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The Relationship between Skill and Fitness of Rural Soccer Players of West Bengal

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Abstract

Football is one of the most popular games all over the world. It is a game that is played at present day over 208 nations. Soccer, commonly known as football is one of the most popular sports in west Bengal. Performance of this game depends on many factors which can be categorized in certain groups, such as fitness, technique, tactics, body structure, environment condition, including ground equipment and material readiness of the player. The purpose of the present study is- to observe the Relationship between Football Skill and Performance Related Fitness of Rural Footballers of West Bengal. 30 Rural footballers were selected randomly as the subject of this present study. The footballers were taken as a subject from 2 districts, Nadia and South 24 pgs. The subjects are Calcutta 1st division football players. The ages of the subjects were 18-26years. Performance Related Physical Fitness parameters likes, Speed was tested by 50 m Dash, Explosive Power of Leg by Standing Board Jump, Agility was tested by 4×10 meter Shuttle Run, Reaction Time tested using Stork Stand Test. On the basis of results obtained out of statistical analysis of data and within the limitation of study following conclusions were drawn. Explosive power of leg was positively correlated with Throw-ins for Distance, Dribbling for Time, Shooting for Accuracy for Rural footballers. Speed, Agility, Reaction Time, Balance was not positively related with Football Skill Performance for Rural footballers.

Keywords: Soccer, Performance, Fitness, Rural

Introduction

Soccer, commonly known as football is the most popular game of world. The game was originated in Europe by British people. The game soccer is played extensively in every country of the world. It is a game that is played at present day over 208 nations. Performance of this game depends on many factors which can be categorized in certain groups, such as fitness, technique, tactics, body structure, environment condition, including ground equipment and material readiness of the player. Some of the factors are controllable through well planned and organized training other is not controllable. Among different group influencing factors, fitness is one of the basic elements which influence performance of the game to a great extent. But the fitness is an ambiguous term including different meaning for different persons.

In game and sports fitness indicates the ability to do some physical work. At present physical fitness is better understood as health related fitness and performance related fitness. Health related fitness may be defined as that state of wellbeing in which every individual would Seek protection against disease, Tackle problems of being obese (over weight), Manage muscle and joint disorders., Strive to mentally balanced, and socially well-adjusted. Health related fitness is the ability of an individual to maintain a good health and to perform day to day activities and to meet emergency situation without much difficulties. In modern competitive sports specifically football played by professional, the demand of the physical fitness status and skill is very high. A Football player with minimum fitness level and poor skill will be deemed unsuitable to struggle in competitive games. In modern football game with ball and also without ball and to be performed during game. This is only possible when individual is very much physically fit and skillful. Skill is small part of total but fitness is not a small part but also total body ability. Skills is the basic factors for achieving excellence in performance. Human being participates in some kind of physical exercise during the course of his life. Football is such a type of vigorous exercise. This exercise may assume different forms for different individual. In the field of sports a growing interest has been observed not only for excellence but also for fitness and good health. Regular Participation In Football Programme markedly influence physical, physiological and mental fitness of an individual various new skills are developing for the improvement of fitness specific to the sports and general health and well-being. In West Bengal most of the football player came from Rural area.

The researcher was a physical education student and also a footballer. In his personal experience, the researcher saw that there was a Relationship in performance related fitness and football skill of Rural footballers of West Bengal. So the researcher was interested to find out the relationship of performance related fitness and football skill of Rural footballers of West Bengal.

Purpose of the Study

- a) To observe the relation between Performance Related Fitness and Football Skill of Rural footballers.

Methodology

The Subject

30 Rural footballers was selected randomly as the subject of this present study. The footballers were taken as a subject from 2 districts, Nadia and South 24 pgs. The subjects are Calcutta 1st division football players. The ages of the subjects were 18-26years.

Criterion Measure

Performance Related Physical Fitness parameters likes, Speed was tested by 50 m Dash, Explosive Power of Leg by Standing Board Jump, Agility was tested by 4×10 meter Shuttle Run, Reaction Time tested using Stork Stand Test. Football Skill Performance parameters like Kicking for Distance with Strong foot, Throw-ins for Distance in Meter, Dribbling for Time, Shooting for Accuracy, Juggling for control and Coordination all these factors were the Measuring Criteria for the present study.

Design of the Study

For conducting test 30 rural footballers were selected randomly for the present study from South 24 Pgs and Nadia district. In the present study the subjects were gone through Performance Related Physical Fitness Test & Football Skill Test. The tests were conducted in conservative two days first day for Skill Test and second day for Fitness Test.

Level of Significance

Considering, the nature of the study the Level of Significance was chosen at 0.05. This was used for testing the Co- efficient of Correlation between the parameters.

Result and Discussion

Presentation of the Data

The Data for different parameter and their Statistical Analysis have been presented in following section

Personal Data

The Personal Data of the subjects mainly Age, Height, Weight –their mean & S.D have been presented in table-1.

Table: 1 Personal Data of Rural Footballers

Variables		Age(yrs.)	Height(cm)	Weight (kg)
Rural footballers (30)	Mean	21.87	167.33	57.37
	S.D	2.99	3.04	5.09

From Table-1 the data presented in this table reveals that the mean Age was 21.87 years for Rural footballers of West Bengal, mean Height was 167.33 years for Rural footballers of West Bengal, mean Weight was 57.37 years for Rural footballers of West Bengal,

Correlation

The co-efficient of correlation between Football Skill and Performance Related fitness parameters of Rural group

Co-efficient of correlation between Football Skill and Performance Related Physical Fitness parameters of Rural Footballers of West Bengal have been presented in Table: 2.

Table: 2 Co-efficient of correlation between Football Skill and Performance Related Physical Fitness parameters of Rural Footballers of West Bengal

Character	50 m Dash	Sbj	Shuttle Run	Reaction Time	Balance
Kicking for Distance	-.251	-.061	-.329	-.012	-.019
Throw-ins for Distance	-.034	.394*	-.295	.164	-.256
Dribbling for Time	-.293	.378*	-.265	.251	-.296
Shooting for Accuracy	.191	-.449*	.031	.039	.163
Juggling for Control and Coordination	.115	.067	.006	.018	-.006

* Correlation is significant at the 0.05 level and
 **Correlation is significant at the 0.01 level Degree of freedom=28, Table value at 0.05level=.361 Table value at 0.01 level=.463

From the Table-2 it is observed that the co-efficient of correlation between **Kicking for Distance** and 50 m Dash, Kicking for Distance & sbj, Kicking for Distance &Shuttle Run, Kicking for Distance &Reaction time Kicking for Distance and Balance were found to be -.251, -.061,-.329,-.012and-.019respectivly.

Comparing the ‘r’ values with the table values it was found that all the ‘r’ values were not significance at any level of confidence. Physical Fitness parameters are not directly related to the Kicking Football for Distance.

From the Table-2 it is observed that the co-efficient of correlation between **Throw-ins for Distance** and 50 m Dash, Throw-ins for Distance & sbj, Throw-ins for Distance & Shuttle Run, Throw-ins for Distance & Reaction Time, Throw-ins for Distance and Balance were found to be -.034,.394,-.295,.164and-.256 respectively.

Comparing the ‘r’ values with the table values it was found that **Throw-ins for Distance and sbj was significance at 0.05 level.** Throw-ins for Distance and Explosive Power of Leg are directly related with each other. All the other relationship with Throw-ins for Distance was not significant at any level of confidence.

From the Table-2 it is observed that the co-efficient of correlation between **Dribbling for Time** and 50 m Dash, Dribbling for Time &sbj, Dribbling for Time &Shuttle Run, Dribbling for Time & Reaction Time, Dribbling for Time and Balance were found to be -.293,. 378,-.265,. 251and-.296respectivly.

Comparing the ‘r’ values with the table values it was found that **Dribbling for Time and sbj was significance at 0.05 level.** Dribbling for Time and Explosive Power of Leg are directly related with each other. All the other relationship with Dribbling for Time was not significant at any level of confidence.

From the Table-2 it is observed that the co-efficient of correlation between, **Shooting for Accuracy** and 50 m Dash, Shooting for Accuracy &sbj, Shooting for Accuracy &Shuttle Run, Shooting for Accuracy & Reaction Time, Shooting for Accuracy and Balance were found to be .191, -.449, .031,.039and.163 respectively.

Comparing the 'r' values with the table values it was found that **shooting for Accuracy and sbj was significance at 0.05 level**. Shooting for accuracy and Explosive Power of Leg are directly related with each other. All the other relationship with, Shooting for Accuracy was not significant at any level of confidence.

From the Table -2 it is observed that the co-efficient of correlation between **Juggling for Control and Coordination** and 50 m Dash, Juggling for Control and Coordination &sbj, Juggling for Control and Coordination &Shuttle Run, Juggling for Control and Coordination &Reaction Time, Juggling for Control and Coordination and Balance were found to be. 115., 067.,006.,018and-.006respectivly.

Comparing the 'r' values with the table values it was found that all the 'r' values were not significance at any level of confidence. Physical Fitness parameters are not directly related to the Juggling for Control and Coordination.

Result

On the basis of Statistical Analysis of Data of the present study, the following Results were obtained.

- (a) Explosive power of leg was positively correlated with Throw-ins for Distance, Dribbling for Time, Shooting for Accuracy for Rural footballers.
- (b) Speed, Agility, Reaction Time, Balance was not positively related with Football Skill Performance for Rural footballers.

Discusstion of Result

According to the Result obtained there was positively Significance correlation between Explosive Power of Leg and Football Skill Performance. Similar results have been reported by David (1977). This may due to the fact that to gain Football Skill Performance required high level of Performance Related Physical Fitness for better Performance.

This study also confirms that Static Balance did not exhibit significance correlation with Football performance. Similar results have been reported by Gokdemir (2012). This may be due to fact that football game requires dynamic balance more.

Conclusion On the basis of results obtained out of statistical analysis of data and within the limitation of study following conclusions was drawn.

- (a) Explosive power of leg was positively correlated with Throw-ins for Distance, Dribbling for Time, Shooting for Accuracy for Rural footballers.
- (b) Speed, Agility, Reaction Time, Balance was not positively related with Football Skill Performance for Rural group.

Recommendation

On the basis of Result obtained and Conclusion drawn following Recommendations were made for future study and investigation.

- (a) Similar studies can be conducted in future with female subjects.
- (b) Similar study can be conducted with more number of subjects.
- (c) Future studies may be taken up to analyze the movement activities using computer simulation technique.
- (d) The similar study may also be conducted with high level football players as a subject.
- (e) Same type of study may be conducted with the players of other games.

- (f) Future studies can be paned to analyze the Rural and Urban Footballers difference in Health related physical fitness.

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