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A study on fitness profiles of football players

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Abstract

The game of football is both an art and a science. It involves techniques of running, passing, kicking, tackling, blocking, heading, juggling and dribbling. Often all these activities have to be performed at great speed. Though these individual skills are very important but it should not be forgotten that it is a team game and the players have to work together in offence or defense. Therefore a player must develop his skills and understanding for his contribution as per the demands of the game. The game of football contains physical challenges. Though two players may be equal in their skills but because of different physical and mental response, there can be much difference in their performance. A player must be quick in assessing a situation and in his response. A forward has to decide between pass and shot, defender between marking and covering and a goalkeeper whether to defend, keep standing at the goal or to run forward or sideways.

Keywords: Fitness, football, running, passing, kicking, tackling, blocking, heading, juggling, dribbling

Introduction

Football is the world's most popular sport, at least since the late nineteenth century British and international distribution. The "global game" across all the continents culturally diverse societies million people estimated 250 direct participants, approximately 1.4 billion euro (1), and the interest, a flagship" the game of football championship the World Cup Finals, and attracts the cumulative global television 33.4 million billion.2 is only relatively recently the game financially sun paralleled" multicultural appeal unrealised. In 1998, the football's world governing body (3), FIFA, regulated contracts, it is worth some £4 billion by 2001, football; it was about 250 billion turnover with £equivalentto, GDP (The Netherlands Walvin 2001).

Body structure plays a very significant role in determining human movements. Structural variations in body segments affect its movements. A specific type of body structure predisposes human body to advantage in a specific type of movement. The segmental length and breadth determine the leverage, possessed by the body (position of fulcrum and various lengths of load and efforts arms), which, in turn, affects the final outcome of force, created by muscles and its ultimate exploitation, for the purpose of motions.

Various researches prove that anthropometrics measures play a vital role in playing on different positions. The physique and body compositions including size, shape and form are known to play significant role in this regard. Though the performance of football players is also dependent on their skills, training, motivation level and several other factors of physiological and biomechanical nature i.e. age, sex and physical growth, but body structure plays a very significant role in determining human movement. A particular type of structure predisposes an individual to better particular type of movements. For instance forward football players and halfbacks are quite similar to one another but are shorter than stoppers and goalkeepers. Forward have shorter lower extremities. They also possess broader knees in proportion elbow. Stoppers have relatively broader shoulder and better developed lean tissues in the thighs. Goalkeepers are tall, have proportionally similar trunk, long lower extremities and are lighter in relation to structure.

This research study had attempted to high light the correlation ship of anthropometrical intervarsity football players with their physical fitness performance. This research study will provide appropriate guidelines to coaches for identification and promotion of footballers and train them in systematic and effective way as per their body structure for building a good team.

During the searching to demonstrate that anthropometrics measures play a fundamental role in playing the various positions. The design and the body size, shape and composition of known form is also play a significant role in in this respect. Although the football players also depends on the education, the capabilities of a number of other factors, and the motivation of physiological and biomechanical i.e. age, gender and physical growth, but structure will play a play a very significant role in determining the human movement. The genesis ultimately predisposes an individual to better structure certain movements. For example pre-football halfbacks quite similar players and another but not shorter than the stops with goalkeepers and warlike. That is less than lower limb forward. A greater proportion did posses on my knees. Plugs is relatively wider shoulder muscles and the tissues more developed thighs. With their high warlike goalkeepers, proportionately similar, long lower limbs lighter and the mechanism.

The research had attempted to have a strong correlation between the vessel anthropometrical inter-university football players physical fitness. This research will also ensure appropriate directives and promotion of the coaches and trains the footballers for the systematic and effective way, the structure of a good team.

Football is an indication that, for many sports, different grades, and the feet kicking ball, the goal. The most popular sport world (association football it is called "football" or the "Football". Was an unqualified success football, that applies to the word is of the form which the football is the most popular regional appears in connection with the word, including association football, and the American football, Australian rules football Canadian football Gaelic football rugby league rugby union, and other related games. These are the changes in the football.

