

# Investigating The Football Skill Performance Among Junior And Senior Players

Ammar Radhi Zamil

Sports Teacher Basra, Iraq Master Degree of Physical Education Osmania University, India  
Email:- zainzamil77@gmail.com

## ABSTRACT

*The purpose of the present study was to assess the football ability among the senior player's boys and junior player's boys. So as to collect data for the detailed study, there was a requirement for certain performance and targets test of the football capacity. The investigator was of the conclusion that one test of football capacity was adequate to accomplish the motivation behind the examination. The examiner felt that performance in test might be impacted by a specific body write or normal for the chose subjects. Consequently, the investigator chose to manage. Self-assessed player capacities related vehemently singular models and traverse of self-dealt with getting ready, however not with measures of formed planning. T-tests contrasting players and high and low mentor evaluated aptitudes demonstrated that exceptionally gifted players accomplished more composed preparing, both as far as recurrence and span of sessions, and announced higher individual measures. The less gifted players saw higher weight from guardians and mentors. In general the discoveries recommend that players' appraisals of their aptitudes are identified with the volume of self-sorted out preparing though mentors' evaluations are identified with contribution in composed instructional courses.*

*A sum of forty young men of 18 to 30 years age standard from various football groups were chosen for this particular study. Every one of the subjects were separated into two unique gatherings or groups having twenty subjects in each groups or gathering i.e., test and control group. These activities were performed for 60 min in a day and for 5days/week. Pre and post*

*test data were collected when two months of preparing. Prior to the collection of data the subject were clarified the destinations of the investigation and methodology of each test. The examination displays a T-tests on the players and graphical portrayal of the results.*

Keywords : T-tests, Foot ball, perfectionism, Talent development

## INTRODUCTION

Soccer is the world's most famous type of game, being played in each country no matter what. The advanced round of soccer is by all accounts about speed and power. The present players are quicker and more keen than at any other time. World class soccer is an unpredictable game and execution relies upon various components, for example, physical wellness, mental variables, player strategy and group strategies. Soccer is a game which requires quick body development which is controlled by circumstances inside the opposition, for example, restricting cooperative person's with and without the ball, ball development and partner development. Due to these reasons, present day soccer match is portrayed by quick developments, which end up plainly conspicuous in short and long runs, burst apar responses (jump) and snappy alters of course. We as a whole think about football. Kicking a ball with the foot is the thing that we allude football game. To wind up as a professional an expert even a to a great degree skilled football player is subject to a few components 'going the correct way'. Players have little impact over a significant number of these variables, e.g. mentor quality, determination, preparing offices and so forth.,

yet they are relied upon to do their bit towards boosting their odds of turning into an expert player. They are relied upon to be profoundly energetic, automatic (Toering, Elferink-Gemser, Jordet, and Visscher, 2009), have the correct disposition, rationally intense (Rodahl, Giske, Peters, and Høigaard, 2015) and ready to adapt to pressure (Nicholls, 2011). Nowadays football is one of the most popular sports in the world. "Soccer" is the other name of football. It has a long history. Ancient people started to play first football. During the 20th century various types of football are getting more popular like rugby, American football, Canadian football etc. We as a whole know different types of football are recognized ever. Players who have a place with a Junior football aggregate related with a specialist club are working in an exceedingly forceful condition, where they are required to have the ability to manage the heaviness of performing and being stood out from their accomplices, since frequently only a solitary or two of them are depended upon to succeed.

