



Relationship of Playing Ability Between Physical Fitness Components Among Mannar District Men Soccer Players

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ABSTRACT

The purpose of the study was to find out the relationship of selected physical fitness variables namely agility, speed and cardio respiratory endurance and playing ability among Mannar district men soccer players. To achieve this purpose of the study, thirty Mannar district men soccer players, Mannar district soccer players were selected as subjects at random.

Their age ranged between 17 to 23 years. The soccer playing ability was selected as dependent variable for this study and also the following physical fitness components like speed, agility, and cardio respiratory endurance were selected as independent variables for this study. The following test items were selected for the study to collect relevant data. The speed was assessed by conducting 50 mts run, agility was assessed through shuttle run (4×10 yd) cardio respiratory endurance was assessed by cooper's 12 min run and playing ability was measured by using subjective rating method with three judges. The Pearson product moment correlation was used to find out the association between the selected physical fitness components and soccer playing ability of Mannar district men soccer players if any. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study showed that there was significance which was considered as an appropriate. The results of the study showed that there was significant relationship between selected physical fitness components and playing ability of men mannar district soccer players.

KEYWORDS: Playing ability, Physical fitness components, Speed, Agility, Cardio respiratory, endurance.

INTRODUCTION

Physical education, an integral part of the total education process in a field of Endeavour that has as its aim of the development of physically, mentally, emotionally, and socially fit (Barry Johnson 1988). Citizens through the medium of physical activities that have been selected with a view to realizing these outcomes. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness of fitness for optional health and well being, the attainment of knowledge and the growth of positive attitude towards physical activity (Edwin A. Fleishman 1964).

The word physical refers to the body. It is often used in reference to various bodily characteristics such as physical strength, physical development, physical power, physical health, and physical appearance (Ardy Friend Berg 1994). It refers to the body as contrasted to the mind. Therefore, when you add the word education to the word physical and use the words physical education, you are referring to the process of education that concern activity that develop and maintain the human body. A study of history reveals that other civilizations have recognized the important place of physical education in the training of their youth (Frank W. Dick 1997).

METHODOLOGY

The purpose of the study was to find out the association between the selected physical fitness variables namely speed, agility and cardio respiratory endurance and playing ability among Mannar district men soccer players. To achieve of the study, (N=30) mannar district men soccer players, mannar district were selected as subjects at random. Their age ranged between 17 to 23 years. The soccer playing ability was selected as dependent variable for this study and also the following physical fitness components like speed, agility, and cardio respiratory endurance were selected for the study to collect relevant data. The speed was assessed by conducting 50 mts run, agility was assessed by shuttle run (4×10 yd) cardio respiratory endurance was assessed by cooper's 12 min run and playing ability was measured by using subjective rating method with free judges. The Pearson Product Moment correlation was used to find out the association between the selected physical fitness components and soccer playing ability of mannar men soccer players recommended with (Clarke and Clarke 1972). The level of confidence was fixed at 0.05.

Results

The mean, standard deviation and product moment correlation values between the selected physical fitness components and playing ability of mannar district men soccer players were represented in Table I.

Table I
The Mean, Standard Deviation and Selected Physical Fitness Components and Playing Ability among Mannar District Men Soccer Players.

| Variables | Mean | SD | r' Value |
|------------------------------|---------|-------|----------|
| Cardio Respiratory Endurance | 1590.49 | 20.48 | 0.813* |
| Playing Ability | 8.93 | 1.109 | |
| Agility | 6.98 | 0.56 | 0.880* |
| Playing Ability | 8.93 | 1.109 | |
| Speed | 7.48 | 0.454 | 0.801* |
| Playing Ability | 8.93 | 1.109 | |

*Significant at .05 level of confidence

DISCUSSION ON FINDINGS

The result shows that there was a positive correlation soccer playing ability and selected physical fitness variables such as cardio respiratory endurance, agility and speed. Same results agreement with that Yuyi Zhang (2010) and Yogesh Chander (2010) and Juan M Cortell – Tormo et.al.,(2013).

CONCLUSION

There was a significant relationship between selected physical fitness variables such as Cardio Respiratory Endurance, Agility and Speed on soccer ability among mannar district men soccer players.

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