



## Effect of Futsal and Beach Football on Selected Game Skill Variables among Football Players

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### Abstract

The Purpose of the study was to find the Effect of Futsal and Beach Football on selected Game Skill variables among football players. For this purpose the following variables were selected as the experimental variables namely Passing, Dribbling and Shooting. To achieve the purpose of the study sixty football players were selected as subjects from KaniyaKumari district, Tamilnadu, India. They were assigned into three groups in which one group served as Experimental Group I (Futsal Game), Second group served as Experimental Group II (Beach Game) and third group served as control group. The data were collected by using standardized test Morgan Christian General Soccer Ability (1979). The collected data were analyzed by ANCOVA and followed by Scheffe's post hoc test. The results of this study show that there was significant improvement in shooting, dribbling and passing ability in football due to Futsal and Beach Football, comparing to control group. It was concluded that Futsal was significantly superior to beach football in improving dribbling. It was concluded that Beach Football was significantly superior to Futsal Game in improving Game skill variables of football players.

**Keywords:** Futsal, Beach football, Shooting, Dribbling and Passing.

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### Introduction

Soccer is a game of physical and mental challenges. A Player must execute skilled movements under generalized conditions of restricted space, limited time, physical and mental fatigue, and opposing players. One must be able to run several miles during a game, mostly at sprint like speed and respond quickly to a variety of rapidly changing situations during play. Finally, he need a thorough understanding of individual, group, and team tactics. A player's ability to meet challenges determines how well he performs on the soccer field. It is a game which calls for strenuous continuous thrilling action and therefore, appeals to the youth the world over. (Joseph A. Luxbacher, 1996)

The skills involved in the game are simple, natural and satisfying to any one who participates in the game. The origin of Futsal can be traced back to Montevideo, Uruguay, in 1930 when Juan Carlos Ceriani devised a five-a-side version of soccer for youth competition in YMCAs. The game is played on basketball-sized courts, both indoors and out without the use of sidewalls. The term FUTSAL is the international term used for the game. It is derived from the Spanish or Portuguese word. for "soccer", Futbol or Futebol. Beach soccer had started more than 30 years ago on the beaches of Rio de Janiero, Brazil. The game now has quickly developed and now is

considered an attractive and fun way to enjoy soccer. It has also become an art form. With more and more games organized around the world sand soccer - including the recent FIFA Beach Soccer World Cup - is now being slowly recognized in the wider soccer community Great soccer skills are a necessity for anyone who wants to play soccer successfully. Part of the fun of playing soccer knows the right strategies so you can help your team win the game. Players need to master a variety of talents including making good passes, scoring goals, dribbling to team mates, and weaving skillfully through opponents across the field. (Desmond Moris, 1981)

### Purpose

The purpose of the study was to find out the effect of futsal and beach football on selected game skill variables among football players.

### Methods

For this purpose the following variables were selected as the experimental variables namely Passing, Dribbling and Shooting. To achieve the purpose of the study Sixty football players were selected as subjects from KaniyaKumari district, Tamilnadu, India. They were assigned into three groups in which one group served as Experimental Group I (Futsal Game), Second group served as Experimental Group II (Beach Game) and third group served as control group. The data were collected by using standardized test Morgan Christian General Soccer Ability (1979). The present study was conducted on kaniya kumari football players. In order to

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examine the difference between Futsal and Beach Game players in the chosen variables. Analysis of Co-variance (ANCOVA) was computed. The level of significance was fixed at 0.05 level. Where ever significant differences were found Scheffe’s Post Hoc Test was used. (Thirumalaisamy, 1998)

**Results and Discussion**

Analysis of covariance was used to determine the differences, if any, among the adjusted post test means on selected criterion variables separately. The level of significance was fixed at 0.05 level of confidence to test the ‘F’ ratio obtained by analysis of covariance.

