



## ANALYSIS OF MUSCULAR ENDURANCE AMONG FOOTBALL PLAYERS AT DIFFERENT PLAYING POSITIONS

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### ABSTRACT

*The purpose of the present study was to analyse the muscular endurance football players at different playing positions. To achieve the purpose of present study 30 football players, in that 10 players from each position namely defense, midfielder and offence were selected from D.K.Govt.Model H.S.S, Natham Kovilpatti, Tamilnadu and their age ranged between 15 and 17. To achieve the purpose of study the samples were tested using the standardized test. Before the test the sample on variables used in the study. The where explained clearly about the purpose of the study to ensure the quality of data in thus in data for the present study were collected. To analyse the study one way ANOVA test was applied. Based on the result it was concluded that no different was found on muscular endurance among the defensive, midfield and offensive players. That it was inferred that the players are having equal performance invariably in position play.*

**KEYWORDS:** Muscular Endurance, Playing Positions, Football.

### 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 (the football). Two teams of eleven players each compete to get the ball into the other team's goal (between the posts and under the bar), thereby scoring a goal. The team that has scored more goals at the end of the game is the winner; if both teams have scored an equal number of goals then the game is a draw. The primary rule is that players (other than goalkeepers) may not deliberately handle the ball with their hands or arms during play (though they do use their hands during a throw-in restart). Although players

usually use their feet to move the ball around, they may use any part of their bodies other than their hands or arms (Young & Rath, 2011).

### METHODOLOGY

The purpose of the present study was to analyse the muscular endurance football players at different playing positions. To achieve the purpose of present study 30 football players, in that 10 players from each position namely defense, midfielder and offence were selected from D.K.Govt.Model H.S.S, Natham Kovilpatti, Tamilnadu and their age ranged between 15 and 17. To achieve the purpose of study the samples were tested using the

standardized test. Before the test the sample on variables used in the study. The where explained clearly about the purpose of the study to ensure the

quality of data in thus in data for the present study were collected. To analyse the study one way ANOVA test was applied.

**RESULTS**

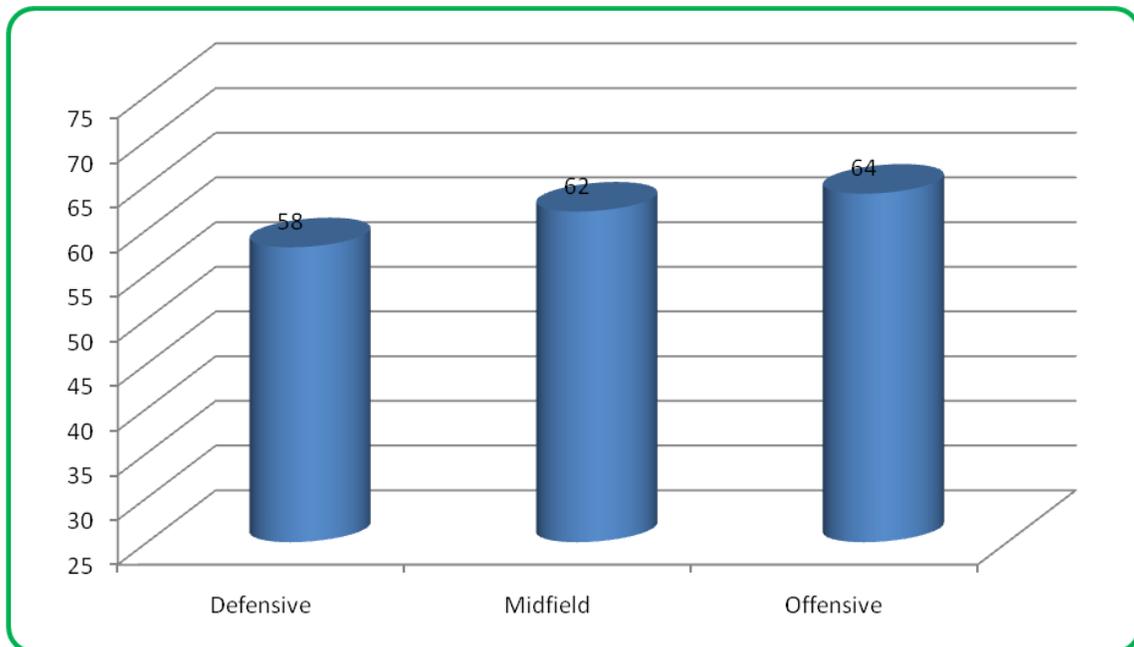
**TABLE - I  
ANALYSIS OF VARIANCE ON MUSCULAR ENDURANCE AMONG THE DEFENSIVE, MIDFIELD AND OFFENSIVE**

|                    | Sum of Variance | Sum of Squares | df | Mean Square | F    |
|--------------------|-----------------|----------------|----|-------------|------|
| Muscular Endurance | Between Groups  | 0.87           | 2  | 0.43        | 0.45 |
|                    | Within Groups   | 25.88          | 27 | 0.96        |      |

Table I reveals that the F value was 0.45. 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 (0.45) 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 muscular endurance was statistically not significant. From this, it was inferred that as for as performance on muscular endurance in concerned players of varied positions such as defensive, midfield and offensive are all equal.

**FIGURE – I  
BAR DIAGRAM SHOWING THE DIFFERENCES ON PERFORMANCES OF MUSCULAR ENDURANCE OF DEFENSIVE, MIDFIELD AND OFFENSIVE FOOTBALL PLAYERS**



## CONCLUSION

Based on the result it was concluded that no different was found on muscular endurance 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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