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Comparative study of specific physical fitness with playing ability of soccer players of west zone schools

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Abstract

The prime objective of the study was to compare the specific physical fitness with playing ability of soccer players of school level (West Zone). To fulfill the objective of the study 120 subjects who were participated in Inter Zone football from 13-18 years of age from 6 west zone schools were selected. The test item selected for the study was the selected physical fitness components with the playing ability from different school students. For the study, analysis of variance was used as the statistical technique. The level of Significance was set at 0.05. The findings of the present study represents that variability exist among the soccer players of different schools of West Delhi with respect of their playing ability as Significant difference was found in relation to special physical fitness variables.

Keywords: specific physical fitness, playing ability, soccer etc.

Introduction

The modern man is the inheritor and custodian of the activities of the ancient man. As human beings are the unique product of their creation and evolution. Survival of the fittest is the well-known old proverb - by nature human being are competitive and ambitious for the excellence in the athletic performance. Thus, this challenge stimulates, inspires and motivates the men and the women to sweat and strive to run faster, jump higher, throw an exhibit greater strength endurance skills in present competitive sports world. This can only be possible through scientific systematic and planned sports training as well as challenging them into appropriate games and sports by finding out their potentialities.

As sports are an ever expanding avenue of human life from very simple beginning it has developed into a high organized activity of human society. More and more attention has been paid to the nature of physical fitness not only in terms of general health but more particularly of the special physical requirements for competitive sports. And soccer is a game that can accommodate players of various shapes and sizes but this is quite acceptable up to a point for the recreational player who has no higher aspiration. Their state of fitness for the play is dependent upon the suitability of body structure for the work to be performed.

In recent times the game of soccer has under gone tremendous changes from the date of its invention. Skill in soccer understood as performing the fundamental of the game accurately with speed endurance soccer falls into categories of Kicking, Dribbling, Tackling, Heading, Trapping. Researchers has attempted to find out most essential skill involved in soccer through analysis tour

Now in the modern age of science and technology in every field of education, objectives are followed in accordance with the application of principles of scientific research. In field of games and sports all he developed like USA, USSR, GDR, Japan, and China etc have progressed rapidly due to the scientific research and their application in the field.

Hypothesis of the Study

It was hypothesized that there will not be significant differences between specific physical fitness variables and playing ability of soccer players of school level.

Procedure and Methodology

From the total population of schools of West Delhi only players who were participating in the

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game of football in their different schools were selected for the purpose of this study. And from the record of the students enrolled in the schools it was assured that they have participated in inter zone football tournaments during between 13-18 years of age were randomly selected. Thus, a total of 120 subjects were selected taking at least 20 students

from each schools.

Selected Variables

The Investigator followed a standard procedure for specific physical fitness components and soccer playing ability under the supervision of three experts of soccer.

Table 1: Specific Physical Fitness Test Battery Items Selected are as follows

S. No.	Test Battery Item	Reliability	Measurements
1	Kicking for Distance	0.96	Distance Covered
2	Dodge Running with the Ball	0.93	Total Time Taken
3	Leg Reach	0.93	Distance between two lines
4	50 Yard Dash	0.94	Time Taken
5	Two Hands Football and Throw	0.92	Distance Measured
6	Pole to Pole Run	0.95	Time Taken

Soccer playing ability

The Soccer Playing Ability was assessed during the actual playing situation with the help of three experts who formed the panel of Judges. The experts graded the subject out of 50 marks. The final score of playing ability was constituted by the average of three experts grading.

Statistical Technique

To find used out the significance of difference between the players of different schools, analysis for variance (F-ratio) was applied with 0.05 level of significance

Results and discussion of findings

Analysis of Variance was used for comparing the soccer playing ability and selected specific physical fitness variables at 0.05 level of significance.

Table 2: Analysis of Variance of the scores in Playing Ability of Soccer Players

Source of Variance	df	SSB	SSW	F-ratio
Between Groups	5	2793.32	558.66	92.49
Within Groups	115	694.15	6.04	

* Significant at .05 level
F.05 (5,114) = 2.47

As evident from table no. 2 that variability exist among the soccer players of different schools of West Delhi with respect of their playing ability. Since F-ratio was found significant therefore, the L.S.D. Post-hoc test was utilized in order to find out the mean difference between the different schools of West Delhi. Results are presented in table no. 3.

Table 3: Mean difference of different school of West Delhi in playing ability of soccer players. N = 120.

MMS	KPS	NDPS	VVDAV	OXFORD	ST. MARKS	MD	CD
29.95	28.12					0.92	0.216
29.95.		22.93				3.51*	
29.95			22.29			4.83*	
29.95				19.35		5.30*	
29.95					19.08	5.44*	
	28.12	22.93				2.60*	
	28.12		20.29			3.92*	
	28.12			19.35		4.52*	
	28.12				19.08	4.53*	
		22.93	20.29			1.32	
		22.93		19.35		1.79	
		22.93			19.08	1.93	
			20.29	19.35		0.47	
			20.29		19.08	0.61	
				19.35	19.08	0.14	

*Significant at 0.05 level

It was evident that mean difference of Soccer playing ability among most of the teams had shown the significant values while the values in few cases comparison of teams with respect to their playing ability did not yield the significant values but the obtain values of mean difference was very close to the confidence interval at selected level.

Comparison of Different School of West Delhi In Relation To Specific Physical Fitness Components

The subjects of different schools of West Delhi were compared; the results of analysis of variance are presented in table 4.

Table 4: Analysis of variance of the scores of different schools of West Delhi in relation to specific Physical Fitness Components.

S. No.	Variables	Source of variance	df	ssb	SSW	F-Ratio
1	50 yards dash	B W	5 115	2.04 8	0.41 0.07	5.85
2.	Kick from Distance	B W	5 115	581.31 4829.38	116.26 42.0	2.76
3.	Pole to Pole Run	B W	5 115	1892420.66 32150040.12	378484.13 279565.66	5.49
4.	Leg Reach	B W	5 115	936.87 3674.36	187.37. 31.95	5.86
5.	Dodge running with the ball	B W	5 115	27.15 29.77	5.43 0.26	20.88
6.	Two hands football throw					

*Significant at .05 level

F.05 (5,114) = 2.45.

As evident from table no. 4, that variability exists among the soccer players to different schools of West Delhi with respect to their 50 yards dash, kick from distance, pole to pole run, leg reach, and dodge running with ball. Since the value of F - ratio was found to be significant at .05 levels. On the other hand variability does not exist among the soccer players of different schools of West Delhi respect to their kick from distance.

Conclusion

Based upon the findings of the present study, it may be concluded that variability exist among the soccer players of different schools of West Delhi with respect of their playing ability as Significant difference was found in relation to special physical fitness variables.

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