**Table 1.** Analysis of Co-Variance on Passing, Shooting and Dribbling among Football Players.

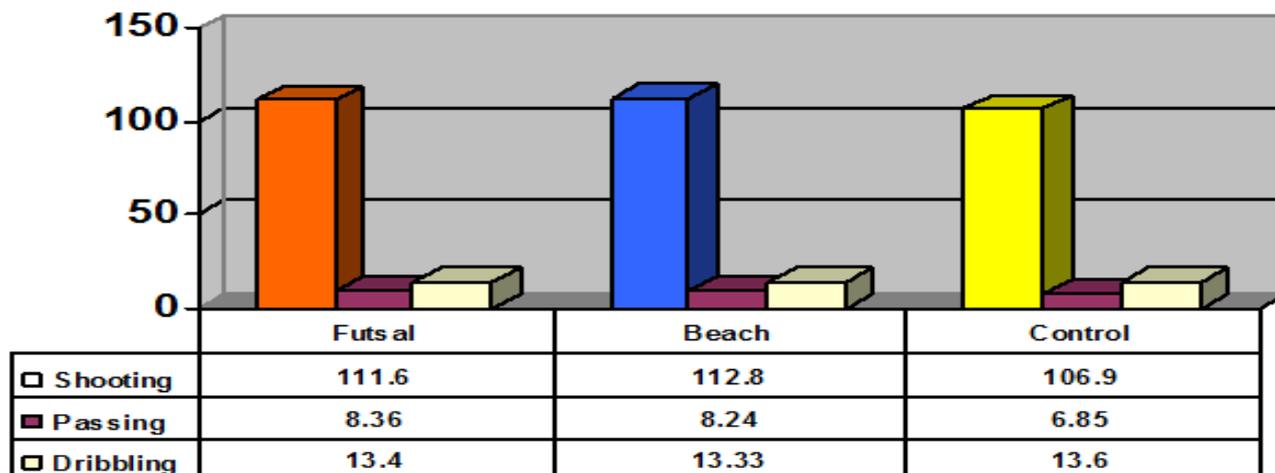
S.No	Variables	Test	Experimental Group I	Experimental Group II	Control Group	SV	SS	df	MS	F	TF
1	Passing	Pre Test	6.75	6.3	7.05	B	5.7	2	2.85	1.96	3.17
						W	82.9	57	1.45		
		Post Test	8.4	7.95	7.1	B	17.43	2	8.72	6.40*	3.17
						W	77.55	57	1.36		
		Adjusted Means	8.36	8.24	6.85	B	27.38	2	13.69	22.66*	3.18
W	33.83	56	0.60								
Mean gain	1.65	1.65	0.05								
2	Shooting	Pre Test	107.3	110.8	101.5	B	882.53	2	441.27	5.31*	3.17
						W	4740.4	57	83.16		
		Post Test	112.3	116.8	102.2	B	2236.13	2	1118.07	14.14*	3.17
						W	4508.6	57	79.10		
		Adjusted Means	111.6	112.8	106.9	B	334.91	2	167.45	22.62*	3.18
W	414.53	56	7.40								
Mean Gain	5	6	0.7								
3	Dribbling	Pre Test	13.03	13.82	13.9	B	9.78	2	4.89	10.22*	3.17
						W	27.26	57	0.48		
		Post Test	12.82	13.55	13.92	B	12.61	2	6.30	13.08*	3.17
						W	27.47	57	0.48		
		Adjusted Means	13.4	13.33	13.6	B	0.61	2	0.31	33.64*	3.18
W	0.21	56	0.009								
Mean Gain	0.21	0.27	0.02								

\* Significant at 0.05 level of confidence.

**Table-II.** Scheffe’s test of Experimental Groups and Control Group

Variables	Experimental Group I (Futsal Game)	Experimental Group II (Beach Game)	Control Group	Mean Difference	Scheffe’s test F Ratio
Passing	8.36	8.24	-	0.12	0.62
	8.36	-	6.85	1.52*	0.62
	-	8.24	6.85	1.39*	0.62
Shooting	112.83	111.6	-	1.25	2.17
	112.83	-	106.9	5.96*	2.17
	-	111.6	106.9	4.71*	2.17
Dribbling	13.6	13.4	-	0.19*	0.08
	13.6	-	13.33	0.24*	0.08
	-	13.4	13.33	0.05	0.08

**Figure 1.** Bar diagram shows the means scores of Shooting, Passing and Dribbling among Football Players



**Discussion on Findings**

The results presented in Table II proved that due to Futsal and Beach Game training, the shooting performance, dribbling performance and passing performance in football players were significantly improved over control group. In the case of dribbling performance Futsal was significantly better than Beach Game in improving dribbling ability of football players. The results proved that Beach Game has significantly improved shooting ability than control group and Futsal Game. However, Beach Game has no significant effect in improving dribbling ability.

**Conclusion**

It was concluded that there was significant improvement in shooting, dribbling and passing ability in football due to Futsal Game, comparing to control group. It was concluded that there was significant improvement in shooting and passing in football due to Beach Game,

comparing to control group. It was concluded that Beach Football Game was significantly superior to Futsal Game in improving dribbling ability of the football players

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