



## **Effects of Physical Fitness Exercises for Development of Football Skills among University Players Performance**

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### **ABSTRACT:**

Physical Fitness Exercises are a vital component for athletes for obtaining the fitness Components the present study to find out the Effects of Physical Fitness Exercises for the development of skills among University Players Performance. The sample for the present study consists of 60 Male Football players Affiliated Colleges of Andhra University out of which 30 are experimental group and 30 are controlled group. Physical Fitness Exercises such as Sprints, zig zag runs, medicine ball Exercises, hopping, vertical jumps, bounding, depth jumps, tuck jumps, Push-ups etc were given to experimental group on alternate days i.e. two sessions per week and controlled group were given the general training for six weeks. Pre Test and Post Test were conducted in This study shows that due to the Physical Fitness Exercises training there is a improvement of experimental group in the physical fitness components speed, agility, flexibility, Strength and Endurance and controlled group is decreased in performance of football skills. Football players is all about use explosive power. Explosive power is a combination of speed, flexibility, agility muscular endurance and muscular strength, all of which can be developed through Physical Fitness Exercises. It is concluded that due to Physical Fitness Exercises there will be improvement in football skills performance among Football players.

**Key Words:** Football Skills, Fitness Components, Physical Fitness exercise, Football Players.

### **INTRODUCTION :**

1. Physical Activity (PA) encompasses any movement of the body that results from the contraction of skeletal muscles and necessitates energy expenditure. This broad category includes not only structured exercise but also various activities that involve bodily movement, such as playing, working, engaging in active transportation, performing household chores, and participating in recreational pursuits. Exercise, as a specific subset of physical activity, is characterized by being planned, structured, repetitive, and aimed at enhancing or preserving one or more aspects of physical fitness.

Therapeutic exercise refers to movements that are specifically prescribed to address impairments, restore muscular and skeletal function, and maintain overall well-being. This form of physical activity is utilized to treat or prevent injuries and to enhance functional outcomes. The scientific evidence supporting the positive effects of exercise is unequivocal, and for the majority of adults, the advantages of engaging in exercise significantly surpass the associated risks. An exercise regimen that incorporates aerobic, resistance, flexibility, and neuromotor training is essential for improving and sustaining physical fitness and health in most adults.

Sports encompass physical activities that involve players or athletes competing in various exercises. A significant number of individuals participate in sports for several key reasons, which can be divided into two distinct groups. The first group engages in sports primarily for relaxation, enjoyment, and stress relief. In contrast, the second group consists of elite athletes who commit themselves to rigorous training and practice, demonstrating a high level of dedication. While the motivations of these two groups differ significantly, they are united by the mental skills required in sports. Mia Hamm, a former American soccer player, emphasized that "the most important attribute a player must have is mental toughness" (Hamm, n.d.). Although physical attributes are often associated with sports, success is largely influenced by a player's ability to focus, concentrate, and remain committed. Therefore, mental fitness plays a more crucial role in sports than physical fitness (Afrechow, 2014). This paper will explore the significance of mental fitness, drawing parallels between Indian mythological warriors and contemporary athletes.

Physical fitness constitutes a fundamental element of soccer performance. While technical skills are essential for a player's success, the absence of adequate fitness will hinder their overall effectiveness on the field. Aerobic endurance is particularly critical, as players must sustain a high level of intensity throughout the entirety of a 90-minute match. Additionally, anaerobic fitness, which encompasses running speed and the ability to perform repeated sprints, is vital. Players must also possess agility, strength, power, and flexibility. Further exploration of these essential fitness components for soccer can be found in additional discussions.

Consistent training is necessary across all fitness domains. It is advisable to begin with a well-structured plan. When devising an effective training program, several key factors should be considered. The training regimen should be tailored to meet specific objectives and customized to enhance the unique physical capabilities of individual players. To facilitate improvement, the physical demands placed on players must progressively increase as

their fitness levels rise. Incorporating cross-training and integrating fitness elements into training drills can help maintain player engagement and motivation. Additional resources are available regarding training for sports, including a focused article on speed training in soccer.

