

Relationship of Football Playing Ability with Selected Motor Fitness Components

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Abstract

The present study was conducted to examine the relationship of football playing ability with selected motor fitness components. For this 30 male football players were selected from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) and their age ranged from 22-28 years. McDonald soccer skill test was used to assess the football playing abilities of the selected subjects. The selected motor fitness: agility, reaction time and speed test were measured by conducting shuttle run test, nelson foot reaction time test and 50M dash run test. Mean and Standard deviation were used as descriptive statistics. Pearson Product Moment Coefficient of correlation with significant level at 0.05 was used to examine the correlations between football playing ability with agility, balance, leg strength and speed. The statistical analysis was carried out using SPSS 16.0 version. The findings of the present study showed that there was significant relationship found in agility, reaction time and speed in correlation with playing ability of football players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.).

Key Word: Agility, Reaction Time, Speed, Mcdonald Soccer Skill Test and Football Players.

1. Introduction:

Fitness defines as the ability to carry out every day task with vigour and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. The motor fitness components are qualities that athletes must develop to physically prepares for sports competitions. Motor fitness refers to ability of an athlete to perform successfully at their sport. According to Johnson and Nelson, motor fitness is one's ability to perform efficiency bases motor skills involving such elements as power, agility, speed, endurance and strength.

1.1 Statement of the Problem:

The statement of the problem was stated as to examine the relationship of football playing ability with selected motor fitness components.

1.2 Objective of the Study:

The main objective of the study to correlate the relationship of football playing ability with selected motor fitness components.

1.3 Criterion Measures:

Table No. - 01

Sr. No.	Variables	Test Items	Measuring Unit
01.	Agility	Shuttle Run Test	In seconds
02.	Reaction Time	Nelson Foot Reaction Time Test	In seconds
03.	Speed	50M Dash Run Test	In seconds
04.	Football Playing Ability	McDonald Soccer Skill Test	In points

2. Materials & Methods:

2.1 Sample of the Study:

For this study researcher purposively selected 30 male football players from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) and their age ranged from 22-28 years. McDonald soccer skill test was used to assess the football playing abilities of the selected subjects. The selected motor fitness: agility, reaction time and speed test were measured by conducting shuttle run test, nelson foot reaction time test and 50M dash run test respectively.

2.2 Administration of Test (McDonald Soccer Skill Test):

Procedure – The subject were instructed to make maximum number of kicks in 30 seconds by keeping the ball in his control while using any type of kick and ball control method.

Scoring – The subjects were given four attempts of 30 seconds each and the final test score was provided by the sum of kicks of the three best trials.

2.3 Statistical Technique:

Mean and Standard deviation were used as descriptive statistics. Pearson Product Moment Coefficient of correlation with significant level at 0.05 was used to examine the correlations between football playing ability with agility, balance, leg strength and speed. The statistical analysed was carried out using SPSS 16.0 version.

3. Result and Finding of the Study:

The scores were obtained by applying McDonald soccer skill test. All the individual scores were used to correlate the relationship of football playing ability with selected motor fitness components.

Table No. - 02
Descriptive table of selected motor fitness components and playing ability of football players.

Variables	N	Mean	Std. Deviation
Agility	30	7.142	0.171
Reaction Time	30	0.383	0.025
Speed	30	7.043	0.183
Football Playing Ability	30	28.033	2.141

