

Comparison of Skill Performance among Women Soccer Players

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INTRODUCTION

Soccer is not just a game; it's a passion, hope and religion for its lovers. Soccer has become very popular game in the world; all the most nation play soccer, both of enjoyment and competitions. The spectators and players enjoy the games of soccer with the great amount of merriment. Soccer is a game which causes for strenuous continuous thrilling actions and therefore, appeals to the youth the world over

The history of soccer is in fact is untraceable. But one will admit that interest in soccer among the people the world was found, long back. The birth of modern Soccer is in England. The rules of Soccer were codified in England by the Soccer Association in 1863. The ever increasing popularity of soccer has created demand to put a game in all better scientific thought. Therefore the coaches and teachers have endeavor red each and coach the participants with methods and materials which would enable them to play the game with more enjoyment win the game for assessing their general soccer ability and predicting their performance a definite and appropriate evaluating procedure is needed.

McDonald Soccer Skill Test is to measure general soccer ability among High school through college going. It needs 3 soccer balls and stopwatch. A restraining line is marked 9 feet from a wall, 30 feet wide and 11.5 feet high. A soccer ball is placed on the restraining line. On the signal, "Go," the test performer kicks the ball

against the wall as many times as possible in 30 seconds. Two soccer balls are placed 9 feet behind the restraining line in the center of the test area. In the event of a wild kick, the test performer may retrieve the original ball or use one of the two additional balls. The hands may be used to retrieve a ball. Any type of kick may be used but all kicks must be kicked from the ground behind the restraining line. Four trials are administered. The number of legal kicks in each 30 second period is recorded. The test score is the highest total of any four trials.

Johnson soccer skill test is to measure general soccer ability among college level women. Needs 3 soccer balls, stop watch and backboard 24 feet wide and 8 feet high are required. This target has the same dimensions as a regulation soccer goal. A restraining line is marked 15 feet from the wall. A ball box for spare ball is located 15 feet in back of the restraining line. The subject holds a soccer ball while standing behind the restraining line. On the signal to begin the subject kicks the ball against the backboard as many times as possible in 30 sec. The ball must be kicked from the restraining line. If subject loose the ball he can either take the spare ball or continue with same ball. Three trail with duration of 30 second each. The score were the highest number of legal kick in any of the trail.

PROCEDURE

Twenty five women's soccer players of L.N.U.P.E Gwalior, who were regularly reporting for soccer practice during the coaching Period, were selected randomly as subjects of the study. Their ages ranged between 18 and 25 years according to the college records. All the subjects were residing in the college hostels and undergoing the same programme of instructions in the theory and sports activities except for individual food preferences and voluntary recreational habits.

The research scholar reviewed the available scientific literature and internet sources to the McDonald and Johnson test from various Journals and Websites.

Criterion Measures

Following were the criterion measure;

1. Mc Donald soccer test: the score was the maximum kicks in 30 seconds.
2. Johnson soccer test: the soccer was the maximum in 30 seconds.

The pertaining to the selected objective skill tests of soccer were collected in the Soccer Field and Gymnastic hall of Lakshmbai National University of Physical Education, Gwalior for the purpose of study both the test were administered to all the subjects as per their prescribed procedure.

McDonald Soccer Skill Test

Purpose – to measure general soccer ability.

Equipment and material – a wall or backboard and 11.1/2 feet height is needed. A restraining line is drawn 9 feet from the wall. A stopwatch and three soccer ball properly inflated and in a good condition are required.

Direction – At the signal” go” they had began kicking the ball from behind the 9 feet restraining line against the wall as many times as possible in 30 second. The subject may kick it on the fly or in the bounce. He might retrieve the ball using his hand or by kicking but all the kicks were be made from behind the restraining line. If the ball gets out of control. The subject had to option of playing one of the spare balls instead of restraining the loose ball. He might use his hand in getting all spare balls in position. The spare ball were placed 9 feet behind the restraining ling four trail were allowed.

Scoring- The score were the highest number of legal kick in any of the trail.

Johnson soccer skill test

Purpose – to measure general soccer ability.

Equipment and material – Soccer ball, stop watch and backboard 24 feet wide and 8 feet high are required. This target has the same dimensions as a regulation soccer goal. A restraining line is marked 15 feet from the wall. A ball box for spare ball is located 15 feet in back of the restraining line.

Direction – The subject hold a soccer ball while standing behind the restraining line. On the signal to begin. The subject kicks the ball against the backboard as many times as possible in 30 sec. The ball must be kicked from the restraining line. If subject loose the ball he can either take the spare ball or continue with same ball. Three trail with duration of 30 second each.

Scoring: The score were the highest number of legal kick in any of the trail.

DELIMITATIONS

1. The study was delimited to the skill performance women soccer players in outdoor and indoor situation.
2. The study further delimited to age group of 18 to 25 years and on undergraduates and postgraduate students of L.N.U.P.E only.
3. The study was further delimited following selected skills- McDonald soccer skill test and Johnson soccer skill test.

LIMITATIONS

1. During the administration of the test no external motivation was provided to the student and differences in performance of subjection the various test conducted due to the lack of motivation was identified as the limitation of this study
2. The quality and type of the shoes with the subjects were wearing was of their own choice.

RESULTS

The statistical analysis of data pertaining to the performance on two selected objective skill tests of soccer collected on 25 female soccer players have been presented in here. To compare the rating on the two selected tests, individual 't' test was applied on the level of significance set at 0.05 level.

The findings of the study have been presented in table- I and table- II

Table- I

Comparison of Mc Donald Soccer Skill in Outdoor and Indoor Situation.

Performance Compared	Mean	Standard Deviation	Mean Difference	Degree of Freedom	't' value
Indoor	13.88	3.32	9.96	48	11.793 *
Outdoor	23.84	2.60			

Tab't' 0.05=1.671

An examination of table- I clearly show the skill performance asses through Mc Donald test in different situations is significantly different, since the obtain t, value 11.79 is much greater than the tab t, value 1.671 . These findings implied that skill performance under Mc Donald test in outdoor condition is better significantly than the indoor condition.

Table- II**Comparison of Johnson skill test performance in outdoor and indoor situation.**

Performance compared	mean	Standard deviation	Mean difference	Degree of freedom	t value
indoor	12.92	3.91	4.56	48	4.965*
outdoor	17.48	2.40			

Tab't' 0.05=1.671

An examination of table- II clearly show the skill performance asses through Johnson test in different situations is significantly different, since the obtain t, value 4.965* is much greater than the tab t, value 1.671 . These findings implied that skill performance under Johnson test in outdoor condition is better significantly than the indoor condition.

Discussion of the Findings

Within the limitations of the present study and on the basis of the findings the following conclusions were drawn.

1. Mc Donald and Johnson skill test were to be useful for evaluation.
2. Significant difference of McDonald and Johnson test in the indoor and outdoor conditions.

(It may be due to different playing surfaces, types of shoes, mental preparation and environmental condition.)

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