One would in this way expect players who will succeed will do or forfeit that tad additional with a specific end goal to expand their odds of measuring up. Basically football is played by two teams. Each group comprises of 11 players and additional players are holding up outside the line if any player injured or relies upon mentor's choices to change the players. Versatile compulsiveness is self-referenced and therefor they set high individual measures without reference to outside components, for example, weight from mentors and guardians, though maladaptive fussbudgets are portrayed by a immense of disappointment. Both versatile and maladaptive sticklers set superior norms, yet the urgent distinction is that maladaptive

fussbudgets have a tendency to be excessively reproachful of themselves and rarely happy with their execution, as a result of their absence of flexibility to commit errors (Dunn et al., 2002). By scoring goals or points is the result of this game. Two teams try to goal their opposite components. All things considered players only utilize their feet or body without utilizing hands to play this diversion. Players are being required to move the ball by kicking, passing and passing on. There are various parts to play in this diversion. Players are must tolerate this part (Walvin, J. (2014)). They can't hit any players. The aggregate time of this amusement is a hour and a half, with the most scored group considered as a winner. An amusement played by two groups of 11 players each on a rectangular, 100-yard-long field with objective lines and goalposts at either end, the object being to pick up ownership of a ball and propel it in running or passing plays over the rival's objective line or kick it through the air between the rival's goalposts.

- Any of different types of group amusement including kicking (and now and again likewise dealing with) a ball, specifically (in the UK) soccer or (in the US) American football.
- A ball utilized as a part of football, either round (as in soccer) or oval (as in rugby and American football) and regularly made of calfskin or plastic and loaded with compressed air (Wagg, S. (1984)).

