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## Relationship between football skill test with YO – YO intermittent recovery test

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### Abstract

For this study Purposive Random Sampling technique was applied to extract 50 (Fifty) male players of Football who have participated varsity from East and North Zone were selected as a subject. To find out relationship between YO-YO Intermittent Recovery Test and Football skill test of the varsity players “Pearsons’s correlation” was employed at 0.05 level of significance and SPSS software was used for statistical calculations and the findings reveals that There is significant negative relationship between Football skill test and Yo-Yo Intermittent Recovery Test in Pre-Testing because the calculated significant value is much lesser then the level of significance 0.05  $r(48) = -.294, p=.038$ .

**Keywords:** football, Yo – Yo intermittent recovery test etc

### Introduction

Games and sports training are no longer a fiction, and they do not require a casual approach, but they do present opportunity for scientific methods and verification. Training is now recognized as a highly specialized science that employs scientific methodologies and physical study.

Physical fitness is crucial for learning and developing skills in team sports such as hockey, soccer, basketball, and volleyball. Speed, strength, agility, flexibility, endurance, and neuromuscular coordination are all important, therefore players who are physically fitter are more likely to master the talent. Individual activities such as gymnastics place a premium on strength and flexibility. No gymnastic activity can be properly performed without these two. In the high jump and long jump, it's the same. The athlete must strengthen his leg muscles if he is to achieve excellent results. Doncash Seasonetal, 1956

Due to its specificity and simplicity, yo-yo tests have quickly become one of the most widely investigated shuttle run tests in sports science. These tests have also been used to evaluate players' ability to perform high-intensity exercise on a regular basis. Yo-Yo tests are believed to be one of the most effective field-based techniques of testing player's physical fitness performance in numerous team sports such as soccer, basketball, cricket, and rugby. The main purpose of this study is to find out the relationship between Football Skill test and the Yo – Yo Intermittent Recovery Test.

### Delimitations

1. The study was confined to 50 (fifty) male players of Football those who have participated in Varsity tournament.
2. The study will further be delimited to specific Yo - Yo Intermittent Recovery Test.
3. The study will further be delimited to McDonald Soccer Skill Test
4. The study will further be delimited to specific standardized test of Football.
5. The study will be further be delimited to players from East and North Zone varsity level.

### Limitation

No psychological techniques will be employed by the research scholar to enable the subjects to put up their best performance. However, the subjects were told to give their best output.

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**Hypothesis**

It is hypothesized that Yo - Yo Intermittent Recovery Test will have significant relationship with Football skill test of varsity players.

**Methods and Procedure**

**Selection of Subjects**

With the help of Purposive Random Sampling technique 50 (Fifty) male players of Football who have participated varsity from East and North Zone were selected as a subject.

