

Supakit Manamuti 2006: The Effects of Weight Training as the Flat Pyramid and the Skewed Pyramid on the Speed of Forty Metre Dash in Football Players. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Bunjob Piromkam, M.Ed. 82 pages. ISBN 974-16-2172-8

The main purposes of this research were to study and contrast the effects of weight training as the flat pyramid and the skewed pyramid on the speed of forty metre dash in football players. The subjects used in this research consisted of 45 males aged 14-16 years who were students in Sport School, Bangkok Province. The subjects were selected by using simple random sampling method. They were divided into 3 groups, 15 students for each group. The control group was trained with a football skill program only, the first experimental group was trained with the football skill program combined with the flat pyramid weight training while the second experimental group was trained with the football skill program combined with the skewed pyramid weight training. The training period was 8 weeks long, three days a week on Monday, Wednesday and Friday, from 4-6 p.m. The subjects were tested by the speed of running a 40 metre dash and were recorded before training, after 4 weeks of training and after 8 weeks of training. The data were analyzed using two way analysis of variance with repeated measure, one way analysis of variance with repeated measure and one way analysis of variance (ANOVA) procedures along with multiple comparisons testing by using the Tukey's method. All testing used the .05 level of significance.

The results indicated that after the 8 weeks of training, the average speed of 40 metre dash of the control group and both of the experimental groups were significantly different at the level of .05. But between the flat pyramid weight training and skewed pyramid weight training were not significantly different at the level of .05.

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