Comparison Differentiation Ability of Female Soccer Players of Uttar Pradesh State at Different Achievements Levels

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Abstract: The purpose of the study was to find out the Comparison of Orientation ability of Soccer players of excellent of achievement among National, District and Sub-division levels. The subjects selected for the study was 90 (n = 30) Female Soccer players (i.e. National = 30, District = 30 , and Sub-division = 30 ) of Uttar Pradesh, India. They were selected randomly, who were physically as well as skillfully strong. The test administered at different play grounds, where all the equipments are available and test can easily be conducted. The data was analyzed by using of LSD for mean comparison on Differentiation ability among Sub-division, District and National level of Soccer players. The level of significance chosen for testing the hypothesis was set at 0.05 level of significance. It was assessed by using ‘Backward Medicine Ball Throw Test’ and was recorded in points. On the basis of results significant difference in Differentiation Ability among three levels of Soccer players i.e. Sub-division, District, and National, since the f value observed was 5.882, which is much higher than the criterion value 1.34 required being significant. Post-hoc(LSD) mean comparison reveals significant performance difference between three groups of differentiation ability. Significant difference was found in case of Sub-division & District level, Sub-division and State as the mean difference was greater than the critical difference. No significant difference was found in case of District and State level as the mean difference was less than the critical value of 0.28 at 0.05 level of significance.

Key Words: Differentiation Ability, Su-division, District, and National Soccer Players

Introduction

Soccer is the world’s most popular sport: approximately 265 million players and 5 million referees and officials are actively involved, or 4% of the world population, according to FIFA, the International Federation of Association Football. The game is intermittent in nature and involves multiple motor skills, such as running, dribbling, kicking, jumping and tackling. Performance depends upon a variety of individual skills and their interaction and integration among different players within the team. Technical and tactical skills are considered to be predominant factors. For example, pass completion, frequency of forward and total passes, balls received and average touches per possession are higher among successful teams compared to less successful teams (Bradley et al., 2013; Dellal et al., 2011; Rampinini et al., 2019). However, individual physical and physiological capabilities (both aerobic and anaerobic) must also reach a certain level for players to be successful (Bradley et al., 2013; Haugen et al., 2013; Haugen et al., 2014; Krustrup et al., 2006; Tønnessen et al., 2013). Teams from the best European leagues have tight game schedules, long seasons and relatively short pre-season periods, limiting the possibilities for long-term physical conditioning planning (Carling et al., 2015). As long as each player does his/her “job” satisfactorily on the field, all other physical and physiological considerations are secondary (Delgado-Bordonau and Mendez-Villanueva, 2012). In such settings, the main focus is to recover and prepare for the next game. Underperforming players may be replaced by other players in the short term, while they risk being sold to other clubs in the longer term. In contrast, academies and reserve teams prepare for future careers by developing soccer-specific motor skills and physiological capacity to an elite level. Key skills are developed to a high level, while other capabilities merely need to meet a minimum requirement (Bradley et al., 2013; Reilly et al., 2000; Tønnessen et al., 2013).

Many physical tests have been implemented in clubs and academies over the years to evaluate physical performance in soccer players. This long list includes linear sprinting, agility, repeated sprint ability, VO2max, and Yo-Yo intermittent tests. However, in the last decade semi-automatic computerized player tracking technologies and global positioning systems (GPS) with integrated accelerometers have been extensively implemented in the best European soccer leagues for match analysis. This technology allows assessment of physical, technical and tactical performance parameters during training sessions and games. The advantage with such technology is obvious, as a large range of performance data can be assessed quickly and accurately in real-world conditions. The introduction of this technology has initiated a debate among professional practitioners and scientists regarding the value and usefulness of traditional off-field testing. Are soccer-related fitness tests still necessary? Is it reasonable to assume that future soccer laboratories will consist of micro-technology and purpose-built software only, replacing timing gates, force platforms and metabolic gas analyzers? Our goal with this presentation is to identify pros and cons with...
today’s available physical performance assessment tools and present reasonable arguments regarding what information is needed to prescribe training and thereby enhance soccer performance.

Football is probably the most popular game of the world but there is still limited scientific information available concerning the coordinative abilities and physical fitness qualities of Indian female football player. Football is a highly structured analytical game in which players constantly have to deal with a complex and frequently and rapidly changing environment. In competitive sports, beautiful and graceful movements are a product of well developed technical skills and coordinative abilities. The speed of learning of skill and its stability is directly dependent on the level of various coordinative abilities. Coordinative abilities are needed for maximal utilization of conditional abilities, technical and tactical skills (Singh 1991). The coordinative abilities to a great extent determines the maximum limits to which sport performance can be improved in several sports which depend largely on technical and tactical factors (Ruhal et al., 2010). Motor learning process, continuous refinement and modification of sport skills to large extent depends on the level of coordinative abilities. Amateur players in particular still have to invest most of their training time in technical and tactical training as well as in endurance and strength training, whereas coordinative training is not encouraged so much (Gstottner et al. 2009).

