



ISSN: 2456-0057
IJPNPE 2019; 4(1): 2588-2590
© 2019 IJPNPE
www.journalofsports.com
Received: 22-11-2018
Accepted: 28-12-2018

Dipesh Choudhary
Ph.D. Research Scholar,
Jharkhand Rai University,
Jharkhand, India

Relationship study on balance with playing ability of state junior level football players

Dipesh Choudhary

Abstract

The purpose of the study was to find out correlation between Static Balance, With Playing Ability of Soccer Players. For the purpose of the One Hundred Fifty (150) male junior levels football players were selected purposively from different coaching club, Kolkata, Burdwan, East Manipur, North 24 Parganas, district, West Bengal, India and their age range was between 14 to 15 years. Selected Variables were Static Balance. The selected variables were measured by Stork Stand Test was administered and result was recorded in Nearest 1/10th seconds. To find out correlation between Static Balance, With Playing Ability of Soccer Players, Product Moment Method of correlation was used. Result of the study reflects that there exists an insignificant relationship between Static Balance with Playing Ability of Soccer Players.

Keywords: Static balance, soccer player, playing ability

Introduction

Physiological fitness is the cognition to full-fill vigorous personal expression. It is not plumbed in status of achieving particular efferent skills, but rather it is assessed in terms of job power, endurance, and plasticity. The circulatory and respiratory systems are also active because of their portrayal in supplying muscles with gore and oxygen.

Soccer is on high all told competitive sports, this game having terribly wealthy tradition throughout the world. However, this game has modified speedily in recent times in function to fitness, motor fitness technical and military science approach. Motor fitness elements and coordinating skills have become the backbone to develop elementary talent in football. Most undoubtedly believe that India has an abundance of right talent in football. However, it perpetually becomes a matter that however talent is known at sub junior level and supply elementary coaching to develop their motor fitness to boost their football talent performance. In India, we tend to ought to improve tons and it all begins with grassroots wherever our youngsters start to require up the sport. Today, the sport has become thus advanced and competitive globally that unless our young player square measure known and instructed the proper approach from the start to develop basic motor skills to which might improve talent performance, it would not be possible for us to create a mark in world soccer.

A high level of fitness is required in order to successfully compete in the world of soccer. The level of fitness required for this sport should not be underestimated, as it is normal for players to run up to fifteen kilometers during the course of a normal game. It is worth also bearing in mind that much of this running involves sprinting, acceleration, and deceleration, as opposed to simple leisurely jogging. Changes in direction and vertical leaping should also be factored into the equation. As the level of the game at which one plays increases, so too must one's physical fitness. Being physically fit should allow a soccer player to keep up with the demands of the game, whilst simultaneously developing technique and tactical abilities.

Soccer involves multiple sprints consisting of various explosive motions such as forward and backward shuffles, to be executed at varying intensities during a match. Whether attacking or defending, agility skill requires the ability to perceive and respond rapidly and accurately to relevant information about opponent's movements. Owing to its various embodiments (forward-backward, rotational, lateral, etc.), agility is challenging to generally develop through strength and conditioning training.

Corresponding Author:
Dipesh Choudhary
Ph.D. Research Scholar,
Jharkhand Rai University,
Jharkhand, India

Dynamic balance refers to maintaining equilibrium during motion or re-establishing equilibrium by rapidly and successively shifting positions. Soccer requires an unimpeded balance to execute various technical motions such as dribbling, shooting and passing. Players must learn compulsory motor skills and monitor their posture during the match, while using visual inputs about the opposing team members. Authors claim that apart from speed and explosive strength, balance training should be considered as one of the main features of improving agility. Miller *et al.* reported that the improvement in balance and control of body positions during complex movements could enhance agility. This theory seems plausible because agility performances have a pattern of stop and-go movement pattern, where equilibrium is likely to have a major impact on the efficacy of the directional change. In other words, body segments appear to retain the direction of movement due to inertia, while balance capacity ensures positioning stability and a subsequent change of direction. Studies testing dynamic balance and agility in team handball and in male basketball players showed a substantial increase in agility performance.

Statement of the problem

The purpose of the study was to find out Relationship of

Table 2: Subjects characteristics regarding balance and playing ability of state junior level football players and ratio of association between them.

| Name of the variables | Mean | Standard deviation | Standard error | Highest score | Lowest score | 'r' ratio |
|-----------------------|-------|--------------------|----------------|---------------|--------------|-----------|
| Balance (Sec) | 7.687 | 6.369 | 0.52 | 47.7 | 1.6 | -0.023 |
| Playing ability | 6.224 | .57 | .046 | 8.2 | 4.9 | |

Significant at $r_{0.05} (150) = 0.195$, *Significant.

Table-2 depicts descriptive statistics i.e. mean standard deviation and standard error pertaining to balance and playing ability of state junior level football players. The above table reveals that mean and standard deviation of balance were 7.687 ± 6.369 with standard error (SEM) 0.52. In playing ability of state junior level football players, mean and standard deviation of subjects were 6.224 ± 0.57 with standard error (SEM) 0.046. Along with the characteristics of sample, it also indicates that negative insignificant relationship was found between balance and playing ability of state junior level football players as the value of coefficient of correlation ($r = -0.023$) was lower than the tabulated value [$r(150)=0.195$] at

Static Balance with Playing Ability of Soccer Players.

Methodology

For the purpose of the One Hundred Fifty (150) male junior levels football players were selected purposively from different coaching club, Kolkata, Burdwan, East Manipur, North 24 Parganas, district, West Bengal, India and their age range was between 14 to 15 years.

Table 1: Shows in variable type measuring variable and measuring unit

| Variables type | Measuring variable | Testing process | Measuring unit |
|----------------------|--------------------------|---|------------------------------------|
| Dependent variable | Static balance | Stork stand test was administered | Nearest 1/10 th seconds |
| Independent variable | Football playing ability | Average value of three (3) coaches rating scale out of ten (10) score | Number |

To compute all the results Stander score and Pearson's Product Moment Correlation of Coefficient was employed. The level of significance to check the relationship was set at 0.05 levels.

Finding

0.05 level. Here we need to clarify a crucial fact of this study for the appropriate interpretation of the result because there lays a conflict. Here we need to clarify a crucial fact of this study for the appropriate interpretation of the result because there lays a conflict. Actually, we can conclude that balance has an inverse relation with playing ability, the revealing correlation which indicated negatively insignificant was actually existed as a positive insignificant relationship between balance and playing ability. The strength of relationship was Slight or almost negligible relationship between them.

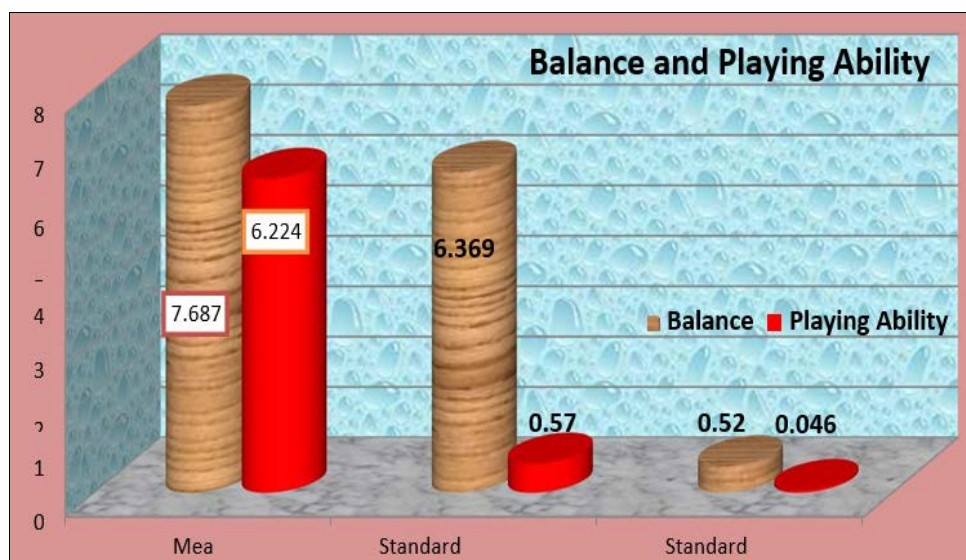


Fig 1: Graphical presentation of descriptive analysis of balance and playing ability of state junior level football players.

