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## Comparative study on soccer skill performance between rural and urban women soccer club player's in West Bengal

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### Abstract

The purpose of this study was to compare soccer skill performance of rural and urban women soccer club player in different club in West Bengal. Eighty women soccer player from different club in W.B were selected randomly as subject. The age group of the subject's range between 15-22 years. S.A.I football soccer skill test were used to select the subject randomly for this study.

To compare the speed with football control, kicking efficiency of potential football player and juggling ability between the rural and urban soccer player. Student "t" test was applied to calculate the collected data at 0.05 level of Significance.

The result shows that in case of speed with football control rural women club soccer player were higher than urban women soccer club player. In the same manner it was found that in kicking efficiency and juggling, urban player were higher than rural soccer player. In case of speed with football, kicking efficiency and juggling of football there were significant different between rural and urban women soccer club player.

**Keywords:** Rural, Urban, Women Soccer club player, kicking efficiency, juggling

### Introduction

Sports are as old as human society and it has achieved a universal following in the mordent times. It now enjoys a popularity which out strips any other form of social activity. it has become an integral part of educational process. Millions of fans fallow different sports event all over the world with an enthusiasm bordering and devotion many participate in sports activities for the fun of it or for health, strength and fitness. It has been the shape of a profession to some with high skills, with ample financial benefits linked with high degree of popularity.

There are numerous factors which are responsible for the performance of a sportsman. The physique and body composition, including the size shape and form are known to play a significant role in this regard. At present, sportsman for superior performance in any sports is selected on the basis of physical structure and body size For the top level performance it is very important to spot, select and nurture a budding sportsman as it is recognized by all that athlete must possess some inherent qualities which can be developed by means of systematized training for sporting and selecting a player one must consider physique and fitness as these qualities will go long way towards better performance.

With the development of science and technology the strategies and techniques in the Games and sports have undergone a lot of change, as each nation is competing with other to Produce top class athletes to win laurels in international competitions. The competitions are Essential and most important part of game and sports for satisfying the inner urge of fight, which is present in every player. The competitions provide an opportunity to exhibit skill, abilities and talent of the player. They help in the development of qualities such as cooperation, leadership and true sportsmanship etc., they also help for assessment and evaluation, in term help for advanced coaching and to develop new techniques.

Fitness especially physical fitness regarded as an essential component even if the team consists of highly skilled, technically sound and experienced player physical fitness is guarded by performance and this performance is based on outcome of many factors. The most commonly mentioned fitness factors are strength, endurance, power, speed and agility. Scientist's seas

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that the techniques and tactics of a player or a team, physical and physiological characteristics help him for better performance.

Soccer, the most attractive and popular game in the world is certainly not a sort of fashionable sport which become today and gone tomorrow. It has been played in some form other for centuries "TSUCHU" a game similar to soccer was played in china as far back as the third and fourth century B.C.

Modern soccer, however has evolved from England where one of the earliest references to the game was a royal proclamation banning the game in the city of London in 1314. The game was standardized in 1863 with the formation of Football Association and the present concept of 11 players to a team was arrived at in 1870 Soccer is a game of physical fitness components. The soccer players must be among the most physically fit of all athletes. The physical fitness at one hand and psychological pre- requisites at the other, are equally important to maintain equilibrium of the player.

Capabilities among the women player an urban area is characterized by higher population density and vast human features in comparison to areas surrounding it. Urban areas may be cities, towns or conurbations, but the term is not commonly extended to rural settlements such as villages and hamlets.

In today's norms, where you live defines the type of person you are. The most common way to classify a residential area is according to urban and rural. If a place is considered as urban or rural varies depending on country and nations. However, almost all countries agree that in order for a place to classify as urban, it requires having less space between structures and population level must be high. While few women club be willing to take the initial risk involved in club reform, even fewer have successfully sustained improved player achievement.

Every country has its own taste, lifestyles and certain norms and standard. Every country presents two different types of culture in that way very setting. The researcher talking about the rural and urban life. Both these present contrasting characters with different lifestyles and different perception of life. It has been noted that one of the contrast between leading an urban and rural life is that in the country side much of the time is spent finding something to do than there is time. Urban life is fast paced. The main reason is that city provides variety of opportunities in every discipline of life. Without any shadow of doubt urban life is dominant. Life in the cities is more sparkling, and full of life. It's usually believed that the student of urban high school is having excellent lever of soccer skill. But there have rural women soccer club soccer skill is not known so researcher think that there is any difference or not in soccer skill between rural and urban women soccer club player.

### Statement of the Problem

The purpose of the present study is to identify the relevance of soccer skill performance as indicators of best playing ability as well as skill between rural and urban women soccer club player.

### Methodology

The objective of the study was to investigate to identify the of soccer skill performance of best playing ability as well as skill between rural and urban women soccer club players. For this study 80 women soccer club level player were randomly selected from Rabindra sporting club salboni paschim Medinipur, Vivekananda sporting club Chandra Paschim Medinipur, Youth club Hooghly, Income tax Kolkata, G.C.Roy club, Kolkata, Rampur hat club Birbham, Jocketballoppur club Howrah, Bara sat club North24pogana, Taratola club Kolkata in West Bengal. The age of the students

was 15 to 22 years.

To compare the soccer skill performance, SAI Football skill test were used for this study. The data were use to calculate by Students 't' test.

To conduct the present study the researcher had gone through three separate set of test a) 30 meter running with the ball to assess the speed and football control. B) Kicking accuracy to assess the kicking efficiency of potential football players. C) Juggling to assess the balancing ability, agility, reaction ability and sense of touch of the football.