**Material and Methods:**

The study was conducted on 90 (n= 30) Female football players age between 20-25 years, who were regularly reporting for match practice session. Subjects were selected randomly for the study. The selection of tests had adopted according to suitability of the study. The research scholar made scientier efforts to review of related literature, and held a series of discussion with experts. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. They were further divided into three groups of 30 each (i.e., N1=30; Subdivision and N2=30; District and N3=30 ; National). The research scholar was select Diffrentational ability. Points were decided considering the first pitch of the ball. The score of the individual was the total points scored in all the five throws.

It was assessed by using ‘Numbered Medicine Ball Run Test’ and was recorded 100-1/100th second.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Criterion Measures</th>
<th>Administration of Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Differentiation ability</td>
<td>Points</td>
<td>Backward Medicine Ball Throw Test</td>
</tr>
</tbody>
</table>

**Methodology**

A gymnastic mat was placed two meters away from the throwing line in a circle with a radius of 4 cms. was drawn in the centre of the mat as shown in the figure 3. A 2 kg. medicine ball was placed in centre of this circle as shown in the floor pattern. The subject was made to stand behind the throwing line facing the opposite direction i.e. with the back towards the gymnastic mat, at a distance of two meters. The subject was then made to make five overhead throws with both the hands throwing one kg medicine ball each time in an attempt to target the 2 kg medicine ball lying in the middle of the circle drawn in the centre of the gymnastic mat.

The scoring of points consisted as flows, i.e. Medicine ball not touching the gymnastic mat = Zero point, Medicine ball touching the gymnastic mat = One point, Medicine ball touching the circle = Two points, Medicine ball falling inside the drawn circle = Three points, Medicine ball touching the 2 kg medicine ball placed in the circle = Four points. Points were decide considering the first pitch of the ball. The score of the subjects was the total points scored in all the five attempts.
Data Analysis

Analysis of variance (ANOVA) test was employed for independent data was used to assess the Comparison of football players of different level of achievements. The level of p≤0.05 was considered significant.

Results

The descriptive measure in terms significant difference of Soccer players of comparisons of Differentiation Ability among Sub-division, District, and National level of Soccer players are shown in table-2

<table>
<thead>
<tr>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>80</td>
<td>2</td>
<td>40</td>
</tr>
<tr>
<td>Within Groups</td>
<td>591</td>
<td>87</td>
<td>6.800</td>
</tr>
<tr>
<td>Total</td>
<td>671</td>
<td>89</td>
<td></td>
</tr>
</tbody>
</table>

Tab. F .05 (2, 87)= 3.09

It appears from the Table-6 that the computed value of F (5.882.) among different level of female Soccer players of Tripura State (i.e. Sub-division, District and State ) in relation to differentiation ability was greater than the tabulated (3.09), F at .05 level. Therefore, null hypothesis among different level of female Soccer players of Tripura State (i.e Sub-division, District and State) in relation to differentiation ability was not accepted at 0.05 level.

To further analyze which group differ significantly post hoc test (LSD) was applied

<table>
<thead>
<tr>
<th>Sub-division</th>
<th>District</th>
<th>State</th>
<th>M.D.</th>
<th>C.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.40</td>
<td>9.40</td>
<td></td>
<td>2*</td>
<td>1.34</td>
</tr>
<tr>
<td>9.40</td>
<td>9.40</td>
<td></td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

The above table reveals that significant difference was found in case of Sub-division & District level, Sub-division and State as the mean difference was greater than the critical difference. No significant difference was found in case of District and State level as the mean difference was less than the critical value of 0.28 at 0.05 level of significance.

Discussion & Conclusion

The finding of the study as reveal from various critical analyses and interpretation of data showed light on facts pertaining to select parameter among football player of different level of performance. The finding showed that Sub-division & District level, Sub-division and State as the mean difference was greater than the critical difference. No significant difference was found in case of District and State level of Female soccer players of Uttar Pradesh. Above findings can be attributed to
the fact that these parameters are directly associated with skills, movements etc. of football. It is obvious as seen from the game of football and the way it is played.

Acknowledgements

Authors would like to sincerely thank to the subjects, coaches and physical education teachers who cooperated and wholehearted support in the completion of study.

References:


