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Investigating upper body muscle strength variations in football and hockey players from Meerut District

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Abstract

The objective of the study is to determine the comparison of upper body muscle strength among Football players and Hockey players of Meerut District. The sample for the present study consists of 20 male Football players and 20 Hockey players of Meerut District. To assess, the upper body muscle strength pull-ups test is conducted among Football and Hockey players. This study shows that due to the Hockey players are having more upper body muscle strength compared to Football players. Hockey players may have good upper body muscle strength due to the hockey stick; they play using during the game.

Keywords: Football players, Football players, Pull-ups, Upper body muscle strength

Introduction

Physical fitness is one of the most important and key aspects of the field of physical education. However, physical fitness is not the same with health; it plays an essential role in all aspects of health because they are very much related to fitness. Good health provides a solid foundation in which fitness rests and, at the same time, fitness provides one of the important keys to health and living one's life to the fullest. Fitness is not a state for the young; it is a reality for all ages.

Football, known as Soccer in most parts of the world, is one of the most popular and widely played sports globally. It is a team sport played between two teams of eleven players each, with the objective of scoring goals by getting the ball into the opposing team's net. The game is played on a rectangular field called a pitch, with goals at each end. Soccer matches are officiated by referees, and the team that scores the most goals at the end of the match wins.

Football, stands as a globally celebrated team sport engaging two opposing teams, each comprising eleven players, in a spirited competition centered around a spherical ball. Embraced by approximately 250 million participants across over 200 countries and dependencies, soccer undeniably reigns as the preeminent sport worldwide. The game unfolds on a meticulously marked rectangular field, adorned with goals at either extremity. The quintessence of soccer lies in the objective to accrue points by expertly maneuvering the ball into the adversary's goal.

A defining characteristic of soccer is the stringent prohibition against players making contact with the ball using their hands or arms during active play, excluding designated goalkeepers. This distinctive rule adds an intricate layer to the game, requiring players to rely on their feet, heads, or any other part of the body, excluding the hands, to interact with the ball. This unique limitation not only demands exceptional footwork and strategic ball control but also imparts an elegant grace to the sport, as players adeptly navigate the field with a symphony of precise movements.

Moreover, the global appeal of soccer transcends geographical boundaries, fostering a diverse community of enthusiasts who revel in the beauty of its simplicity, strategic depth, and the unbridled passion it evokes. The pulsating energy, the strategic finesse, and the collective effort of eleven individuals working seamlessly as a unit underscore soccer's enduring charm, making it an indomitable force in the realm of sports.

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Basic Rules and Gameplay

The basic rules of soccer are relatively simple. Players are not allowed to use their hands or arms to touch the ball, except for the goalkeeper who can use their hands within their penalty area. The primary method of moving the ball is by kicking, passing, and dribbling. The team that possesses the ball aims to navigate through the opponent's defense and score a goal by getting the ball past the goalkeeper and into the net.

The game is divided into two halves, typically lasting 45 minutes each, with a halftime break. In the case of a draw, some competitions may have extra time or a penalty shootout to determine the winner.

Field and Positions

Soccer is played on a rectangular field with goalposts at each end. The dimensions of the field can vary but are generally standardized. The positions on the field include defenders, midfielders, forwards, and a goalkeeper. Each position has specific responsibilities, such as defending, attacking, or controlling the midfield.

Competitions and Leagues

Soccer has a rich tradition of national and international competitions. At the national level, countries organize domestic leagues where club teams compete against each other. Some of the most prestigious club leagues include the English Premier League, La Liga in Spain, Serie A in Italy, and the Bundesliga in Germany.

Internationally, soccer is governed by FIFA (Fédération Internationale de Football Association), which organizes major tournaments such as the FIFA World Cup. The World Cup is held every four years and is considered the pinnacle of international soccer competition.

Global Popularity

Soccer's popularity transcends geographical and cultural boundaries, making it a truly global sport. Millions of fans around the world passionately support their favorite teams and players. The sport's simplicity, minimal equipment requirements, and universal appeal contribute to its widespread popularity.

Impact and Cultural Significance

Soccer has a profound impact on culture, bringing people together across different backgrounds and fostering a sense of unity. The sport has the power to create a shared experience that transcends language and cultural differences. Soccer matches often serve as a source of national pride, and major tournaments can evoke a sense of camaraderie and excitement on a global scale.

Football is not just a game; it is a cultural phenomenon that connects people from all walks of life. Whether played in local parks, watched in stadiums, or followed on television screens, soccer has an enduring legacy as the "beautiful game."

Field Hockey, a captivating and dynamic sport, unfolds its drama on various surfaces, including gravel, natural grass, and sand-based or water-based artificial turf. The players, wielding specialized sticks, navigate the field with finesse, orchestrating the movement of a small, hard ball approximately 73 mm (2.9 in) in diameter. The unique combination of skill, strategy, and teamwork distinguishes field hockey as a thrilling spectacle enjoyed by enthusiasts

worldwide.

