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Comparative Study On Agility Among Different Kanyashree Cup Women Soccer Players

Md. Washim Akhter- Ph.D Scholar, Desh Bhagat University, Mandi Gobindgarh, Punjab

Dr. Pravin kumar- Director of the Dept. of Physical Education

ABSTRACT

Purpose of the study was to investigate the Comparative Study on Agility among Different kanyashree cup women Soccer Players. For the present study a total subject (N-100) Kanyashree cup women soccer players of West Bengal, age ranging 15-18 years. The researchers selected physical fitness variables that is agility for the present study. The data was analyzed by applying F-test at 0.05 level of significance. The finding of the present study strongly reveals that there was no significant deference among different positional kanyashree cup women soccer players.

Kyewords: physical fitness, Agility, different football position, Kanyashree cup.

INTRODUCTION

Women's soccer has become one of the fastest-growing sports worldwide. As a physically demanding contact game, it requires a wide range of skills performed at varying intensities. Explosive movements such as sprinting, jumping, kicking, and rapid changes of direction are essential for developing muscular strength and anaerobic power. At the same time, continuous running makes up a large portion of match play, highlighting the importance of strong aerobic endurance. Maintaining a high level of overall fitness is therefore crucial for optimal performance.

Physical fitness is very important for women who play soccer because it helps improve their ability to perform high-intensity actions, last longer in the game, speed up quickly, and change direction effectively. These abilities are key to doing well and achieving success in matches. Through fitness training, important qualities like the ability to run fast and have good stamina are developed, which help players perform better during games. Also, building physical fitness can lower the higher risk of injuries that female soccer players often face, especially knee injuries like ACL tears. This makes players stronger and more able to keep up with the game's demands throughout the match. This highlights the need to focus more on physical fitness, as well as anthropometric and physiological factors, in order to achieve better results on the global stage of women's football.

The measurement of regular exercise was most preferred as a way to assess physical fitness. These findings, along with the proven physical and mental health benefits of consistent exercise, suggest that the best way to measure physical fitness for most people is by looking at how active they are on a regular basis. Having some level of muscle strength and flexibility, as well as some cardiovascular endurance, is important to avoid illness. While body weight and composition can influence how well someone performs in exercise, these factors shouldn't be used to judge sports ability or determine daily weight checks. It's important to eat and drink enough before, during, and after exercise to keep blood sugar levels steady, perform better during workouts, and recover more quickly.

Participation in sports is a common aspect of human nature and begins to develop from a very young age. The abilities of an athlete are mainly determined by their physical fitness, which includes factors like muscle strength and endurance, heart and lung capacity, flexibility, speed, power, quickness, and balance. These abilities can vary depending on the sport the athlete participates in. The objective of this research was to assess the motor abilities, overall fitness status, and body composition of female football players across various levels of participation.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out “Comparative Study on Agility among Different kanyashree cup women Soccer Players”

METHODOLOGY

For the purpose of the study 100 women soccer players were purposively selected from various districts of West Bengal who participated in the Kanyashree Cup. The age range of the participants was between 15 - 18 years. A systematic approach was adopted for the assessment, which included a comprehensive set of measurements across Physical Fitness variables. The selection criteria focused exclusively on women actively involved in competitive soccer, ensuring a homogenous sample in terms of sport-specific engagement.

Criterion Measures

Agility: Evaluated through the 4 × 10-yard shuttle run test, with performance time recorded to the nearest one-tenth of a second.

Statistical procedure

They were statistically analyzed by using the analysis of variance (ANOVA) to determine the difference, if any, among the phase on Physical Fitness variables of women goalkeeper, defender, midfielder and sticker. Whenever the obtained ‘F’ ratio was found to be significant the LSD test was applied as a post hoc test to find out the paired mean differences, if any

Findings

Table-1

Tabular presentation of data in respect of agility among Goalkeeper, Midfielder, Defender and Attacker

GROUP	Mean	SD	DEGREE OF FREEDOM	"F" RATIO
Goalkeeper	10.78	0.92	(K-1) = 3	0.47
Midfielder	10.76	0.90		
Defender	11.04	0.91	(N-K) = 96	
Attacker	10.09	0.91		

*Significant at 0.05 level of confidence: F 0.05 (3,96)=2.699, Number of Subjects(N)=100

NS- Not significant

Discussion-From the finding of the mean, SD table no.-1 for the variables of the agility it is clearly shows that there was no significant difference among goalkeeper, midfielder, defender and attacker. The mean and SD value of agility is goalkeeper-10.78±0.92, midfielder- 10.76±0.90, defender-11.04±0.91 and attacker- 10.09±0.91. The 'F' ratio of agility is 0.47 which is less than table value $F_{0.05}$ (3,96)=2.699>0.47.

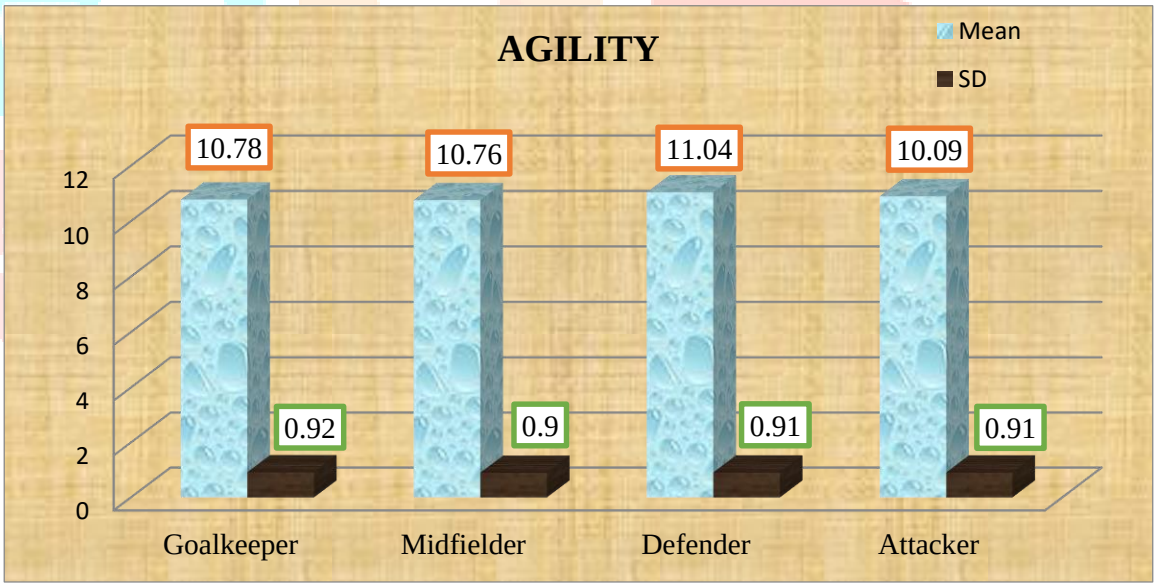

Figure -1 Mean, Standard Deviation on lean agility among Goalkeeper, Midfielder, Defender and Attacker

Discussion

As per finding of table are concerned to investigate the Comparative study on Agility among Different kanyashree cup women Soccer Players were found no significantly difference. Attackers constantly perform rapid changes of direction, feints cuts and turns, one on one dribbling to beat defenders.In case of midfielders emphasize continuous running and endurance and bias reduces peak agility performance. In case of goalkeeper's agility is mostly goal area specific, not multi directional agility used in field tests,and at last defenders are trained to hold position, maintain balance and delay attackers, not to constantly cut and feint.

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