The physical requirements for players differ based on their respective positions, necessitating tailored training programs. Goalkeepers, in particular, have unique fitness needs that should be addressed. Their training regimen must emphasize explosive power and flexibility. While the body's natural reaction time is challenging to enhance, consistent practice and refined techniques can assist goalkeepers in better anticipating plays and positioning themselves to make swifter decisions. It is essential to conduct regular fitness assessments to track training progress and identify which fitness components require further focus. Various soccer-specific fitness tests, along with general fitness assessments, can effectively evaluate the overall fitness levels of soccer players. Additional information regarding fitness testing for soccer is available.

## STATEMENT OF THE PROBLEM

The purpose of the study "Effects of Physical Fitness Exercises for Development of Football Skills among University Players Performance".

## METHODOLOGY

The purpose of the present study to find out the effect of Physical Fitness Exercises or the development of football skills among University Players Performance. The sample for the present study consists of 60 Male Football Players in Affiliated Colleges of Andhra University out of which 30 are experimental group and 30 are controlled group. Physical Fitness Exercises such as Vertical Jumps ,Push ups, Medicine Ball Throws, Hopping, Bounding, Tuck Jumps, Box Jumps, dumbbell throws etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for six weeks. Pre Test and Post Test were conducted in Pull ups to measure the Football Skills (Blocking ,Dribbling, Passing accuracy , shooting , Touch and Ball Control ..etc ) tests to measure the among experimental group and controlled group.

### Physical Fitness Components and Exercises tests :

1. Speed – 30 mts Run
2. Agility – 10 Mts x 5 Shuttle Run
3. Flexibility – Sit and reach bench
4. Strength - Pushups and Vertical Jump
5. Endurance – Cooper Test

### Data Analysis

Descriptive percentages were used in the data analysis for this study. It tries to assess how much physical activity outside of class football and futsal players engage in (Serrano et al., 2021). Additionally, to identify differences between the use of the SPSS version 26 application and an independent t test.

**Table I: Mean values of Physical Fitness test between experimental and control groups of football players.**

Variable	Group	Pre Test M	Post Test M	t' value	P' Value
Speed	Experimental	7.34	7.04	3.44	0
	Control	7.38	7.37		
Agility	Experimental	9.98	8.96	3.95	0
	Control	10.75	10.68		
Flexibility	Experimental	14.24	16.45	5.89	0
	Control	10.45	10.62		
Strength	Experimental	63.25	85.34	5.24	0
	Control	52.45	53.12		
Endurance	Experimental	130.21	122.56	8.43	0
	Control	145.21	144.85		

**Table 1 :** The Experimental Group of speed Mean is 7.34 in Pre Test and Controlled Group mean is 7.38 in Pre Test there is a difference of 0.01 in Pre Test. The Experimental Group Mean is 7.04 in Post Test and Controlled Group mean is 7.37, the Experimental Group mean in Post Test in speed is decreased from 7.34 to 7.04 there is a improvement of 0.30 from Pre Test to Post and Control Group Mean is post test is 7.38 there is a increase of 7.38 to 7.37 from Pre Test to Post, the performance is come down to 0.01 in the controlled group.