This beloved sport has transcended geographical boundaries, gaining popularity among both males and females in numerous regions. Particularly fervent followings can be found in Europe, Asia, Australia, New Zealand, South Africa, and Argentina. The diverse global appeal of field hockey is further exemplified by the inclusion of both single-sex and mixed-sex teams in many countries, reflecting the evolving landscape of the game and its inclusive nature.

The international hockey federation, with its impressive membership of 126 nations, serves as the governing body, ensuring the standardization of rules and the coordination of the sport on a global scale. This federation plays a crucial role in maintaining the integrity of field hockey as it continues to capture the hearts of fans around the world.

The historical journey of field hockey at the Summer Olympic Games adds an extra layer of prestige to the sport. Men's field hockey has been a consistent feature since 1908, with only brief interruptions in 1912 and 1924. On the other hand, women's field hockey made its debut at the Summer Olympics in 1980, securing its place as an integral part of the global sporting showcase.

In essence, field hockey stands as a testament to the beauty of precision, agility, and collective effort. The players' mastery of stickwork, strategic maneuvers, and teamwork creates a mesmerizing display that transcends cultural and geographical boundaries, making field hockey a truly universal and enduring sport.

Field Hockey unfolds its dynamic spectacle upon a versatile stage, be it gravel, natural grass, or the textured embrace of sand-based or water-based artificial turf, utilizing a diminutive, unyielding ball with a diameter of approximately 73 mm (2.9 in). This captivating sport has garnered widespread acclaim, captivating the passions of both men and women across various corners of the globe, with a particularly fervent following in Europe, Asia, Australia, New Zealand, South Africa, and Argentina.

Across the vast expanse of nations, the game manifests in matches contested between single-sex teams, although the inclusion of mixed-sex teams is not uncommon, reflecting the evolving landscape of the sport. The custodian of the game's regulations and global coordination is the formidable international hockey federation, boasting a robust membership of 126 nations.

The rich legacy of Men's Field Hockey is etched into the annals of the Summer Olympic Games, having graced the global stage since 1908, with the exception of brief hiatuses in 1912 and 1924. In parallel, the Women's Field Hockey variant has been an integral part of the Summer Olympic Games since the landmark year of 1980, marking a momentous inclusion that underscores the game's universal appeal and enduring significance on the world's sporting platform.

Purpose of Research

The purpose of the present study to compare the upper body muscle strength among Football players and Hockey players of Meerut District.

Scope of Research

The scope of the research is to identify the upper body muscle strength among Football players and Hockey players of Meerut District.

Table 1: Mean Values of Pull-ups Test Between Football and Hockey Players

S. No.	Players	Number	Mean	SD	Df	t-value	Sig. (twotailed)
1.	Football	20	8.24	1.22	38	43.109	0.000
2.	Hockey	20	12.98	1.30			

Review

The purpose of this study was to compare the physical fitness variables among intercollegiate level men Football and Hockey players. To accomplish, the goal of the current research, 30 intercollegiate Football and Hockey men players who were active in sports age ranged from 20 to 25 years old randomly selected from the Department of Physical Education, Chaudhary Charan Singh (CCS) University. They are randomly divided and employed into two equal groups consist of 15 members each, Group – I Football players and Group – II Hockey players. The subjects were measured by their speed, agility, and lower body strength. It has concluded that Football players had better speed, agility, and lower body strength than the Hockey players.

Population and Sample Group

Sample of the Study

For the present study, 20 male Football players and 20 male Hockey players have taken for the study between the age group of 18 and 20 years.

S. No.	Name of the District	Sample	Total Number of Subjects
1.	Meerut	Football Players: 20 Hockey Players: 20	40

Methodology

For the present study, 20 male Football players and 20 male Hockey players have taken for the study. To assess, the upper body muscle strength pull-ups test is used in the study.

Pull-Ups Test

The pull-up test is widely used as a measure of upper body strength. Grasp the overhead bar using either an overhand grip with the arms fully extended. The subject then raises the body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended. The pull-ups should be done in a smooth motion. Jerky motion, swinging the body, and kicking or bending the legs is not permitted as many full pull-ups as possible are performed.

Data Collection

The pull-ups test is conducted among male football and hockey players.

Results

The mean values of football players are 8.24, and hockey players are 12.98. The hockey players are having better mean values compare to football players [Table 1].

Research Recommendations

This type of study is useful for coaches to give proper coaching for the development of motor qualities for improvement of performance in football and hockey.

Recommendations for Further Research

It is recommended that similar studies can be conducted on other sports and games and also female footballers and hockey players.

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