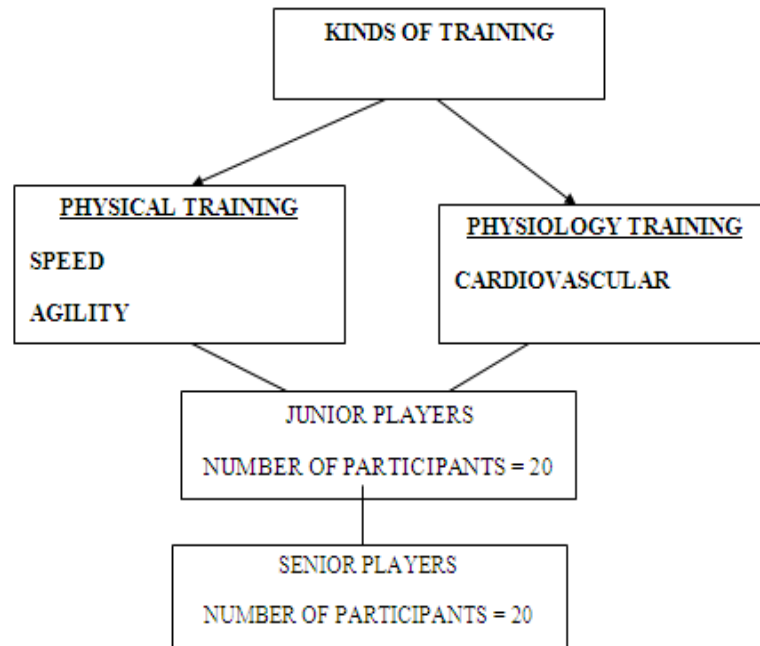


Figure 1: Research Design

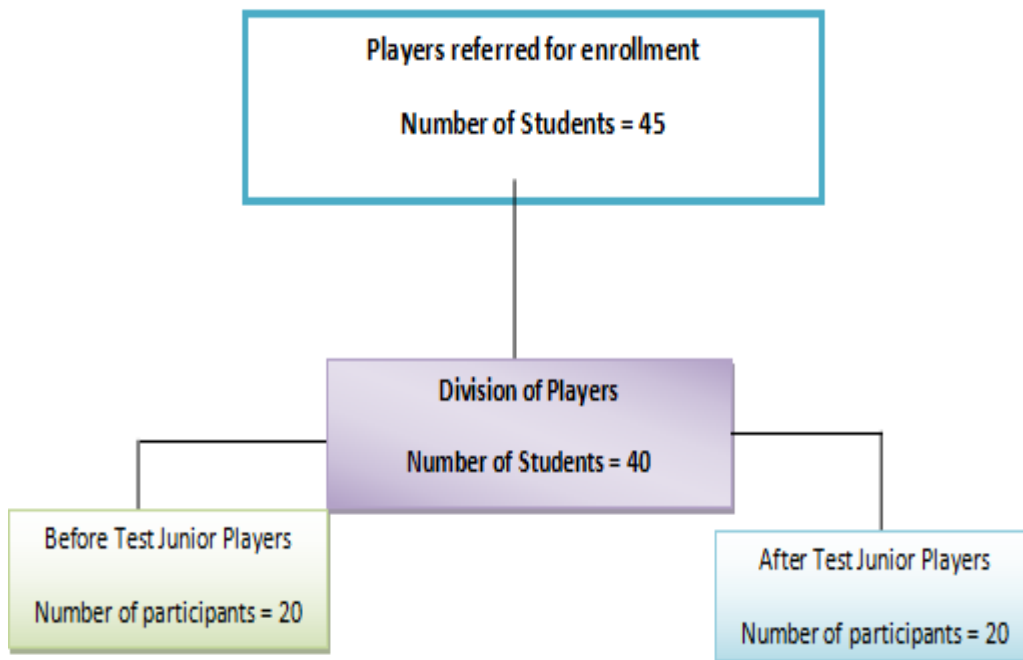


Figure 2: Flow diagram of the study process, indicating patient selection.

### ‘T’-Test

#### Group Statistics

School		N	Mean	Std. Deviation	Std. Error Mean
No. of football Match	Junior Players	20	15.6500	1.49649	.33462
	Senior Players	20	12.2000	2.16673	.48450

Table 1: Group Statistics

#### SELECTION OF VARIABLES:

Since the purpose of the study was to compare the football ability among Government and Junior Players boys, the collection of data was subjected to the t-ratio test of analysis for significance of difference. The calculated t-value is compared with the table value at 42degrees of freedom at 0.05 level of confidence, which was given by Clarke. The readings of government and Junior Players boys were presented, graphically, to clarify the interpretation in table. The means of government high school boys, the standard deviation standard error and that of the private school boys were shown in table.

The discoveries of this study demonstrated that there is a the quality of being worthy of attention distinction at 0.05 levels between football capacity among Government school young boys and non-public school young boys. So it was inferred that Government school young men have a superior football capacity then the Junior Players young men. The ascertained t-proportion was lower than the table esteem henceforth the irrelevant contrast exists among Government secondary school young boys and Junior Players young boys on the chose variable of football capacity.

#### SELECTION OF TOOLS OF MEASUREMENTS:

An aggregate of forty young men with an age gathering of 18 to 30 years from various schools of Hyderabad were chosen for this examination. Every one of the subjects were isolated into two unique gatherings having twenty subjects in each gathering i.e., trial and control groups. The experimental group underwent the summer training programme for eight weeks, fivedays per week and a session on each day with 60min duration, while the control group was not exposed to any type of training. Subjects were randomly assigned to groups before administration of training program. Training was administered at the gymnasium of Osmania University. In morning session. Subjects were regular throughout the coaching camp so they could learn fundamentals of Football skills. The footballing ability of subjects was measured with the help of football Wall Football Test. Training session starts with warm up for conditioned there reflexes. After that various types of drills for improving the football ability and other fundamental skills of Football administered throughout the eight weeks. These activities were performed for 60 min in a day and for 5days/week. Pre and post test data were

collected when two months of preparing. Prior to the collection of data the subject were clarified the targets of the examination and methodology of each test.

In order to measure Football ability of the subjects, wall football test was used for the purpose of this study. Equipment required to perform this test were football attack, a wall space 10 feet high and 10 feet in length, a stop watch, score sheets, a 1 inch net line marked on the wall 5 feet above and parallel to floor, a starting line drawn on the floor 6 and ½ feet from the base of the wall and parallel to the starting line.

