



Analysis of Selected Physical Fitness Variables among the Defensive Midfield and Offensive Football Players

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Abstract

The purpose of the present study was to analyse the selected physical fitness variables among the defensive, midfield and offensive football players. To achieve the purpose of present study 30 football players, in that 10 players from each position namely defenders, midfielder and forwarders were selected from Seshadripuram Degree College, Mysuru, Karnataka, India and their age ranged between 18 and 21. To achieve the purpose of study the samples were tested using the standardized test. To analyse the selected physical fitness variables among the defensive, midfield and offensive football players one way ANOVA and scheffes's test was applied if found significance. Based on the result it was concluded that no different was found on speed, and flexibility among the defensive, midfield and offensive players. That it was inferred that the players are having equal performance invariably in position play.

Keywords: Speed, Flexibility, Playing Positions, Football.

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Introduction

Football is played in accordance with a set of rules known as the Laws of the Game. The game is played using a single round ball. Defenders play behind the midfielders and their primary responsibility is to provide support to the goalkeeper, and to prevent the opposition from scoring a goal. They usually remain in the half of the field that contains the goal they are defending. Taller defenders will move forward to the opposing team's penalty box when their team takes corner kicks or free kicks, where scoring with one's head is a possibility. A midfielder plays between the defence and attack. Midfielders are players whose position of play is midway between the attacking strikers and the defenders. Their main duties are to maintain possession of the ball, taking the ball from defenders and feeding it to the strikers, as well as dispossessing opposing players. Forwards are the players on a team in the row nearest to the opposing team's goal. The primary responsibility of strikers/forwards is to score goals. Modern player formations include between one and three strikers; two is most common, as in the 4-4-2 formation. Because they score more goals than other players, forwards are often among the best-known and most expensive players on their teams (Reilly, 1996).

Methodology

The purpose of the present study was to analyse the selected physical fitness variables among the defensive, midfield and offensive football players. To achieve the purpose of present study 30 football players, in that 10 players from each position namely defenders, midfielder and forwarders were selected from Seshadripuram Degree College, Mysuru, Karnataka, India and their age ranged between 18 and 21. To achieve the purpose of study the samples were tested using the standardized test. To analyse the selected physical fitness variables among the defensive, midfield and offensive football players one way ANOVA and scheffes's test was applied if found significance.

Results

Table 1. Mean values of selected variables among the defensive, midfield and offensive players

Sl.No	Variables	Defenders	Midfielders	Attackers
1	Speed	6.77	6.70	6.71
2	Flexibility	34.60	34.90	35.00

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Table 2. Analysis of variance on speed among the defensive, midfield and offensive

	Sum of Variance	Sum of Squares	df	Mean Square	F
Speed	Between Groups	1.05	2	0.53	0.57
	Within Groups	24.84	27	0.92	

Table 2 reveals that the F value was 0.57. To be significant at 0.05 level for degree of freedom 2, 27, the required critical values was 3.35. Here the observed ‘F’ value (0.57) was found to be less than the required critical value 3.35. Hence it was concluded that the mean

difference among the defensive, midfield and offensive football players in speed was statistically not significant. From this, it was inferred that as for as performance on speed in concerned players of varied positions such as defensive, midfield and offensive are all equal.

Figure 1. Bar diagram showing the differences on performances of speed of defensive, midfield and offensive football players

