

Napasorn Neelapaijet 2006: The Effects of Footwork Training using Different Size of Nine Square on 25 Meter Running Speed. Master of Science (Sports Science),
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The purpose of this study was to examine and compare the results of footwork training using different sizes of nine square on 25-meter running speed after 4-week and 8-week training programs. Forty-five male students (10-11 years old) were selected by a purposive random sampling and randomly assigned to 3 different groups: the control group of short-running training, the first experimental group of footwork training using 60 x 60 cm nine square together with short-running training, and the second experimental group of footwork training using 90 x 90 cm nine square together with short-running training. Each subject participated in the training session 3 days a week: Monday, Wednesday, and Friday from 2.30 to 4.00. All subjects were tested on their speed before and after 4-week and 8-week training programs. Data were analyzed using repeated analysis of variance and compared for differences using the Tukey method multiple comparison test.

The results revealed a significant ($p < .05$) effect of 8-week training on 25-meter running speed. The control group was different from the first experimental group and the second experimental group. There was no difference between the first experimental group and the second experimental group. In light of the findings of this study, the use of 60 x 60 cm and 90 x 90 cm nine square footwork trainings, along with short – running training can enhance the speed of short running better than the use of short – running training alone.

Napasorn Neelapaijet
Student's signature

Charoen Krabuanrat 24 / 05 / 06
Thesis Advisor's signature