**Statistical Technique**

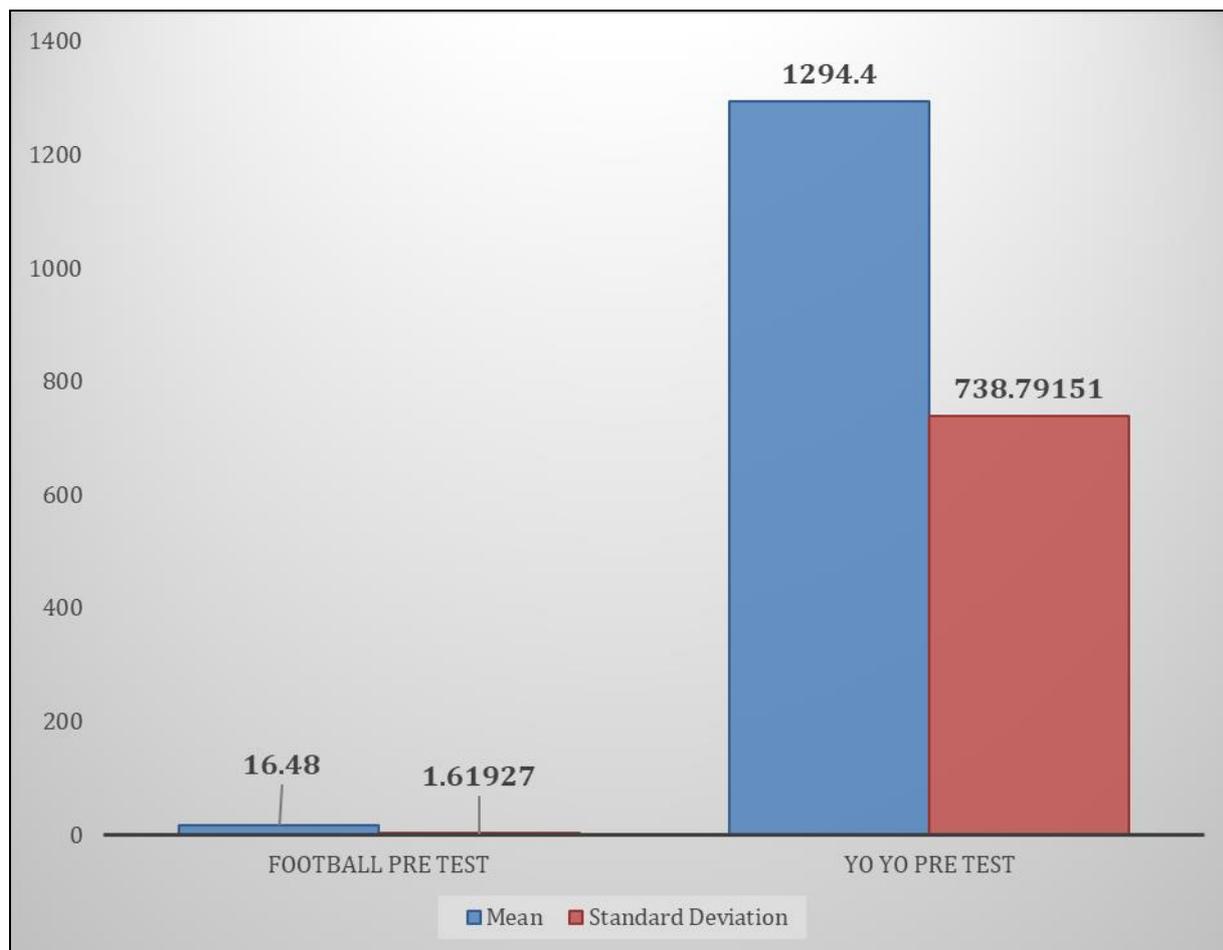
To find out relationship between YO-YO Intermittent

Recovery Test and Football skill test of the varsity players “Pearson’s correlation” was employed at 0.05 level of significance and SPSS software was used for statistical calculations.

**Results and Findings**

**Table 1:** Descriptive Statistics of Football Skill Test and Yo-Yo Intermittent Recovery Test

	Mean	Standard Deviation	N
Football – (Pre- Testing)	16.4800	1.61927	50
Yo-Yo Test – (Pre-Testing)	1294.4000	738.79151	50



**Fig 1:** Graphical Representation of Descriptive Statistics of Football Skill Test and Yo-Yo Intermittent Recovery Test

**Table 2:** Relationship of Football Skill Test and Yo-Yo Intermittent Recovery Test

		Football Pre – Testing	Yo-Yo Pre - Testing
Football Pre – Testing	Pearson Correlation	1	.294*
	Sig. (2-tailed)		.038
	N	50	50
Yo-Yo Pre - Testing	Pearson Correlation	.294*	1
	Sig. (2-tailed)	.038	
	N	50	50

\*Level of Significance – 0.05

\*Degree of Freedom – 48

The above table no.1 shows the descriptive statistics which includes Football Pre – testing Mean score is - 16.4800 and Standard Deviation score is 1.61927, whereas Yo-Yo Test – Pre-Testing Mean value is - 1294.4000 and Standard Deviation value is - 738.79151

As a results the hypothesis which was stated for this study was also accepted because there is significant negative

relationship between Football skill test and Yo-Yo Intermittent Recovery Test in Pre-Testing because the calculated significant value is much lesser then the level of significance 0.05  $r(48) = -.294, p=.038$

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