



# Assessment of Physical Fitness Levels and Skill Ability between Men's Football Clubs of Manipur

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## ABSTRACT

The study was purposed to assess football male players on physical fitness (Speed, Agility and Strength) and skill ability (Juggling, Kicking, Dribbling) between (20) Senior Club Kodompokpi (SCK), Imphal West District and (20) Leimapokpom Apunba Shanaroi Lup (LASHAL), Bishnupur District of Manipur who were undertaking regular rehearsal. The age group of the players ranged between 18-26 years. Data were collected and calculated for analyzing by mean and standard deviation and t-test (significant at 0.05 levels) to relate the variables. On physical fitness between the clubs of the football male players were found to be insignificance difference among the test items – speed, agility and strength. Over, the study on the skill abilities stressed there was insignificance among the test items – juggling, kicking and dribbling between the clubs of the football players.

**Key words:** Football, Physical Fitness, Skill Ability

## INTRODUCTION

Utmost extensively played and complex sports is football in the world, wherever players must practical, strategic, and physical skills to do well. Players are hardly competent to performance the game with good skill, deprived of good physical fitness. Soccer is considered by a continuous progression of actions through recurrent strength in the game and an actual low achievement ratio conferring to control of the ball. For attaining best effects, players have a remarkably extraordinary level of technical and strategic skills also important physical fitness. Fitness in football states toward an assortment of specific features which is a complex of numerous characteristics and skills. Players need high levels of speed, strength and agility to achieve volatile actions such as heading, shooting, dashing, kicking, and dribbling.

## PURPOSE OF THE STUDY

All human existence needs fitness for time currently accomplishments as well as for endurance of life. Fitness is the key constituent of a sport person to attain their goal. So, definite to set up the problem as "Assessment of physical fitness levels and skill ability between men's football clubs of Manipur".

## METHODOLOGY

For the study, 40 (n= 40) state level football male players were selected randomly from (20) Senior Club Kodompokpi (SCK), Imphal West District and (20) Leimapokpom Apunba Shanaroi Lup (LASHAL), Bishnupur District of Manipur who were undertaking regular rehearsal. The age group of the players ranged between 18-26 years.

Data were collected by the following parameters (Table 1): Physical Fitness (Speed, Agility and Strength) and Soccer skill ability (Juggling the ball, Kicking ball for accuracy, Dribbling (running with the ball)). Mean and standard deviation and t-test (significant at 0.05 levels) was used to relate the variables.

Table 1: Presentation of the selected variables

Parameter	Variables	Criterion measure	Unit
Physical fitness	Speed	50 meter dash	In second
	Agility	Shuttle run	In second
	Strength	Sit-up	Number/60sec.
Skill ability	Soccer skill test	i) Juggling the ball	Number
		ii) Kicking ball for accuracy	Number
		iii) Dribbling (running with the ball)	Number

## RESULT AND DISCUSSION

Outcomes were tabulated and interpreted on the consequences. According to Table 2 revealed the results of several variables of physical fitness and skill ability between the two Clubs (SCK and LASHAL) of male football players.

- a) 50 meter dash: This highlighted that male football players mean score of SCK (6.95) were more or less similar mean score of LASHAL (6.89). T-test was 0.47 for 50 meter dash was less than the 0.05 level significance level of tabulated value. There was no significant difference among two Clubs.
- b) Shuttle run: This highlighted that male football players mean score of SCK (9.94) were more or less similar mean score of LASHAL (9.89). T-test was 0.58 for shuttle run was less than the 0.05 level significance level of tabulated value. There was no significant difference among two Clubs.

- c) Sit-up: This highlighted that male football players mean score of SCK (43.1) were lesser than mean score of LASHAL (48). T-test was 0.05 for sit-up was less than the 0.05 level significance level of tabulated value. There was no significant difference among two Clubs.
- d) Juggling: This highlighted that male football players mean score of SCK (102.15) were lesser than mean score of LASHAL (117.7). T-test was 0.002 for juggling was less than the 0.05 level significance level of tabulated value. There was no significant difference among two Clubs.
- e) Kicking: This highlighted that male football players mean score of SCK (8.55) were more or less similar mean score of LASHAL (8.65). T-test was 0.75 for kicking was less than the 0.05 level significance level of tabulated value. There was no significant difference among two Clubs.
- f) Dribbling: This highlighted that male football players mean score of SCK (132.5) were more than mean score of LASHAL (131.5). T-test was 0.7 for dribbling was less than the 0.05 level significance level of tabulated value. There was no significant difference among two Clubs.

Table 2: Mean, Standard Deviations and T-test value of physical variables and soccer skill ability of two Clubs male football players, Manipur

Test	Club	Mean	S.D.	t-test
50 meter dash	SCK	6.95	0.28	0.47
	LASHAL	6.89	0.22	
Shuttle run	SCK	9.94	0.25	0.58
	LASHAL	9.89	0.29	
Sit-up	SCK	43.1	6.42	0.05
	LASHAL	48	8.48	
Juggling	SCK	102.15	14.47	0.002
	LASHAL	117.7	14.68	
Kicking	SCK	8.55	0.99	0.75
	LASHAL	8.65	0.98	
Dribbling	SCK	132.5	8.03	0.7
	LASHAL	131.5	8.13	

\* Significant at 0.05 levels of confidence

## CONCLUSION

On physical fitness on the test items between the clubs of the football male players were found to be insignificance difference among the test items – speed, agility and strength. Over, the study on the skill abilities stressed there was insignificance among the test items – juggling, kicking and dribbling between the clubs of the football players.

Commencing the conclusions of the current study suggest that players must emphasis the standard requirements of physical fitness and skills ability.

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