

## Comparison of skill performance of soccer players in outdoor and indoor situation

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### ■ ABSTRACT

The purpose of this study was to compare skill performance of soccer players in outdoor and indoor situation. For the purpose of this study, 25 female soccer players from the Department of Physical Education, University of Allahabad were selected as subjects who had adapted soccer as their match practices. The selected objective skill tests for the presented was McDonald Soccer Test. Pertaining to the selected objective, skill test of soccer was collected in the football field and gymnasium hall, University of Allahabad. For the purpose of study, the test was administered to all the subjects as per prescribed procedure. To compare the rating on the selected test “t” test was applied on the level of significance set at 0.05 levels. The findings of the study showed significant difference of McDonald in the indoor and outdoor conditions.

■ Key Words : Soccer, Skill test

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Evaluating the amount of knowledge achieved, skill developed and attitude formed is an important function of teaching any subject or discipline. The extent of its important can be visualized by never ending schemes and report on examination reforms in the academic subjects. But evaluation is much more complicated in physical education as the factor effecting in learning physical fitness, motivation, and intelligence, besides instruction got form well planned schemes of lessons. Further, the criterion behaviours is also in evaluation physical skill of the players. But there has been continued efforts made to scientifically construct valid, reliable and objective test in various sports activities by physical educator and athletic coaching professionals. In physical education, the process of evaluation employs the use of two type of test that is standard test and teacher made test.

One of the major objectives of physical education should strive to construct presides and meaningful measuring devices

to help to evaluate the extent to which this objective has been achieved (Clarke and Clarke). Much of total physical education programme is devoted to the acquisition of sports skill. Thus, it is doubly important that continued efforts should be made to scientifically construct valid, reliable and objective best in the various sports activities. The success of any programme lies on the fact that how far its set objectivity has been met. It is true in the fields of games and sports also, which are very popular in the modern world and in an ever developing field.

The history of soccer is in fact is untraceable. But one will admit that interest in soccer among the people the world was found, long back. The ever increasing popularity of soccer has created demand to put a game in all bitter scientific thought. Therefore, the coaches and teachers have endeavour to the participants with methods and materials which would enable them to play the game with more enjoyment to win the game for assessing their general soccer ability and predicting their

performance, a definite and appropriate evaluating procedure is needed.

Taking football into consideration, it is now recognized as one of breathe taking and dramatic sports of the Olympic as well as world, both form players and spectators view point. Although soccer was originally indented to be a leisurely recreation, it has developed into a highly competitive sport, which requires a high level of fitness. The wide varieties of techniques in the game each have their different physical requirement. Today almost every nation in the world is attracted toward the development of soccer. So, the development can only be ascertained with the help of skill test. It is impotent for the research and research scholar that continuous effort is made to scientifically construct valid, reliable and objective test to evaluate the playing ability of the soccer player.

In certain respect when we analysis the playing ability of the soccer players we find each player unique, differing in many forms from other in background and capabilities, technical perfection and mental attitude towards the application of techniques in the different tactical situation. Physical educators and coaches so would understand their unique characteristics of the players and should understand each player need in order to give adequate guidance and to adapt programme to meet those needs to improve the proficiency level of sports.

Successful test and measurement then involve defining and evaluating truly these abilities need, and capabilities of each individual soccer player. Off course, measurement does not take place of improving playing ability but the appropriate result test makes them to realize their weakness and provide them the clues for the further most effective application of these techniques into tactical competitive situation.

Twenty five female soccer players from the Department of Physical Education, University of Allahabad were selected as subjects who had adapted soccer as their match practices. The selected objective skill test to find out soccer performance was McDonald Soccer Test.

The pertaining to the selected objective skill test performance of soccer players were collected in the football field and gymnasium hall of University of Allahabad. For the purpose of study, the test was administered to all the subjects as per prescribed procedure.

The requirements of the project were explained to all the subjects and a through orientation of the testing procedure is carried out so that the subjects could give their best performance in the test and there will be no ambiguity regarding the efforts which will be required on the part of the subjects.

To determine the reliability of test, the performance of twenty five subjects selected at randomly was recorded twice on the selected soccer skill test namely, Mc-Donald soccer test under identical condition.

#### Statistical procedure :

To compare the rating on the selected test, individual 't' test was applied on the level of significance set at 0.05 level.

An examination of Table 1 clearly shows the skill performance assessed through Mc Donald test is significantly difference in situations. The obtained t, value was 11.79 which is much greater than the tab t, value 1.671. These findings imply that skill performance under Mc Donald test in outdoor condition is better significantly than the indoor condition.

**Table 1 : Comparison of Mc Donald skill test performance in outdoor and indoor situation**

Performance compared	Mean	Standard deviation	Mean difference	Degree of freedom	t value
Indoor	13.88	3.32	9.96	48	11.793 *
Outdoor	23.84	2.60			

Tab` t` 0.05=1.671

#### Conclusion:

The analysis of the data revealed the significant difference of McDonald test soccer performance in the indoor and outdoor conditions. It may be due to different playing surfaces, types of shoes, mental preparation and environmental conditions.

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