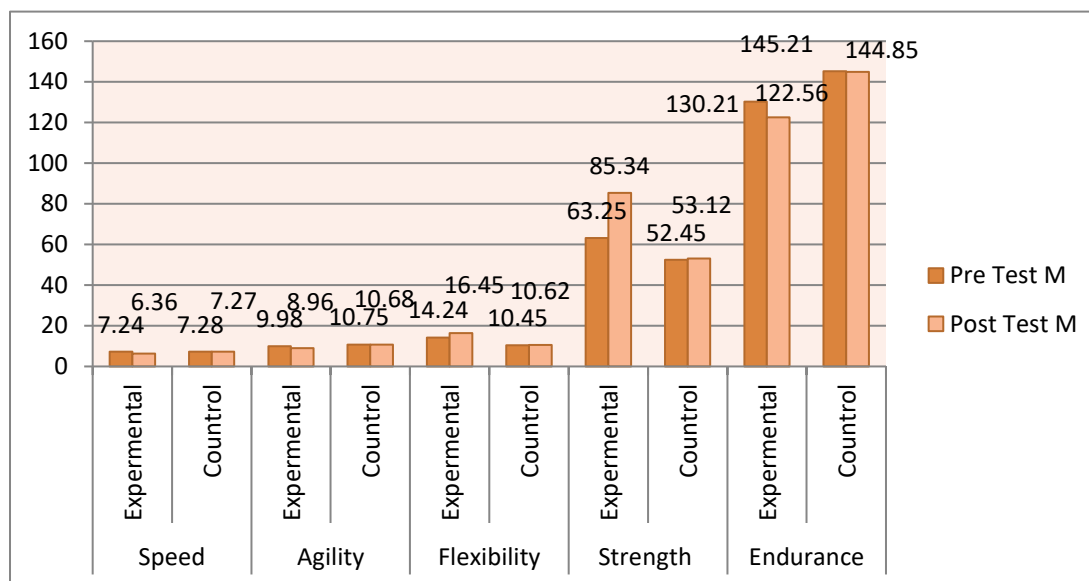
The Experimental Group of agility Mean is 9.98 in Pre Test and Controlled Group mean is 10.75 in Pre Test there is a difference of 0.01 in Pre Test. The Experimental Group Mean is 8.96 in Post Test and Controlled Group mean is 10.68, the Experimental Group mean in Post Test in agility is decreased from 9.98 to 8.96 there is a improvement of 1.02 from Pre Test to Post and Control Group Mean is post test is 10.75 there is a increase of 10.75 to 10.68 from Pre Test to Post, the performance is come down to 0.07 in the controlled group.

The Experimental Group of Flexibility Mean is 14.24 in Pre Test and Controlled Group mean is 10.45 in Pre Test there is a difference of 0.01 in Pre Test. The Experimental Group Mean is 14.24 in Post Test and Controlled Group mean is 10.45, the Experimental Group mean in Post Test in agility is decreased from 14.24 to 16.45 there is a improvement of 2.21 from Pre Test to Post and Control Group Mean is post test is 10.62 there is a increase of 10.45 to 10.62 from Pre Test to Post, the performance is come to 0.17 in the controlled group.

The Experimental Group of Strength Mean is 63.25 in Pre Test and Controlled Group mean is 52.45 in Pre Test there is a difference of 0.01 in Pre Test. The Experimental Group Mean is 63.25 in Post Test and Controlled Group mean is 52.45, the Experimental Group mean in Post Test in Strength is increase from 63.25 to 85.34 there is a improvement of 22.09 from Pre Test to Post and Control Group Mean is post test is 53.12 there is a increase of 52.45 to 53.12 from Pre Test to Post, the performance is come to 0.67 in the controlled group.

The Experimental Group of Endurance Mean is 130.21 in Pre Test and Controlled Group mean is 145.21 in Pre Test there is a difference of 0.01 in Pre Test. The Experimental Group Mean is 122.55 in Post Test and Controlled Group mean is 144.35, the Experimental Group mean in Post Test in Endurance is increase from 130.22 to 122.56 there is a improvement of 107.66 from Pre Test to Post and Control Group Mean is post test is 144.35 there is a increase of 145.21 to 144.35 from Pre Test to Post, the performance is come to 0.89 in the controlled group.

**Fig -1: Bar diagram of Mean values of Physical Fitness test between experimental and control groups of football players.**



## RESULTS

This results of the study shows that due to the Physical Fitness Exercises training there is a improvement of experimental group in football skills (Blocking, Dribbling, Passing accuracy, shooting, Touch and Ball Control ..etc) and controlled group is no improvement in performance of football skills due to the general training.

## CONCLUSION:

Football players paining in Football matches is all about explosive power. Explosive power is a combination of speed, Agility, Coordination, flexibility, muscular endurance and muscular strength, all of which can be developed through Physical Fitness Exercises. In a competitive sport such as Football skills in events overall body speed, strength and ability to Moments quickly are distinct advantage. Competition are according to the Events High Performance. It is concluded that due to Physical Fitness Exercises there will be improvement in Football skills performance among Football Players.

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