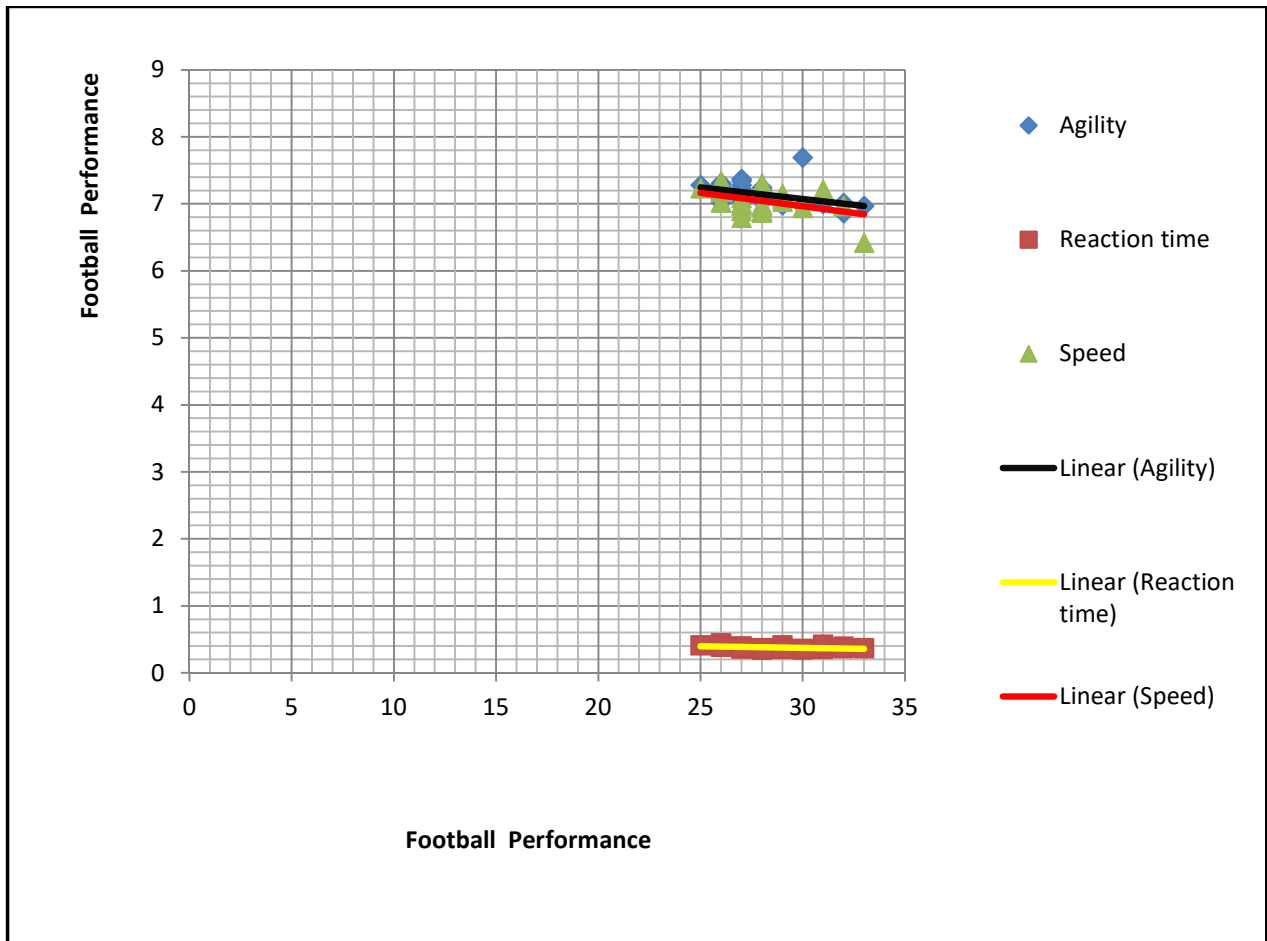
Table No. - 03
Coefficients of correlation of football playing ability with selected motor fitness components of football players.

Variable	'r' value	Sig. (2-tailed)
Agility	0.433*	0.017
Football Playing Ability	Reaction Time	0.412*
	Speed	0.461*

*level of significance at $r_{0.05} (2, 28) = 0.361$

Table no. - 03 shows that the calculated 'r' value of agility ($r = .433$), reaction time (foot) ($r = .412$) and speed ($r = .461$) were correlates maximum with the football playing ability were found significant relationship at 0.05 level of significance.

Figure: 01
Mean scores of selected motor fitness components and playing ability of football player.



4. Discussion of the Study:

The finding of the study revealed that the agility, reaction time and speed were significantly correlates to the football playing ability; this difference was occurred due to the involvement in regular exercise during their physical activity classes. The present study supported by Dhaliwal, G. S., Gill, A. S., & Sandhu, R. S. (2016) conducted a study related to reaction time, speed and agility and found significant differences between inter-university and inter-college male cricket players

Some other similar study was conducted by Gangey, O., & Kerketta, I. (2016) conducted a study to examine the volleyball playing ability with agility, coordination and reaction time and found significant relationship. Also supported by Savarirajan, R. (2016) conducted a study on playing ability of badminton players with speed and agility and found significant relationship.

5. Conclusions of the Study:

On the basis of findings following conclusions have been drawn –

- Significant relationship found in agility ($r = .433$, $p < 0.05$) of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) in relation to football playing ability.
- Significant relationship found in reaction time ($r = .412$, $p < 0.05$) of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) in relation to football playing ability.
- Significant relationship found in speed ($r = .461$, $p < 0.05$) of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) in relation to football playing ability.

6. References:

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