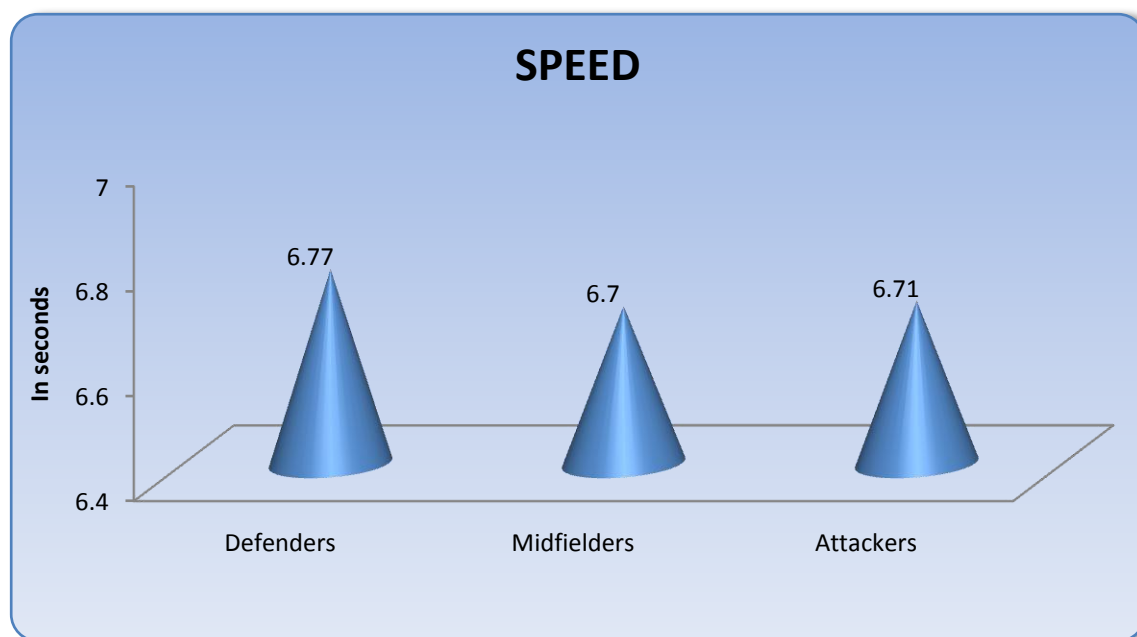


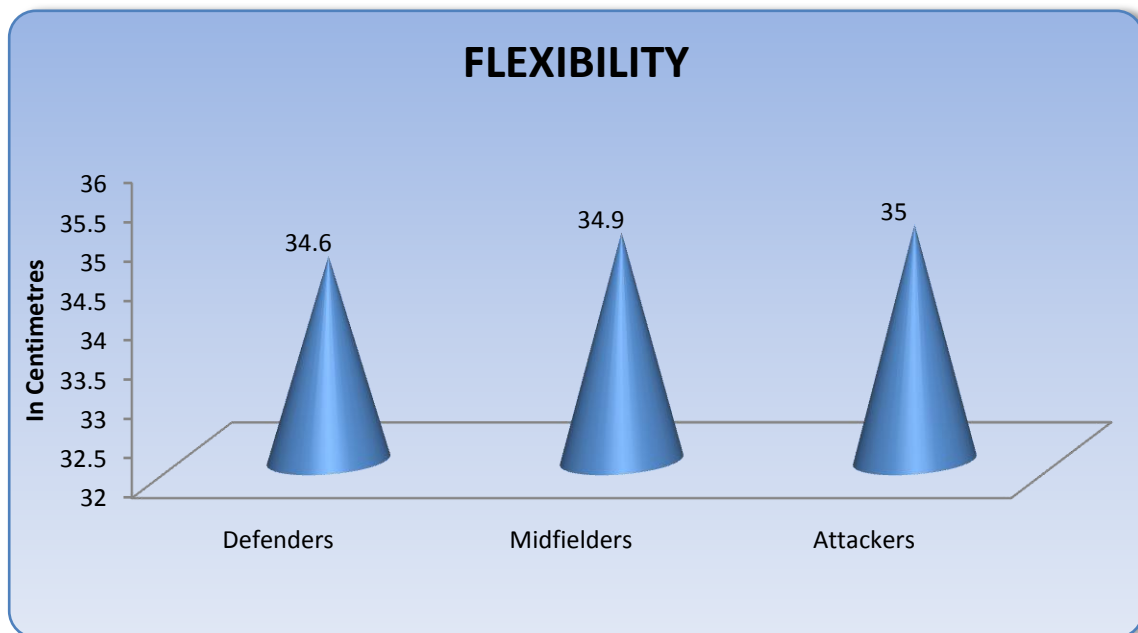
Table 3. Analysis of variance on flexibility among the defensive, midfield and offensive

	Sum of Variance	Sum of Squares	df	Mean Square	F
Flexibility	Between Groups	4.42	2	2.21	0.22
	Within Groups	272.99	27	10.11	

Table reveals that the F value was 0.22. To be significant at 0.05 level for degree of freedom 2, 27, the required critical values was 3.35. Here the observed ‘F’ value (0.22) was found to be less than the required critical value 3.35. Hence it was concluded that the mean difference among the defensive, midfield and offensive

football players in Flexibility was statistically not significant. From this, it was inferred that as for as performance on Flexibility in concerned players of varied positions such as defensive, midfield and offensive are all equal.

Figure II. Bar diagram showing the differences on performances of flexibility of defensive, midfield and offensive football players



Conclusions

Based on the result it was concluded that no different was found on speed, and flexibility among the defensive, midfield and offensive players. That it was inferred that the players are having equal performance invariably in position play.

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