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## A study of foundation skills on defenders of football and hockey players

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### Abstract

The study's goal was to analyze and compare the mental abilities of selected variables, known as Foundation Skills, which include sub variables such as goal setting, confidence, and commitment, among football and hockey defenders at the University of Delhi. The study included a deliberate sample of 40 people from the Delhi University. The participants further split up into Football Defenders (N = 20) and Hockey Defenders (N = 20) groups. The present research exclusively comprised male participants. The participants' ages ranged from 18 to 25. The researcher examined mental profile of Defenders of Football and Hockey using a standardized technique. The researcher utilized (OMSAT-3 Version 2-2). The Independent Sample 't' Test was used on the acquired data to compare the specified mental skill variable, Foundation Skills of Defenders, to see if there were any significant differences between the two games. The data demonstrated that there were no significant differences in Foundation Skills between Football Defenders and Hockey Defenders at the 0.05 level. This result was reached based on p-values from the statistical analysis that exceeded the significance level of 0.05.

**Keywords:** Foundation skills, goal setting, confidence, commitment, OMSAT-3 version 2-2, descriptive statistics, level of significance, independent sample 't' test

### Introduction

The building blocks for the development of other mental talents are the foundational abilities (commitment, self-assurance, and goal-setting) that are thought to be necessary for high caliber athletic performance.

#### 1. Goal Setting

Defining desirable outcomes that teams, departments, people, or organizations will work for in order to improve performance is the process of defining goals and provide direction for activities (Locke & Latham, 2002) [6].

Goal setting refers to the process of establishing desired outcomes or targets that guide and direct behavior toward achievement (Robbins & Judge, 2019) [7].

#### 2. Confidence

Confidence is the conviction that one can plan and carry out the actions necessary to handle future circumstances (Bandura, 1994) [1].

Confidence is the sense of competence and self-efficacy in one's ability to achieve goals and effectively adapt to challenges (Deci & Ryan, 2000) [2].

#### 3. Commitment

Commitment is the psychological attachment an individual feels for a goal or an organization, which makes it difficult for the individual to leave the goal or organization (Porter & Steers, 1973) [4].

Commitment is a psychological state that describes an employee's relationship with the organization in terms of loyalty, attachment, and identification (Klein, 1990) [5].

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### Hockey Defensive Zone

Defensive Zone Coverage: The primary responsibility of a hockey defender is to defend their team's goal. They work to prevent the opposing team from getting scoring opportunities by blocking shots, intercepting passes, and physically impeding opponents.

- **Physical Play:** Defenders often engage in physical battles along the boards and in front of the net to maintain control of the puck and to disrupt the opposing team's offensive flow. They use their body to block shots and to clear opponents from dangerous areas in front of the net.
- **Breakout Plays:** Once the defender gains possession of the puck in their own zone, they initiate breakout plays by either carrying the puck out themselves or making a pass to a teammate. This involves making quick decisions under pressure and executing accurate passes to transition from defense to offense.
- **Transition Game:** Defenders play a crucial role in the transition game, which involves quickly transitioning from, defenses to offense and vice versa. They support the team's forwards by providing outlet passes and joining the rush when opportunities arise, helping to create offensive chances.
- **Point Shots and Offensive Contributions:** While defensemen primarily focus on defense, they also contribute offensively. Many defenders possess powerful shots from the point and actively participate in the team's offensive strategy by shooting on goal, creating scoring chances, and generating rebounds for their teammates.
- **Quarterbacking the Power Play:** Some defensemen are particularly skilled at quarterbacking the power play, which involves controlling the puck and orchestrating offensive plays from the point during power play opportunities.

### Football Defenders

- **Centre-backs (Central Defenders):** Positioned in the center of the defense, they are usually the tallest and strongest players on the team. Their main task is to stop opposing forwards from getting close to the goal and to win aerial duels. They also organize the defense, communicate with teammates, and initiate attacks from the back by distributing the ball to midfielders.
- **Full-backs:** Positioned on the sides of the defense, full-backs have both defensive and offensive duties. They need to be quick and have good stamina as they are often required to support attacks by overlapping with wingers or providing width in the attacking third. However, their primary role is to defend against opposition wingers and

prevent crosses into the penalty area.

- **Wing-backs:** Similar to full-backs, wing-backs operate on the flanks of the defence. However, they play in a more advanced position and are expected to contribute significantly to the attack by providing crosses and creating goal-scoring opportunities. This role is commonly seen in formations with three central defenders and two wing-backs.
- **Sweeper:** In some defensive systems, especially older formations like the classic "sweepers and stoppers," a sweeper is deployed behind the line of center-backs. The sweeper's role is to "sweep up" any loose balls or opposition attacks that bypass the other defenders, providing an extra layer of security.

### Methodology

#### Selection of Subjects

The current data was obtained from (N=40) boys. They all were regular players with great talent levels, ranging in age from 18 to 25 years old, from Delhi University, at the Inter Collegiate level. Football players were among the participants. The participants were further split up into two groups: Football Defenders (N=20) and Hockey Defenders (N=20).

#### Selection of variables

To assess the mental abilities, the researcher used a standardized technique, selected variables, i.e., Foundation Skills, which include sub variables such as goal setting, confidence, and commitment, of Football Defenders and Hockey Defenders at the University of Delhi's Intercollegiate Football Players. The researcher utilized the (OMSAT-3 Version 2-2).

#### Statistical technique used

To evaluate the acquired data, descriptive statistics such as mean, standard deviation, and comparative statistics were used. To evaluate the Foundation Skills, an Independent Sample 't' Test was employed at a 0.05 threshold of significance.

### Results

Study focused on Foundation Skills (goal setting, confidence, and commitment) and examined data from 40 male football players who were split into two groups: Football Defenders (N=20) and Hockey Defenders (N=20). Results of the Independent Sample "t" test and descriptive statistics are displayed in the tables below:

**Table 1:** Descriptive statistics & independent sample 't' test of foundation skills

Variable	Game	N	Mean	S.D.	Std. Error Mean	Mean Difference	T	Sig. (2- tailed)
Goal Setting	Hockey Defenders	20	23.40	3.33	0.74	0.50	0.63	0.71
	Football Defenders	20	22.90	5.06	1.13		0.63	0.71
Confidence	Hockey Defenders	20	23.55	2.89	0.63	2.00	1.45	0.15
	Football Defenders	20	21.55	5.47	1.22		1.45	0.15
Commitment	Hockey Defenders	20	22.30	2.58	0.58	0.45	0.34	0.74
	Football Defenders	20	21.85	5.40	1.21		0.34	0.74

Table 1 compares the foundation skills variables of goal setting, confidence, and commitment for both Hockey Defenders and Football Defenders overall. The researcher found that the Mean and Standard Deviation scores of Hockey Defenders of Goal Setting (23.40±3.33), Football Defenders of Goal Setting (22.90±5.06), Hockey Defenders of

Confidence (23.55±2.89), Football Defenders of Confidence (21.55±5.47), Hockey Defenders of Commitment (22.30±2.58) and Football Defenders of Commitment (21.85±5.40).

The Hockey Defenders and Football Defenders groups differ from one another in a few average ways, but not to the point

where the differences are statistically significant.

In summary, the data presented does not satisfy the requirements for statistical significance at the 0.05 level with regard to game-based variations in the variables under analysis.

The results indicate that none of the observed group differences are statistically significant at the 0.05 level. This implies that the evidence for three Foundation Skills Variables where there is a substantial game difference is not strong enough.