It was evident from the results that eight weeks of training programme contribute significantly in the improvement of football ability of skills among beginners as differences in the means exist between pre and post data as shown in figure 1. Above discoveries of the examination is additionally in incomplete consonant with discoveries of Karen E. French et.al. (1996). Therefore, player that is supposed to start their carrier in Football can improve upon different Football skills by participated in the training programme at least for eight weeks. So, after getting perfection on fundamental skills they can work upon various tactics and strategy.

#### **SELECTION OF DATA:**

The purpose of the present study was to assess the football ability among the before test junior players and senior players. Keeping in mind the end goal to gather information for the investigation, there was a requirement for certain dependable and destinations trial of the football capacity. The Investigator was of the supposition that one trial of football capacity was adequate to accomplish the motivation behind the detailed study. The investigator felt that execution in one kind of footballing test

might be affected by a specific body compose or normal for the chose subjects. Along these lines, the specialist chose to manage.

#### **Things to Be Analyzed For Better Performance:**

There are actually many preparing programs out there. While the vast majority of them are frightful, there are as yet twelve or so that are generally okay to help you get quicker and stronger for football. How would you pick? All things considered, in case you're simply beginning and are confounded or you're another mentor who is all of a sudden accountable for at least 30 fourteen and fifteen year olds, run with the most basic recipe conceivable:

Basic lifts + heavy weights = football  
strength and speed

Indeed, once you go ahead, you ought to refine things, yet at their construct, every great program center in light of the huge lifts (seat, slant, squeeze, squat, deadlift, columns). There are minor departure from sets and reps, however first and foremost, notwithstanding something as basic as 3 X 8 is superior to 0 X 0. It's a long way from culminate, yet it's superior to nothing!

#### **Planning**

When you do settle on an arrangement or if nothing else a blueprint of an arrangement, adhere to it. Pivoting practices is a certain something. Totally changing your whole logic each other week is another. This may be the greatest oversight I see youthful football players and lifters make. They read an article and say, "Yes! This is precisely what I require!" Then two weeks after the fact another article turns out lecturing the correct inverse of what the main said and again it's "exactly what I required!" And endlessly and on until the point that a year

passes by and you understand you've been preparing for a year with no advance.

Have an accomplished lifter or mentor enable you to change your exercises as you go, however adhere to the general arrangement for some time. Notwithstanding what a few mentors or supplement organizations will let you know, you're not going to increase 100 lbs on your seat in ten days.

### Improve Football Skills

Suppose you're an offensive lineman. In the event that you begin each session off with five minutes of experiencing your means and fire outs (flawlessly—don't do them on the off chance that you wouldn't do them accurately), you will have taken, through the span of a year, more than 1000 reps on those developments that specifically enhance footwork.

Thoroughly consider 1000 impeccable reps will help much? The same goes for wide collectors, linebackers, and running backs. Utilize that time as an approach to enhance instead of simply take a completely useless "warm-up lap." On your off days from lifting, you have an incredible chance to utilize the sled or get a companion and get a blocking shield to run pass examples or work on your drops. Do whatever it is that will improve you. Once more, a lineman doing his means isn't the sort of work that will destroy you, however it will enable you to enhance as a football player. In case you're a wide out, why run careless runs for molding? For what reason not run your pass courses and have somebody toss you the ball? Presently you're molding and building your football abilities in the meantime.

### PERFORMANCE EXERCISES FOR FOOTBALL:

Football is played in two fundamental structures, right off the bat as a hour and a

half amusement with a 15 minute half time rest period, or a more unstable 5 aside diversion. Being a game that is continually in a hurry, your wellness level and quality has an imperative impact in your diversion, however a high aptitude level on the ball and great information of the amusement are additionally fundamental. In this way, football preparing and football coaching should focus on the correct muscles for wellness. Football is a game that requires a huge number of athletic capacities, intend to make enhancements in the accompanying to enhance your diversion:

- Explosive increasing speed and quick dashing speed.
- Muscular continuance and quality in the lower body.
- Muscular adjust and large amounts of neuromuscular co-appointment.
- Body mindfulness and nimbleness, the capacity to know where your body is, and have the capacity to move it.
- Discipline to take requests and choices, and in addition putting the group first
- Good adaptability to dodge damage, football players are inclined to poor hamstring adaptability.
- Correct adjust between your quadriceps and hamstrings, and also quality imbalances between your left and right leg.

