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Variations in selected physical fitness variables and skill performance among inter university level men football players of different universities

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Abstract
The purpose of the present study was to find out the variations in selected physical fitness variables and skill performance among inter university level men football players of different universities from Karnataka State. Total Eighty (80) male football player's from 5 different universities age ranged between 19-24 years representing the universities in south zone Inter University football tournament for the year 2019-2020 were selected for this study. For this study, Mean, Standard Deviation, One-Way ANOVA followed by Post Hoc Tests (L.S.D) and Correlation was utilized. It was hypothesized that no significant correlation would be found between selected physical fitness variables and selected football Skill variables among the University Football Players.

Keywords: Physical fitness, skill and football players

Introduction
All sports are a combination of physical fitness, tactics, technique and psychological fitness and all the importance of each of these variables can change from game to game. Probably one of the reasons that football is played by so many is that the game requires no specific gifts to be successful. Some games have traits that are unique to but a few, such as strength and power for American football, height for basketball, speed for sprinters, or endurance for distance running. Soccer, while not requiring any specific trait for success, does require ability in all aspects of physical fitness. However, explosive efforts during sprints, jumps and kicks are important performance factors in football, requiring maximal strength and anaerobic power of the neuromuscular system.

Football/Soccer is a sport requiring high levels of physical fitness. It is one of those rare games, which demands not only speed but also agility, strength, power and endurance. Players at top levels can run over 14 km in a game whilst not forgetting the frequent accelerations, slowing down, changes of direction and jumps they must undertake and the continuous running always keeps there heart rate high as it is an excellent form of cardiovascular exercise and an excellent way to keep the body healthy. While this sport can lower body fat as it burns fats and calories due to the entire physical workout. It also helps you built muscle mass and get a toned body. Players tend to burn more calories during the game when compare to their regular workout sessions.

Playing ability or specific skills are very important aspect in every game which plays a vital role in the performance of an individual. Skill is the ability to perform certain activities or movements with control and consistency, to bring about a desired result. It takes a long time to acquire a skill because it involves a high level of co-ordination and control. The modem game of soccer comprises manifold of quick actions and reactions. An athlete has least amount of time and gap to make quick movement actions such as, kicking, dribbling, jumping, turning or quick change of direction and feinting with and without the ball.

Purpose of the study
The purpose of study which makes an attempt to expose the personality of athletes, coaches, officials, physical educationists, the faculty member of various universities, the director of physical education etc. The study has been conducted to find out the physical fitness variations and Skill Performance among the Inter University Football (Men) players of Different University from Karnataka state.

Methodology

Selection of subjects

Eighty (80) male football players age ranged between 19-24 years representing the universities in south zone Inter University football tournament for the year 2019-2020.

Selection of variables

The investigator had extensive literate search and consulted many experts in the area of investigation to select appropriate variables. Considering the feasibility in terms of time, cost and suitability of the subjects for which the following physical fitness variables and skill test were taken.

Physical fitness variables

a) Speed b) Strength c) Agility d) Endurance and e) Flexibility

Football skill test

a) Kicking the Football for distance (Right Leg) b) Kicking the Football for distance (Left Leg) c) Dribbling

Statistical techniques

For the present study, Mean, Standard Deviation, One-Way ANOVA followed by Post Hoc Tests (L.S.D) and Correlation was utilized as a statistical technique.

Result of data

Table 1: Shows the Comparison of five universities by ANOVA test

Variables	F-value	P-value
Speed	8.478	0.000*
Strength	2.774	0.033*
Agility	18.228	0.000*
Endurance	1.002	0.412
Flexibility	2.238	0.073
Kicking the football (Right Foot)	1.748	0.148
Kicking the football (Left Foot)	0.184	0.946
Dribbling for time	2.763	0.034*

Correlation matrix

Table 2: Shows the Correlation between each Variables of Physical Fitness with each of the variable of football skills.

Football Skills Physical Fitness Variables	Kicking Football for Distance (Right Leg)		Kicking Football for Distance (Right Leg)		Dribbling	
	R Value	P Value	R Value	P Value	R Value	P Value
Speed	-0.05	0.63	-0.10	0.37	0.05	0.62
Strength	-0.08	0.45	0.05	0.60	0.08	0.43
Agility	-0.06	0.58	-0.02	0.83	0.21	0.05
Endurance	-0.02	0.81	-0.03	0.76	0.17	0.13
Flexibility	0.06	0.56	0.05	0.64	-0.08	0.43

Discussion

From the result of the study, a player must have explosive leg strength, agility, speed due to the fact that the nature of the fame which requires football dodging and changing of direction and quick jumping for heading or some essential features to dribble with ball test was significantly correlated with physical fitness components, whereas the game of football also requires fast running, quick jumping to head the ball or for other reasons, such as stopping, blocking etc., and the power for kicking the ball is essential.

The study indicates that it is possible to make reasonably accurate prediction of football playing ability on the basis of physical fitness variables. Explosive leg strength has a greatest role in the nature of the game, which requires fast running with jumping and powerful kicking.

The agility is also been found as an important component as in shuttle run and in football dodging and opponent changing of direction with quick jumping for heading, so players need a high demand of agility.

Conclusions

On the basis of the result the following conclusions may be drawn,

1. From the result of the study we can find that there were significant differences in Physical Fitness variables between Speed, Strength, Agility and Football Skill Test for Dribbling among the Inter University Football Players of Mysore University, Manipal University, Mangalore University, Davangere University and KSLU University.
2. From the result of the study we can find that there was no significant difference in Physical Fitness variables between Endurance, Flexibility and Football Skill Test Kicking for distance - Right foot and Kicking for distance - Left foot among the Inter University Football Players of Mysore University, Manipal University, Mangalore University, Davangere University and KSLU University.
3. From the results it can be said that there is No Significant correlation between physical fitness and skill tests.

Recommendations

From the result and conclusions of the investigation, the following recommendations may be made.

1. The findings of the study would be much helpful for soccer coaches and physical educationists to identify the most important physical fitness ability and soccer skills to be considered for selecting the soccer players for the competitive participation.
2. It may be helpful to frame the ideal training routine to develop the factors which influences the soccer playing ability of particular age group.
3. It is recommended that the Physical Fitness & Skill Tests of the players to be conducted towards the team selection process.
4. Similar study may be conducted to the National/Professional/International Soccer Players.

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