

A correlational study of components of motor fitness with football performance among football players of Rajasthan

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■ **ABSTRACT**

The high level football performance is the result of a multiple factors such as physical, motor abilities, constitutional mental abilities, high physiological work out put, technical and tactical efficiency etc. The present study deals to find the relationship between components of motor fitness with football performance. The present study is confined to 60 male school level football players who had played minimum at state level through random method of sampling. For the motor fitness test AAPHER Youth Fitness Test was used for measuring strength endurance, speed, power and agility and for football performance Warner's test was used. The mean S.D. and co-efficient of correlation was calculated for presenting the data statistically. The results revealed significant positive correlation of components of Motor Fitness with football performance. The results suggest that performance of football players largely depends on the speed, endurance, power, strength, power and agility. The present paper highlights the role of motor fitness components in good performance of football players.

■ **KEY WORDS** : Motor fitness, Strength, Speed, Power, Endurance, Agility

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