Your wellness training ought to incorporate speed work, continuance, quality training and obviously drills intended to enable you with your foot to work.

### Drill 1: Dribble and run (Beginner)

"Begin on the touchline with a ball at your feet and inspire set to keep running over the width of the pitch. Spill the ball as quick as you can until the point that you are parallel to the inside spot, leave the ball there, keep running at 80 for every penny speed to the contradicting touchline, keep running back

to the ball at a similar pace and spill it back to your beginning position as quick as possible.

"Your rest time ought to be the time it takes to finish this cycle – so in the event that it takes you 90 seconds there and back, take a 90-second break. Rehash this six times."

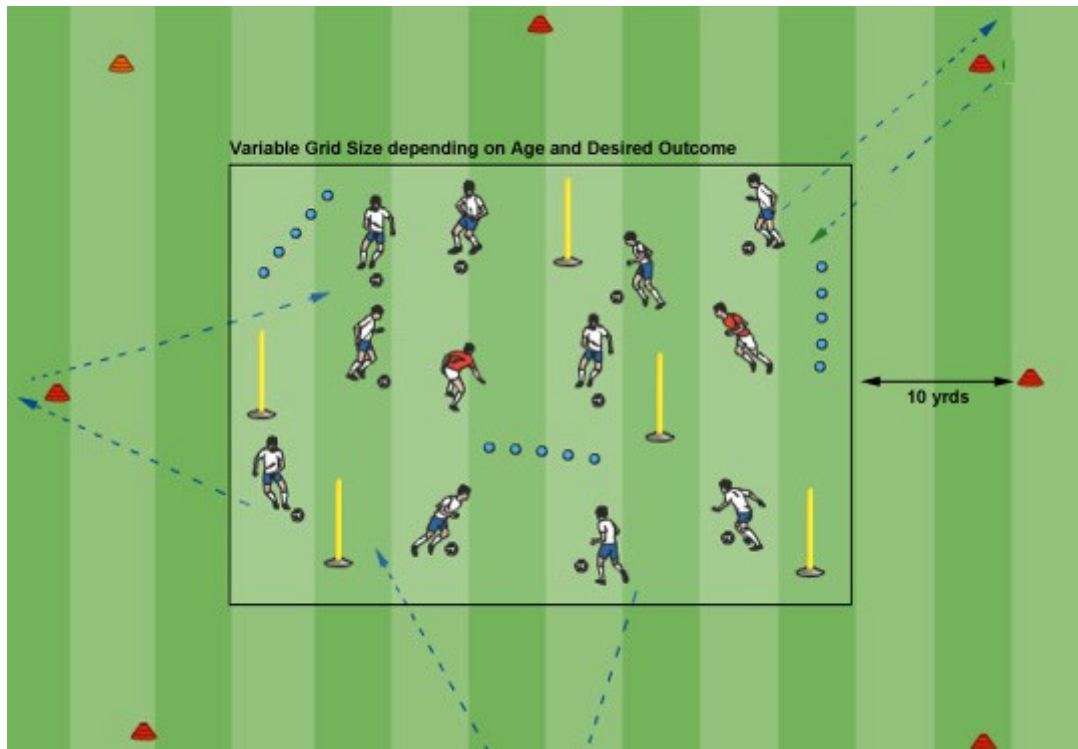


Figure 3: Dribble and run

### Drill 2: Back and forth (Intermediate)

"You require preparing accomplices partners and two balls for this. Begin somewhere between the center spot and the objective line, with one of your preparation accomplices situated 10 yards behind the center spot, a ball on the center spot and the other amidst the objective holding a ball – they ought to be in a straight line. "From your beginning position, sprint to the inside spot and pass the ball to your accomplice, run back past your beginning position the distance to the objective line where your other accomplice should toss the group together to you for a header, before run back to your beginning stage. "Set aside opportunity to recoup by swapping with one of your accomplices, taking up the activity of leaving or tossing behind the ball for a header. Rehash the cycle until the point

when you have each finished six separate runs."