All the world's pack, fans cheer on their favorite team per week. Judging from the fans, that it does not appear to be emotionally more important than the game of life and death. The fact is, that this paper does not own the love affair. This love thing began, when, four years, my father and my first football game began the nuances. From this point forward, I love the "beautiful" game can only be confirmed. Every weekend, I am not "wake up" hours to look at the wicked is already the favorite team, Manchester United, try the ball into the net. In one such morning, when I woke up to 5 o'clock, that a normal points based league game, I wondered why football is capable of influence on me. This question further contemplate what is the impact of this game so many of the people of society when he was a (if not more) than the football that's silly.

The world's favorite team, and in a week. Judging from that fans are not emotionally it is more important than the life and death. The fact is, that this is not the love of writing. This love thing began, when four years, my father and the first football game began the tints. From now on, but I love the "beautiful" game can only be confirmed. Every weekend, I am not "wake up" the wicked is already looking at hours of your favorite team, Manchester United, try the ball into the net. In one of these, when I woke up this morning to 5 o'clock, the normal points based league game, I wondered why football is able to influence. This question is further contemplate what is the impact of this game very many people in society was a (if not more) than the football that's silly.

A football game is probably the most popular world-wide scientific information only a limited number is available on the design and performance of Elite Indian challenge will

challenge footballers. It should not have been a doctor many sport good footballer my attention to the games because of the lack of any laboratory experimental model. The game includes for example, the sprint and jump to the attack and defense. Also the game the aerobic capacity, and one and a half hours and sometimes even longer than the official time. These short and long-term activity for the whole game, so both aerobic and anaerobic capacity very important, and more performance.

Soccer team game. Group games sport where body size, shape, body composition and the fitness, all play an important role in the other important advantage is the in particular, the highest level of performance, where a high degree of specialization (playful, 1986). Each code is unique on demand specific positional roles physiological properties.

The database design and performance characteristics of the famous players the club the whole country, it is important that the national team. The fact that India is still the Club footballers in planning, physiological profiles, and only the learning performance in the Indian university challenge will challenge footballers. Therefore, an attempt was made to planning and physiological properties of the Indian national club challenge will challenge footballers. The aim is the current study) for the different anthropometric and physiological profiles the Indian national club challenge will challenge footballers and evaluate the parameters above, this means the state is the game, and (ii), and compare them with the parameters to the Indian national and international partners.

Football, commonly referred to as the wild", always is also an integral part of the Hungarian society. Strutt, and Joseph, and learned English, once said, "In order to ensure that only the characters, the men need to comply with the sports and pastimes in most widely used among them".

Thus, the English society, in order to really to explore. I studied the late 19 and early 20th century, football, what will be providing insight to the late Victorian England. This paper, in particular major breakthrough toward easing tensions created by the class during the development of professional football and its impact on the society. I think, the game of football "game", because it 's more fun than the working class. In addition, compare the football and RUGBY, which gives the viewer a glimpse into the bourgeoisie anxieties dissipating dressed in Victorian society.

The story was the various football, often, the popular peasant game. The modern football can be traced back to the codification of these games at English public schools eighteenth and nineteenth centuries. The influence and power British Empire these rules the British influence over the game of football the Empire controlled by the nineteenth century, while the various regional codes are already developing: Gaelic football, as the consciously incorporated into the local traditional games in order to maintain the game of football. The Football League In England IN 1888, the first is the many professional football tournaments. During the twentieth century, the different types of sport football team the world the most popular.

Various codes of football share certain common elements. The American football RUGBY football players, the Canadian and the RUGBY League and to a limited area in the game is. They shall endeavor to the installation and the most important: kick the ball, and only in certain limited cases. Body tackling The great skill, and the games are usually short-term 5-90 seconds in the game. Association football, Australian rules football and Gaelic football in general, when

the ball into the track, the treatment. The play is less central organization, and more players you can move freely between the common rules of sport.

Conclusion

A player may specialize to play in a particular position. It is better if he develops skills necessary for other positions. All players should be aware of both the attacking and defensive principles of game and a player must learn from his own observations and mistakes. Football is a game of constant action and requires continuous adaptation to the changing situations, by the team as a whole as well as by each individual player. Though it is a team game, but there is still ample room for players to display their brilliance through individual skills during the game. At international level football matches tend to attract millions of people to watch them. The game is fast, beautiful, unpredictable and exciting. Among the many reasons that makes the game attractive is scoring of goals during 90 minutes, golden time, penalty shootout, and sudden death.

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