the audio-visual training experimental group showed significant improvement in the dribbling skills of youth soccer players as the calculated value 't'=4.85 is greater than the tabulated value 't'=2.045 at 0.05 confidence level.

The descriptive analysis and paired sample 't'-test of pre and post-test of dribbling skills for the control group is shown in Table 3**.**

Table 3:
The Descriptive and Mean Comparison of Control Group

Variables	Test	N	Mean	MD	SD	SEM	Df	t	Sig. p-value
Dribbling Skills	Pre	30	22.40	0.79	2.45	0.43	29	1.84	0.08
	Post		21.61		3.48				

**Insignificant at 0.05, where tabulated $t_{(0.05)}(29)=2.045$*

The table 3 shows that the control group, the mean (M) and standard deviation (SD) od pre and post-tests were 22.40±2.45 and 21.61±3.48 respectively. And found the calculated value 't'=1.84 respectively. Therefore, there was no significant difference in the dribbling skills

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of youth soccer players as the calculated value 't'=1.84 is less than the tabulated 't'=2.045 at 0.05 level of confidence.

The graphical representation of pre and post means comparison between experimental and control groups of dribbling skills of youth soccer players is shown in figure 1.

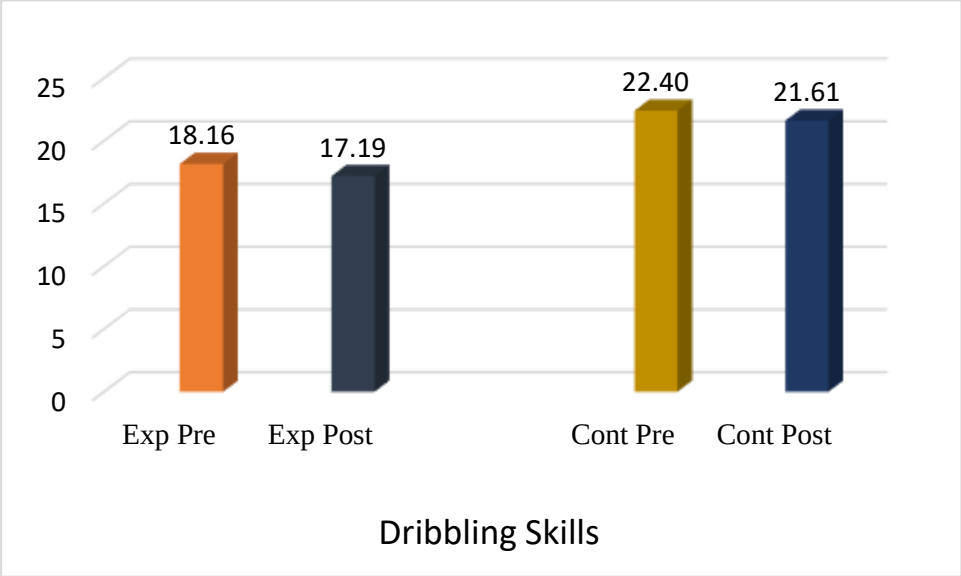

Figure 1: Pre and Post Mean Comparison of Experimental and Control Group of Dribbling Skills

5. Discussion of Finding

The findings of the present study reveal that the results of the paired sample t-test showed significant improvement in the experimental group of audio-visual training on dribbling skills of youth soccer players in pre- and post-mean comparison (t=4.85). However, no significant improvement was found in the control group in dribbling skills of youth soccer players in pre and post-mean comparison (t=1.84) at 0.05 confidence level.

The finding of the study shows the three (3) month audio-visual training program effectively improves the dribbling skills of youth soccer players. The results might be due to audio-video training correcting the movement and techniques in dribbling skills. Zulkarnain & Haqiyah (2018) explain that the training can improve effective impact because it can improve students' ball dribbling skills so that students' soccer playing skills can develop.

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