### Drill 3: Getting around the pitch (Advanced)

"Begin at one corner hail and delicately run around the border of the pitch until the point that you're back to your beginning stage. Presently keep running at 70 for each penny of your best speed to the midway line, before backing off to a run for whatever remains of the lap. Once back at your beginning stage, keep running at 70 for every penny for the full length of the pitch, backing off to a run at the contradicting corner banner and advancing round to your beginning point. Fitness allowing, you can either rehash the initial three stages or keep developing the separation canvassed in your dashes until the point when you work your

way up to having the capacity to circled the contribute at 70 for each penny one go."

### Vertical Power Jumps

This movement creates power and muscle working in the legs. Vertical power bounces include hopping as high as you can more than once with outburst power. Start by standing upright, at that point gradually twist at the knees and hips. With all your

power, drive yourself vertically into the air as high as could be expected under the circumstances. To get more out of the bounce, drive your knees towards your chest when jumping. Try not to rest between bounces. Rather, progress into each hop instantly upon drop. Rehash 10 to 20 times for an incredible leg work out.



Figure 4: Vertical Power Jumps

### Box Jumps

This includes bouncing up onto an expansive stable box roughly a few feet high (contingent upon your tallness). Box

bounces advance power and muscle working as the vertical power hops do, yet with a little variety. Start by remaining at the foot of the box, around eight inches away. Hop up onto the edge of the boxes



Figure 5: Box Jumps



## Ladder Drill

The ladder drill empowers speed, readiness, coordination and leg muscle quality. Utilize a nonexistent ladder laid out on the ground. To make things more straightforward, draw a ladder design on the ground with some chalk to envision the ladder. Start by remaining at the base of the ladder with your feet bear width separated. Venture into the primary square with your left foot in the first place, at that point quickly with your correct foot. Advance outwardly of the

second square with your left foot to start with, at that point your correct foot on the opposite side of the square. Venture back within the second square with one foot at any given moment, at that point back to the outside on the fourth square. Proceed with this example until the point when you achieve the highest point of the ladder, at that point keep running in a straight line back to beginning position. The key is to make your means as brisk as conceivable to amplify the adequacy of this football wellness training drill.

## ANALYSIS OF DATA PRESENTATION OF RESULT

### 'T'-Test

#### Group Statistics

		N	Mean	Std. Deviation	Std. Error Mean
No. of Football match	Junior Players	20	15.6500	1.49649	.33462
	Senior Players	20	12.2000	2.16673	.48450

Table 2: Group Statistics

#### Independent Sample Test

		t-test for Equality of Means			
		t	df	Sig. (2-tailed)	Mean Difference
No. of Football Match	Equal variances assumed	5.859	38	.000	3.45000

Table 3: Independent Sample Test

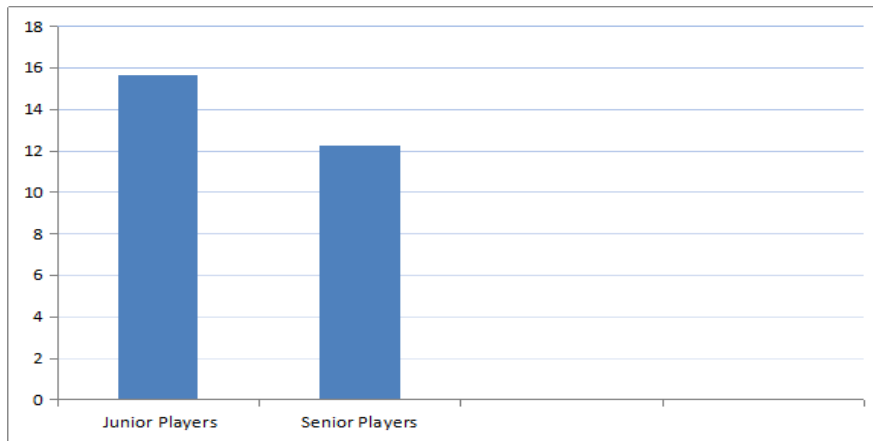
The calculated value of Mean on the above variable shows (number of footballs in 30 seconds) 15.65 and 12.2 respectively in among of Before Test Junior Players and SeniorPlayers. The calculated value of

