

Comparison Of Agility Endurance And Speed Between Football Referees And Football Players

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ABSTRACT

The purpose of the study was to comparison of agility endurance and speed between football players and football referees. Sixteen football players studying from Vellore institute of Technology, Chennai campus and Sixteen football referees from Tamilnadu Physical Education and Sports University, Chennai were selected as subjects. The age of the subjects ranged from 18-28 years. The selected motor fitness components such as agility, endurance and speed were selected as dependent variables. The selected dependent variables were assessed by the standardized test items. The Agility was assessed by 4x10 meters shuttle run test and the unit of measurement in seconds, endurance was assessed by cooper's 12 min run/walk test and the unit of measurement in distance and speed was assessed by 50 meters run test and the unit of measurement in seconds. The data were collected from each subject and statistically analyzed by using dependent 't' test. It was found that there was a significant difference and significant different exists between football players and football referees on endurance and speed and there was no significant difference and significant different exists between football players and football players and football referees on agility.

KEYWORDS: Agility, Endurance, Football.

INTRODUCTION

Football is a game of physical and mental challenges. You must execute skilled movement under generalized conditions of restricted space, limited time, physical and mental fatigue and opposing players. You must be able to run several miles during a game mostly at sprint like speed and respond quickly to a variety of rapidly changing situations during play. Finally you need a thorough understanding of individual, group and team tactics. Your ability meet to all the challenges determines how well you perform on the soccer field (Grace HelinaNagarajan, 1999)

Football is perhaps India oldest favorite sports. It is played widely all over the country and is as popular in India as it Europe and Latin America. The game soccer was introduced in India during 1880 by British people who ruled over India. The sports become popular first in Bengal before it spread to other parts of the country.(Prasad Rao, 1994).

The referee is the person responsible for enforcing the Laws of the Game during the course of a match. He or she is the final decision-marking authority on all facts connected with play, and is the only official on the pitch with the authority to start and stop play and impose disciplinary action against players during a match. At most levels of play the referee is assisted by two assistant referees, who are empowered to advise the referee in certain situations such as the ball leaving play or infringements of the Laws of the Game occurring out of the view of the referee; however, the assistant referees' decisions are not binding and the referee has authority to overrule an assistant referee. At higher levels of paly the referee may also be assisted by a fourth

official who supervises the teams' technical areas and assists the referee with administrative tasks. (Prased Rao, 1994).

Physical fitness is the basic foundation of most of the activities / sports undertaken by an individual in his daily life. If person's body grows soft and inactive and he fails to develop physical promises, he is undermining his capacity of thought of work which is vital to life and society in welfare state. In India adequate emphasis is not laid on the development of physical fitness of the nation). (ReemaKirtani, 1998)

METHODOLOGY

To achieve the purpose of the study, totally thirty tow (32) Football Players and Football Referees (16 each) were selected as subjects. The samples for the present study have been delimited to the 16 football players and 16 football referees. The age of the players were ranged from 18 to 28 years. The selected Football Players and Football Referees were selected from Vellore Institute of Technology Chennai campus and Tamilnadu physical education and sports university, Chennai. The motor fitness components such as agility, endurance and speed were selected as dependent variables. The selected dependent variables for the study were assessed by the following standard test items. The agility was assessed by 4x10 mts shuttle run test and the unit of measurement in seconds, endurance was assessed by cooper's 12 min run / walk test and the unit of measurement in distance, and speed was assessed by 50 mts run test and the unit of measurement in seconds. To compare agility, endurance and speed between Football Players and Football Referees. All the subjects were tested on selected criterion variables. The data pertaining to the variables were examined by using independent 't' test for each variables to determine the difference if any, among the means. The level of significance was fixed at 0.05 level of confidence for all the cases.

RESULTS AND DISCUSSIONS

The data pertaining to the variables in this study were examined by using dependent's test at 0.05 level of significance. The analysis of dependent 't' test on data obtained for agility, endurance and speed have been analyzed and presented in Table I.

TABLE I
FOOTBALL REFERESS AND FOOTBALL PLAYERS

VARIABLES	GROUP	MEAN	STANDARD DEVIATION	't' VALUE
	AGILITY	FOOTBALL PLAYERS	FOOTBALL REFERESS	
		9.78	0.13	1.562
		9.87	0.20	
ENDURANCE	FOOTBALL PLAYERS	2466.25	118.15	3.688*
	FOOTBALL REFERESS	2305.00	128.94	
SPEED	FOOTBALL PLAYERS	6.80	0.13	3.652*
	FOOTBALL REFERESS	6.96	0.11	

*signification at 0.05 level of confidence (30) = 2.04

The table I shows that, mean values obtained for the football players and football Refrees on agility were 9.78,9.87 respectively. Since the obtained 't' value of 1.562 which is lesser then the table value with df 30 at 0.05 level of confidence, hence it was concluded that there was no significance difference between football players and football Referees on endurance were 2466.25, 2305.00 respectively . Since the obtained 't' value of 3.688 is greater than the table value 2.04 with withdf 30 at 0.05 level confidence .Hence it was concluded that there was significant difference between players and football referees on endurance. However , football referess have better performance on endurance compared to football players and football referess on speed 6.80, 6.96 respectively .Since the obtained 't' value of 3.652 which is greater than table values 2.04 with df 30 at 0.05 level of confidence ,hance it was concluded that there is a significant difference exists between speed when compared tothe football Referess.

CONCLUSIONS

From the results of study ; the following conclusions were drawn.

1. There was no significant difference exists between football players and football referees on agility
2. There was significant difference exists between football players and football referees on endurance
3. There was significant difference exists between football players and football referees on speed

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