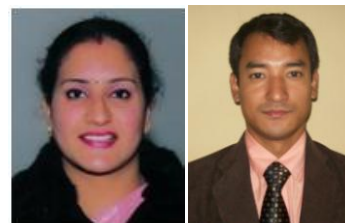


RELATIONSHIP OF PHYSICAL FITNESS COMPONENTS AND FOOTBALL PLAYING ABILITY

Mrs. Komal

Department of Physical Education (A.T)
G.N.D.U, Amritsar, Punjab



Dr. Th. Nandalal Singh

Department of Physical Education,
Panjab University, Chandigarh, Punjab

INTRODUCTION

Football is a game that requires skill and speed. Speed is the ability to perform a movement within a short period of time. Speed training is an important football related skill related component of physical fitness which enables a player to move from one point to another with faster response time. It has been shown that to improve speed each athlete needs to work on acceleration, starting ability, stride rate, speed endurance, and stride length. Football is one of the most popular games in the world in general. Football being most competitive sport, a player who is Physically fit does not only enjoy more but he is also capable of using all the skills attained and mastered by him throughout, right from beginning to end of the game. The twin combination of both skill and physical fitness is indispensable for a player without either of which he will not be able to achieve much, specifically in order to play any ball game competently.

Training is an essential part of preparing for sports competition. If training for soccer is to be effective it must be related to the demands of the game. Fitness for the sport assumes that the player is capable of meeting these demands; otherwise he or she may not be able to cope with the physiological stress of match-play. In this instance the player has to raise fitness levels or risk not being selected. Ellena (1960) found the relationship between physiological factors and football performance administered on the footballers in 50 yard dash, right grip, left grip, arm push and pull strength. The criterion measure of the study was the duration computed in minutes played by the footballers during the 1958 football season. Speed correlated 0.60 and total strength 0.40 with the criterion. Both correlations were significant but predictive value for minutes played was little.

METHOD AND PROCEDURE

Total 40 male football players aging between 15-18 years were selected from different senior secondary level schools of Kangra district in Himachal Pradesh as sample. For testing physical fitness of players, AAHPER Youth Physical Fitness Test (1976) was used, consisting of test items namely: pull ups, sit ups, shuttle run, standing broad jump, 50 yard run-walk and sit and reach. The football playing ability was measured by test battery laid down by Mor-Christian General Soccer Ability Skill Test Battery (1979) that consisted of test items namely: Dribbling, Passing and Shooting. For testing the relationship investigator had calculated Mean, Standard Deviation and Karl Pearsons Correlation.

Table-1:
Correlation between Dribbling Playing Ability and Physical Fitness Components

S. No	Variables	Correlation
1.	Pull ups	0.171
2.	Sit ups	0.331*
3.	Shuttle run	0.124
4.	Standing Broad jump	-0.170
5.	50 m dash	0.335*
6.	600 m run	0.139
7.	Sit and reach	-0.148

Table value of 'r' at 0.05 level = 0.304

Table-1 established that significant correlation was observed between playing ability (dribbling) with abdominal strength (sit ups) and speed (50 m dash) and no significant correlation was found between any other fitness components. Graphical representations of above table have been made in fig. no 1.

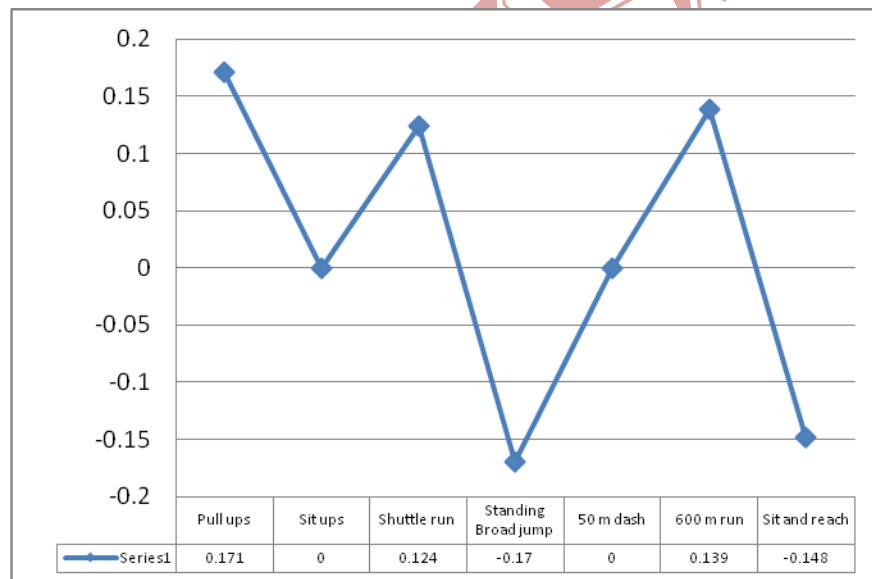


Fig. No. 1: Correlation between Dribbling Playing Ability and Physical Fitness Components

Table - 2
Correlation between Passing Playing Ability and Physical Fitness Components

S. No	Variables	Correlation
1.	Pull ups	0.065
2.	Sit ups	-0.265
3.	Shuttle run	0.126
4.	Standing Broad jump	0.008
5.	50 m dash	0.001
6.	600 m run	-0.029
7.	Sit and reach	-0.058

Table value of 'r' at 0.05 level = 0.304

Table-2 proved that no significant correlation was observed between playing ability (passing) with any physical fitness components. Graphical representations of above table have been made in fig. no 2.