Standard deviation on the above variable shows (number of Football Match) 1.49649 and 2.16673 respectively among Before Test Junior Players and SeniorPlayers. There is a little variation in the Mean value

as Junior players boys have less than Before Test Junior Players and this can be

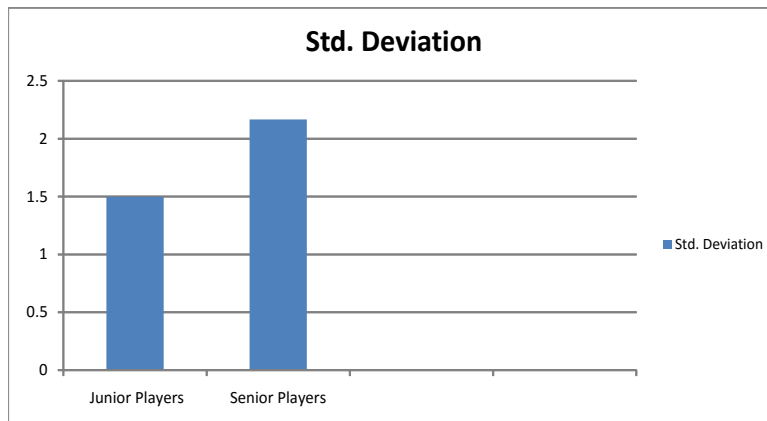
attributed that in this variable Before Test Junior Players and SeniorPlayers.

GRAPH 1: Comparison of Mean in Footballing ability among Before Test Junior Players and Senior Players.



The above figure shows that there is variation in goal ability in Football in Hyderabad.

GRAPH 2: Comparison of Std. Deviation graphs



The above figure shows that there is variation in goal ability in Football in Hyderabad. The above graphs show the comparative analysis of Mean and Standard Deviation in between Before Test Junior Players and Senior Players to show the

difference in Footballs ability in Football students.

**SUMMARY:**

The main results of this study showed that the skills that discriminate in favour of victory are the serve point and surprisingly, physical and physiological variables. Scores for speed, strong power, and deftness were not fundamentally unique amongst advances and backs for any of the lesser or senior groups. On the opposite side, gathering mistakes were the main variable that segregated for overcome. Our outcomes unmistakably or we can call it as clear point to the significance of the serve point in deciding triumph. This outcome turns out to be significantly more important when we focus on the estimation of its impact measure which is very high and takes into account speculation of results. Since the groups are uniformly adjusted or balanced, when a match draws near to the end, this expertise (serving) might be related with triumph. Our outcomes affirm the perceptions of Zetou et al. (2007), who specify that the pro (coordinate serve) is an indicator of triumph in elite groups. As per Marelic et al. (2004), the group that serves better tends to win more sets.