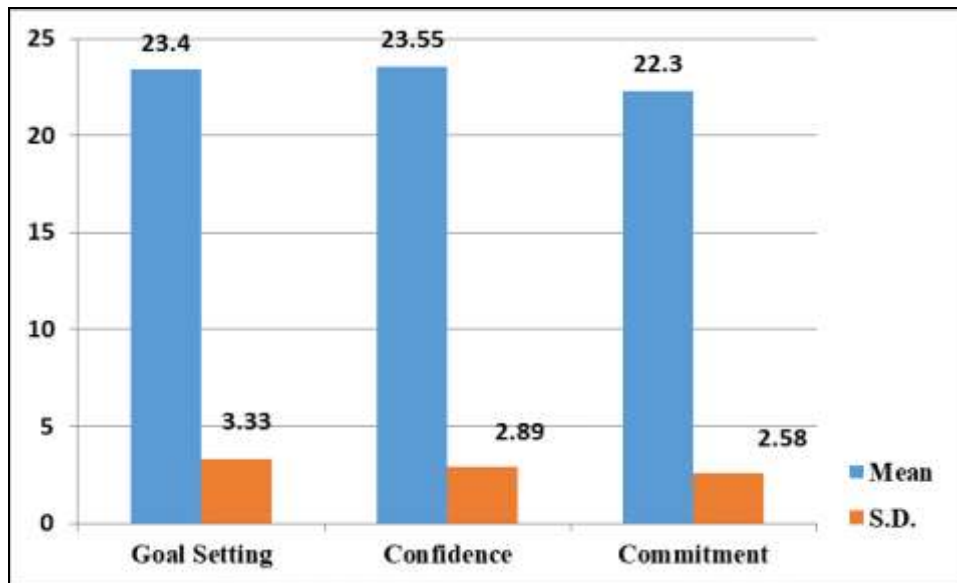


Fig 1: Graphical representation-mean and St. deviation of hockey defenders

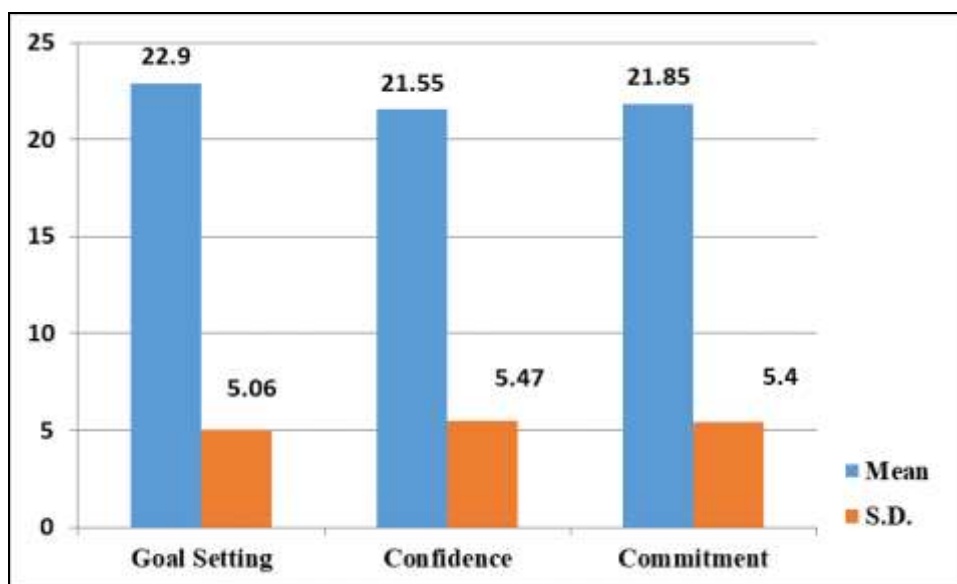


Fig 2: Graphical representation-mean and Std. deviation of football defenders

### Discussion of Findings

The 40 participants in the current study, 30 of whom were Hockey Defenders and 30 of whom were Football Defenders, were selected from the University of Delhi Football and Hockey Inter-related to Indian conditions was used to gather the data (OMSAT-3 Version 2-2). T-tests for independent samples were used to analyze the data.

- The information presented compares and contrasts the psychological characteristics of defenders of Football and Hockey in the area of Foundational Skills (Goal Setting, Confidence and Commitment).
- The findings showed that in terms of Goal Setting, Confidence and Commitment, Hockey Defenders have higher mean values than Football Defenders.

### Conclusion

The conclusions derived the information demonstrated that

there was no discernible difference between football and hockey defenders in any of the three fundamental mental skills (Goal Setting, Confidence and Commitment).

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