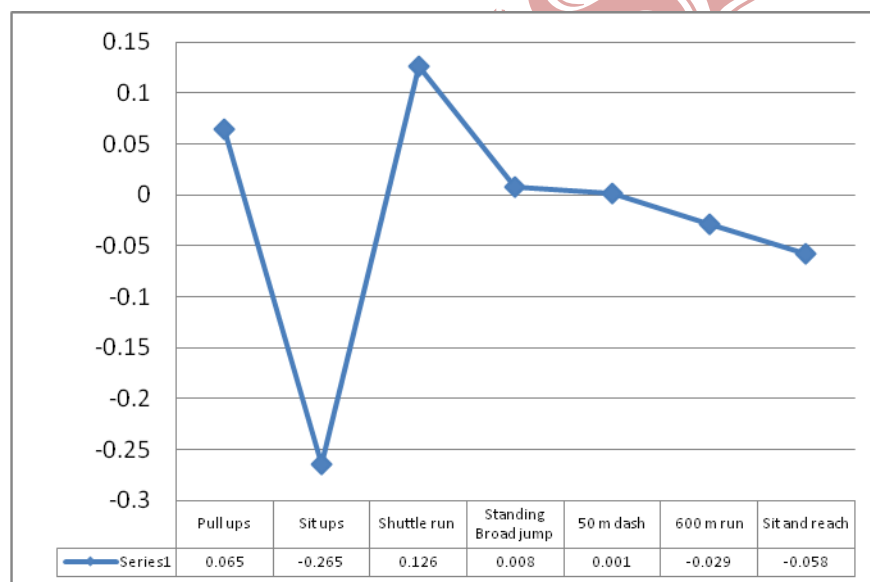


Fig. No. 2: Correlation between Passing Playing Ability and Physical Fitness Components

Table - 3
Correlation between Shooting Playing Ability and Physical Fitness Components

S. No	Variables	Correlation
1.	Pull ups	0.012
2.	Sit ups	-0.025
3.	Shuttle run	0.159
4.	Standing Broad jump	0.441*
5.	50 m dash	0.075
6.	600 m run	0.228
7.	Sit and reach	-0.217

Table value of r at 0.05 level = 0.304

Table-3 proved that significant correlation was observed between playing ability (shooting) with leg strength (standing broad jump) but no significant correlation was found between any other fitness components. Graphical representations of above table have been made in fig. no 3.

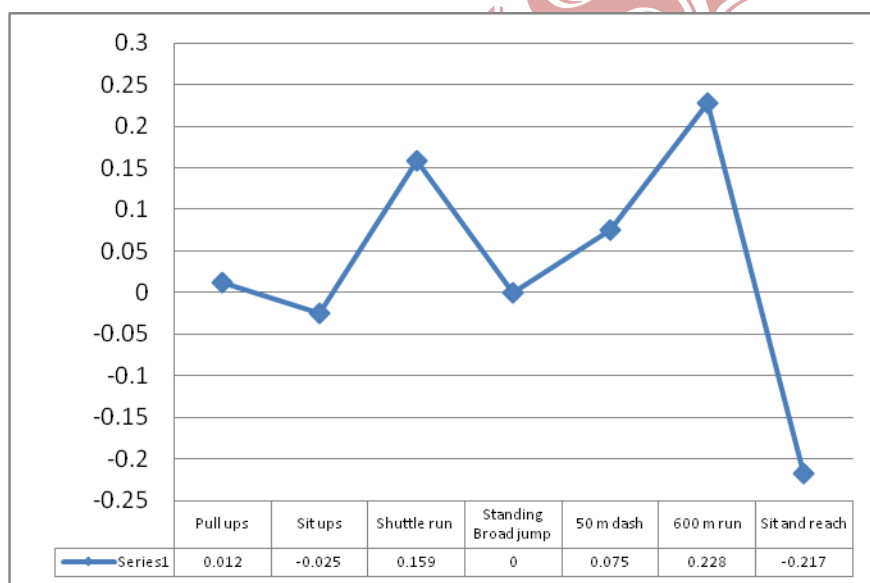


Fig. No. 3: Correlation between Shooting Playing Ability and Physical Fitness Components

CONCLUSIONS

- ◆ Significant correlation was observed between dribbling ability with abdominal strength and speed.
- ◆ In case of shooting ability, significant correlation was found with leg strength.
- ◆ But in case of passing ability, no correlation was found among any fitness component.

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