A more mindful investigation of the outcomes features the way that the quantity of serves that outcome in coordinate focuses was low, yet higher in the triumphant groups. Serve mistakes were likewise less continuous in winning groups. Truth be told, a few researchers trust that groups that are off guard in the set go out on a danger while serving, most likely in light of the fact that they don't have anything to lose (João et al., 2010; Marelic et al., 2004). By gambling all the more deliberately, these groups additionally wind up flopping all the more often, subsequently expanding the level of blunders made. Then again, if the serve is unsafe, rival gathering will be more troublesome, expanding mistake the extent to which something is likely to happen or be the case.. Our outcomes separate gathering blunder in crush so the groups with low viability in this aptitude will probably lose

the diversion. It is essential, in this manner, to build the adequacy of the serve, since it is viewed as a terminal activity, and may bring about an immediate point. In that sense, we can gather that the serve is of critical significance in the performance of Football groups. The significance of rehearsing this ability in the training procedure is very evident.

## CONCLUSION

The outcomes demonstrate that there is a dynamic change in the physiological limits of football players as the playing level increments. The football is a standout amongst the most essential game, which fundamentally impacts the outcomes in present day football rivalry. The accuracy and passing are the main factors of tactical execution of football in the game. The present chapter aims of summarizing the findings reported in the proceeding chapters. The aim of investigation was to compare the football ability in football among the children studying in Junior Players and senior Players. It was hypothesized that government high school boys may posse's better football ability when compared Senior Players.

The football ability in football was assessed with the help of football test i.e, 'repeated football test'. Inside the impediments of the study the accompanying conclusions were drawn from the outcomes got and introduced in the past section. Significant difference exists between the senior football players and junior football players boys in repeated football test. From the results obtained through the study it has been found that the football ability in senior players boys because they used to play a football game regularly. The subjects who had a low score in goal making, because of a slow movement and practice and techniques ability. Better football practice will help the individual to perform better passing in football game which needed greater speed,

jumping ability co-ordination and reaction time. These discoveries show that individual models are basic to aptitude

advancement and ought to urge players to make progress toward high individual benchmarks

#### **BIBLIOGRAPHY:**

- Aagaard, H., & Jørgensen, U. (1996). Injuries in elite football. *Scandinavian journal of medicine & science in sports*, 6(4), 228-232.
- Bahr, R. (2009). No injuries, but plenty of pain? On the methodology for recording overuse symptoms in sports. *British Journal of Sports Medicine*, 43(13), 966-972.
- Bahr, R., & Reeser, J. C. (2003). Injuries Among World-Class Professional Beach Football Players The Fédération Internationale de Football Beach Football Injury Study. *The American Journal of Sports Medicine*, 31(1), 119-125.
- Bradley PS, Olsen PD, Portas MD. The effect of static, ballistic, and proprioceptive neuromuscular facilitation stretching on vertical jump performance. *J Strength Cond Res / Natl Str Cond Assoc J*. 2007;21(1):223-226.
- Bratu, M. (2013). The Role Of Pnf Techniques In Improving The Joint Flexibility In 2Nd Age People. *Discobolul*, 16.
- Briner Jr, W. W., & Kacmar, L. (1997). Common injuries in football. *Sports Medicine*, 24(1), 65-71.
- Briner, W. W., & Benjamin, H. J. (1999). Football injuries. Managing acute and overuse disorders. *The Physician and Sports Medicine*, 27.
- Broek, G. V., Boen, F., Claessens, M., Feys, J., & Ceux, T. (2011). Comparison of three instructional approaches to enhance tactical knowledge in football among university students. *Journal of Teaching in Physical Education*, 30(4), 375-392.
- Nicholls, Adam R. "Mental toughness and coping in sport." *Mental toughness in sport* (2011): 30-46.
- Toering, Tynke T., et al. "Self-regulation and performance level of elite and non-elite youth soccer players." *Journal of sports sciences* 27.14 (2009): 1509-1517.
- Rodahl, Stein, et al. "Satisfaction with the coach and mental toughness in elite male ice hockey players." *Journal of Sport Behavior* 38.4 (2015): 419.
- Dunn, J. G. H., Gotwals, J. K., Dunn, J. C., & Syrotuik, D. G. (2006). Examining the relationship between perfectionism and trait anger in competitive sport. *International Journal of Sport and Exercise Psychology*, 4(1), 7-24