



## ANALYSIS OF SELECTED PHYSICAL FITNESS VARIABLES AMONG 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 defensive, midfield and offensive football players. 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 selected physical fitness variables among the defensive, midfield and offensive football players one way ANOVA test was applied. Based on the result it was concluded that no different was found on flexibility and speed among the defensive, midfield and offensive players. That it was inferred that the players are having equal performance invariably in position play.*

**KEYWORDS:** Analysis, Physical Fitness, Football.

### INTRODUCTION

Football the skills such as dribbling, passing, kicking, heading and throw in are under line the simultaneous function of body and mind these the skills are required psychomotor ability for it is efficient functioning the player performance psychomotor ability to be studied about from the game of football is playing with various position it is believed that the players may be differ in psychomotor characteristics with is a present study was carried out to study the psychomotor ability selectively on leg and eye coordination and depth perception among the various position such as defensive, midfield and

offensive. Football is a ball game played on a rectangular grass or artificial turf field, with a goal at each of the short ends. The object of the game is to score by maneuvering the ball into the opposing goal. In general play, the goalkeeper is the only player allowed to use their hands or arms to propel the ball; the rest of the team usually use their feet to kick the ball into position, occasionally using their torso or head to intercept a ball in mid air. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extra time and/or a penalty shootout,

depending on the format of the competition (Alves et al. 2020).

**METHODOLOGY**

The purpose of the present study was to analyse the selected physical fitness variables among defensive, midfield and offensive football players. 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

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**RESULTS**

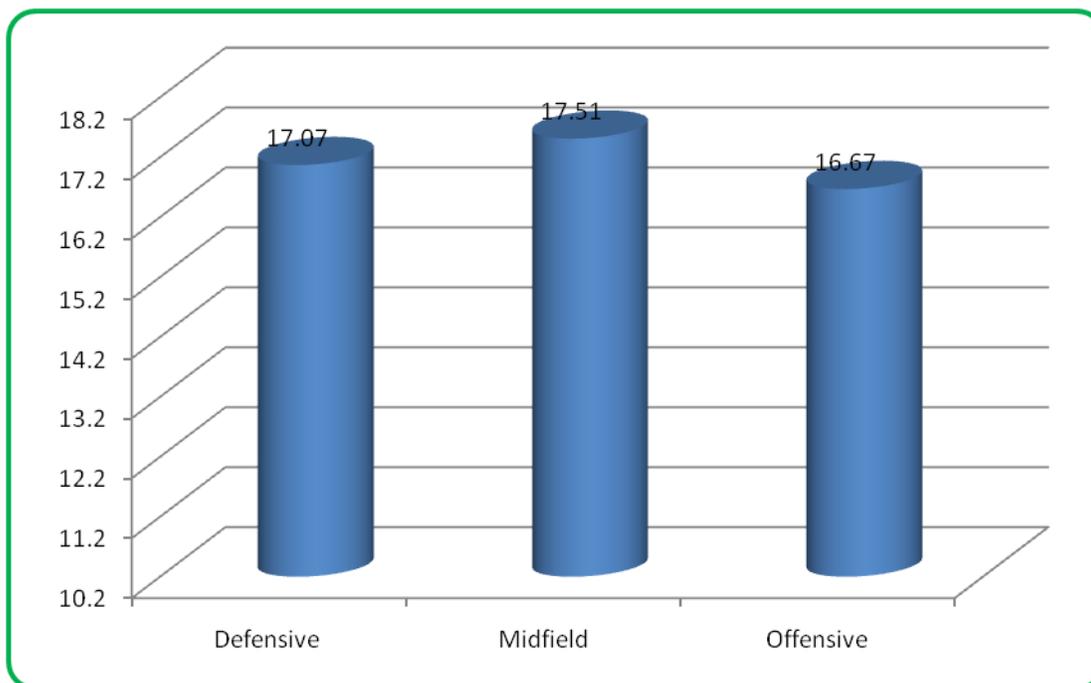
**TABLE - I  
ANALYSIS OF VARIANCE ON FLEXIBILITY AMONG THE DEFENSIVE,  
MIDFIELD AND OFFENSIVE**

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



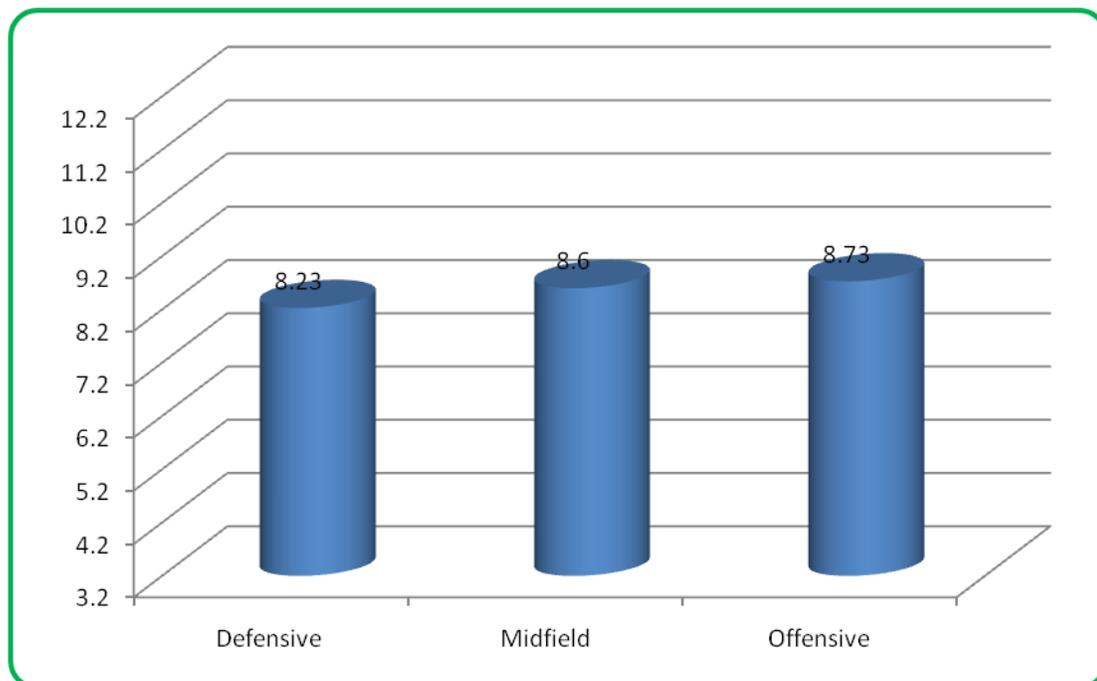
**TABLE - II**  
**ANALYSIS OF VARIANCE ON SPEED AMONG THE DEFENSIVE, MIDFIELD AND OFFENSIVE**

	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 II 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 – II**  
**BAR DIAGRAM SHOWING THE DIFFERENCES ON PERFORMANCES OF**  
**SPEED OF DEFENSIVE, MIDFIELD AND OFFENSIVE FOOTBALL PLAYERS**



**CONCLUSION**

Based on the result it was concluded that no different was found on flexibility and speed 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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