In case of Static Balance (Table no. 02) Hence the correlation result it was found, so static steadiness of soccer performer correlated along with their performance talent ($r=0.023$) as a consequence it crop up as well establish insignificant. Program of study on balance scores have broadly been investigated in sports branches other than soccer in the form of the effect of motion of specific times on balance scores; however, the associations between component such as strength which influence sportive performance directly and balance scores have not been broadly studied. In this study which tested the relationship between balance and playing ability, it was establish that extension and flexion muscle strength influence balance scores in low and mild degree and this effect was seen in both legs and dominant leg preference at most. Within this circumstance, it can be said that the relationship between the is kinetic muscle strength applied at the lowest angle and balance scores was almost higher. In other words, in low angles where strength can be applied balance scores have top level.

Reference

1. Armason A, Sigurdasson S, Gudmundsson A. Physical fitness, injuries and team performance insoccer. *Medicine and Science in Sports and Exercise*. 2004; 36(2):278-285.
2. Barrow LJ, Jack KN. *Practical Measurement for Evaluation in Physical Education*. (3rd Edition) New Delhi Surjeet Publication, 1988.
3. Buttifant D, Graham K, Cross K. Agility and speed measurement in soccer players are two different performance parameters. In: *Fourth World Congress of Science and Football*. Sydney: University of Technology. 1999.
4. Cometti J, Maffiuletti N, Pousson M. Isokinetic strength and anaerobic power of elite, subelite and amatuer soccer players. *International Journal of Sport Medicine*. 2001; 22(1):45-51.
5. Cronin J, Hansen K. Strength and power predictors of sports speed. *Journal of Strength and Conditioning Research*. 2005; 19(2):349-357.
6. Daniels K, Thornton E. An analysis of the relationship between hostility and training in the martial arts. *Journal of Sports Sciences*. 1990; 8:95-101.
7. Djekalikan R. The relationship between asymmetrical leg power and change of running direction. Master's thesis, University of North Carolina, Eugene, OR: Microform Publications, University of Oregon. 1993.
8. Gernigon C, Le Bars H. Achievement goals in aikido and judo: a comparative study among beginner and experienced practitioners. *Journal of Applied Sport Psychology*. 2000; 12(2):168-179.
9. Mishra MK. Relationship of badminton performance with strength and agility of male players. In *proceeding of national seminar on Fit and healthy India vision 2020*, Excel India Publishers: New Delhi. 2015, 104-107.
10. Nimphius, Sophia, Mcguigan, Michael R, Newton, Robert U. Relationship between Strength, Power, Speed, and Change of Direction Performance of Female Softball Players. *Journal of Strength & Conditioning Research*. 2010; 24(4):885-895.
11. Thour M. Relationship of Explosive Strength and Agility among Basketball Players. *Indian Journal of Movement Education and Exercises Sciences (IJMEES)*. 2014; 4(2):59-62.
12. Twist PW, Benicky D. *Conditioning Lateral Movements for Multisport Athletes: Practical Strength and Quickness*

- Drills. *Strength and Conditioning*. 1995; 17(6):43-51.
13. Verma Prakash J. *A Text Book on Sports Statistics*, Venus Publication Inc: Gwalior. 2000.
14. Verstegen M, Marcello B. Agility and coordination. In B. Foran (Ed.), *High Performance Sports Conditioning* Champaign, IL: Human Kinetics. 2001, 139-165.