



ISSN: 2456-0057
IJPNE 2019; 4(1): 2193-2194
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www.journalofsports.com
Received: 28-11-2018
Accepted: 30-12-2018

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A study on physical profiles of all India inter university football players

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Abstract

The purpose of the study was to make Physical profiles of all India inter university men's Lakhmibai National University of physical education football players. The total 16 football players were selected for present study, aged 20-25 years, the selected physical variable considered for this study strength, flexibility, Agility and speed. The data was collected with the help specific standard test and measurement procedure. The data was subjected to descriptive analysis. The average value of physical variables of all football players were. Speed ($4.91 \pm .25$ Sec), Flexibility (35.91 ± 6.18 CM), Agility ($8.61 \pm .36$ Sec), Strength (109.88 ± 13.76 Kg).

Keywords: physical profiles, football players

Introduction

The dream of becoming a top level soccer player and the chance to represent one's country is a dream for many young footballers. However, only small percentages do actually go on to make the grade. So what do these players have in common, is it a greater athletic ability, a strong mental attitude or refined technique or perhaps a combination of these factors? Some coaches feel that soccer players are born not made whilst others believe that any player can be successful as long as they have the capacity and willingness to learn. Many players with lesser ability have succeeded thanks to sheer hard work whilst those with natural fantastic physical and technical ability have failed due to a lack of motivation. This article will briefly look at factors suggesting what may be required to become a professional soccer player.

Genetic factors do play an important part in defining the physical abilities of players. However, anybody can develop this part of their game through undertaking fitness programs that meet the requirements of the game and that match the needs of the individual. In the case of younger players, fitness can also initially be developed by simply playing the game. Indeed, young aspiring players should initially concentrate on developing their technical and tactical skills. To get fit for professional soccer, this requires much dedication as training is often very demanding. High levels of stamina, speed, capacity to accelerate, strength, explosive power, agility, neuromuscular co-ordination are required and need to be developed as much as possible.

Methodology

Selection of subject

Sixteen players were selected for present study from Lakhsmibai National University Physical Education, Gwalior. Prior consent taken from coaches and all players were precisely informed about the purpose and the procedure of data collection. The age group of the subjects ranged from 20-25 years.

Selection of Variable

The researcher had been selected the following physical variable for present study i.e. flexibility, speed, Agility and strength.

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Results

Table 1: Descriptive Analysis of performance in selected Physical Variable

Column1	Speed	Flexibility	Agility	strength
Mean	4.9111	35.91666	8.61833	109.88888
Standard Error	0.06005	1.4570372	0.08647	3.24378
Median	4.91	36.5	8.695	108
Standard Deviation	0.254809	6.18168	0.36685	13.762219
Sample Variance	0.064928	38.213235	0.13458	189.39869
Kurtosis	1.36865859	1.0875478	0.9396	0.374691
Skewness	0.2970231	-1.0637689	-0.4561	-0.0862885
Range	1.04	23	1.53	56
Minimum	4.5	20	7.83	80
Maximum	5.54	43	9.36	136
Sum	88.4	646.5	155.13	1978
Count	18	18	18	18

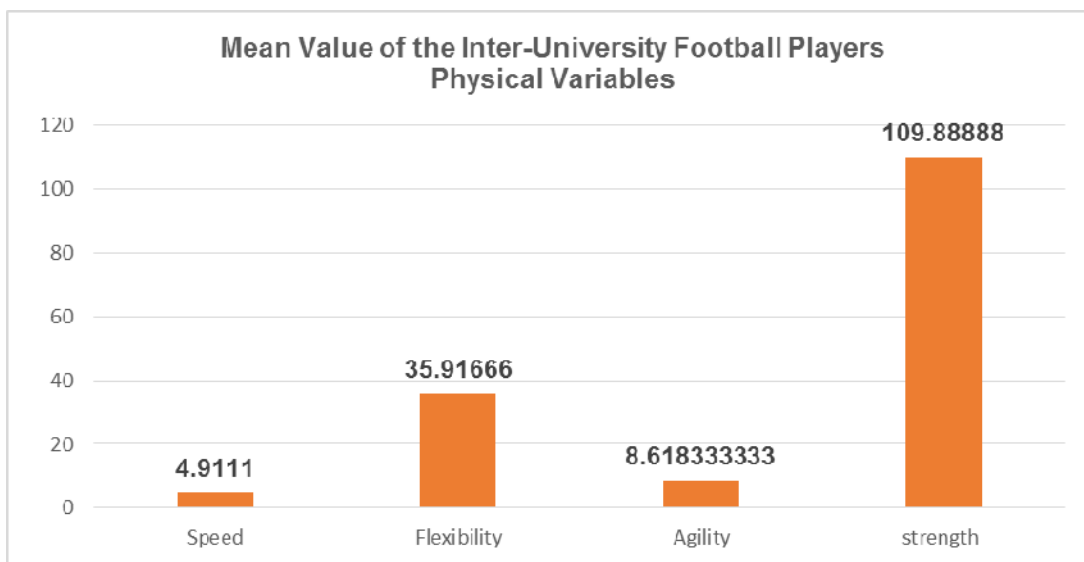


Fig 1: Mean Value of the Inter-University Football Players Physical Variables

Table- 1- Describe various statistics of Inter university football players in relation to physical variable, the average value of physical variables of all football players were. Speed (4.91 ± .25 Sec), Flexibility (35.91 ± 6.18 CM), Agility (8.61 ± .36 Sec), Strength (109.88 ± 13.76 Kg).

Discussion and Conclusion

The physical demand of football players can be decisive determinant of success during a tournament, and if a player wishes to achieve success in inter university competition, improvement in physical needs to be emphasised.

The test data obtained from this study provided a good baseline and reference for the individual players tested the coaches of the inter-university, as well as future elite players and coaches.it also enabled strength and weakness within the group to be identified. So that appropriate training plan could be designed to improve their performance.

This data also helps to coaches for selection purposes.

Results revealed the mean and standard deviation of Speed (4.91 ± .25 Sec), Flexibility (35.91 ± 6.18 CM), Agility (8.61 ± .36 Sec), Strength (109.88 ± 13.76 Kg).

The speed of football players was found in present study is 4.91 second found below average because players involve continue strenuous exercise programme.

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