To assess the speed and football control. The player starts running with the ball as first as possible to reach the 30 meter finish line. Time is measured from the interval of starting "Go" until both ball and the player reach to the finish line the better of two attempts with an interval of 30 seconds and time was recorded in 1/10 second

For kicking efficiency of potential football players The goal post is divided into three equal parts by ropes Football is placed at the 11 mark from goal line the examinee is given ten attempts. In this ten attempts 4 to kick the ball in left part, 4 to right part and 2 to the middle part of the goal in the following sequence-first two kicks into the right part followed by one kick in the middle part of the goal to be followed by 2 kicks to the left part, and repeating the same pattern for the remaining five kicks. The ball is required to cross the goal line in the air to have the desired speed and strength in the kick. The number of correct kicks into the designated parts of the goal in a 10 attempt trial is evaluated with the help of SAI Football skill test.

To masers the balancing ability, agility, reaction ability and sense of touch of the football researcher use juggling test. The subject is instructed to keep the ball in the air by juggling continuously by use any part of the body except hand while juggling. Start by throw the ball in the air or to bounce the ball on the floor and start juggling till the subject is able to juggle the ball without dropping it on the ground. The number of the touches made by the subject continuously out of the best two attempts is recorded as score.

### Finding

Significance of Differences of Mean Standard deviation and 't' test of 30 meter run with ball, kicking accuracy and juggling with ball between rural and urban women soccer club players.

Table 1

Variables	30 meter run with ball		Kicking accuracy		Juggling	
	Rural	Urban	Rural	Urban	Rural	Urban
Mean	6.93	6.29	4.87	6.57	6.8	9.22
Std Deviation	.227	.369	1.86	2.08	2.1	2.69
t-Ratio	8.132*		3.786*		4.42*	

\*= Significance,  $t_{0.05}(78) = 1.980$

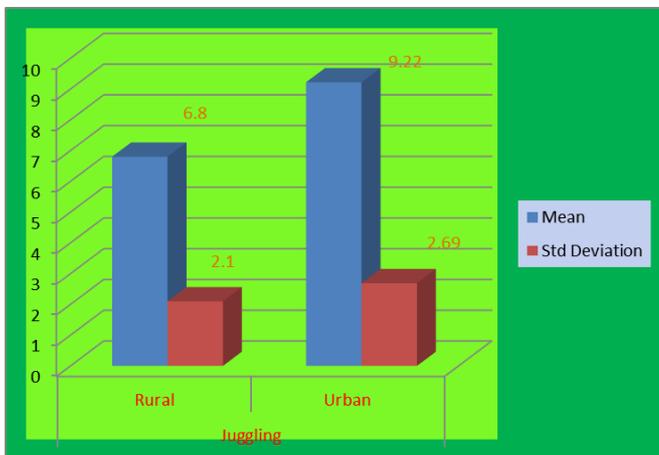
It is evident from Table – 1 Shows that the mean and standard deviation and 't' test between rural and urban women soccer club players In.30 meter run with football of rural has been found  $6.93 \pm 0.227$  and urban  $6.29 \pm 0.369$ . In case of kicking accuracy of football the mean and standard deviation of rural and urban women soccer club players has been found  $4.87 \pm 1.86$  and  $6.57 \pm 2.08$ . In case of juggling of football the mean and standard deviation of rural and urban women soccer club players has been found  $6.08 \pm 2.10$  and  $9.22 \pm 2.69$  The t value of 30 meter run of 8.132\*, this is highly significant. The 't' value of kicking accuracy 3.786\* which is significant and the 't' value of juggling test is 4.42\*, which is also significant.



**Fig 1:** Here, the bar graph shows that the mean value of 30m. Run with ball of Rural areas is 6.93 and urban areas is 6.29. and Std Deviation value rural is 0.227 and urban is 0.369.



**Fig 2:** Here, the bar graph shows that the mean value of Kicking accuracy of Rural areas is 4.87 and urban areas is 6.57. and Std Deviation value rural is 1.86 and urban is 2.08



**Fig 3:** Here, the bar graph shows that the mean value of Kicking accuracy of Rural areas is 6.8 and urban areas is 9.22. and Std Deviation value rural is 2.1 and urban is 2.69.

**Discussion**

From the above findings we came to know that the urban women club level soccer player was better than the rural women club level soccer player. As the table showed significant difference between the two groups of soccer player. Reviewing the various research results related to this study the researcher attributes that the urban women club level soccer player are much more sprinting ability with ball because due to the nature of the Training schedule of urban player and availability of proper instrument, ground facility and proper nutrition and balance diet which effect in the result. In case of kicking accuracy Urban women club level soccer

player is better than Rural women club level soccer player as because due to the nature of the Training schedule of urban player and availability of proper instrument, advance qualified coach and ultra-modern training with use of photography and biomechanics with proper nutrition and balance diet which effect in the result.

In juggling the ball, there was significance different in rural and urban women club soccer player. Urban group were better than rural group in juggling with the ball because proper training with mordant instrument and technology, dietary habit nutrition and environmental condensation with proper body balance were responsible of this type of result.

**Conclusion**

- There was significant difference between Rural and urban groups in 30 meter run with ball.
- Urban group were better than rural group in kicking accuracy.
- Urban group were better than rural group in Juggling.

**Recommendations**

In the liker conclusion drawn the following recommendation has been made-

1. Similar studies for assessing of subjects from other games and sports.
2. The present study may be replicated on difference subject of different age and caste.

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