

Comparative study on johnson soccer test scores of soccer players

■ SUNITA SONARE

Received : 03.09.2013; Accepted : 25.03.2014

Author for Correspondence

Shri Nashikrao Tirpude College of
Physical Education, NAGPUR (M.S.)
INDIA

■ **ABSTRACT**

The purpose of the present study was to Johnson soccer - test scores of soccer players Rastra Santh Tukdoji Maharaj Nagpur University, Nagpur, during inter-college tournament of Nagpur University, University selection trial and the Inter-University Coaching Camp. A further analysis of Scheffe's test for testing the significance of differences of pairs of group means was done and the result of such analysis. The mean and standard deviations of Johnson soccer- test scores of soccer players an analysis of variance of the mean scores of Johnson soccer- test scores of soccer players are studied. It may be seen that weight, standing height, foot length, length foreleg length, calf girth, thigh girth, shoulder width and hip width distinguish levels of playing ability as proved by 'F' values greater than required for statistical significance of variance at 0.05 level of confidence.

■ **Key Words** : Johnson, Soccer, Soccer players

■ **How to cite this paper** : Sonare, Sunita (2014). Comparative study on johnson soccer test scores of soccer players. *Internat. J. Phy. Edu.*, 7 (1) : 29-31.

Sports in some form or another has existed in almost every society since long as one can remember. Their development as formalized version of the human desire to play is a phenomenon which probably had its beginnings in the 18th century. As people played and the act of playing became steadily regularized, philosophers and educationists attempted to analyze the contribution that physical activity might make to the well being of the individual and of the society as a whole. Slogans like "A healthy mind in a healthy body" and "All work and no play makes jack a dull boy" began to make sense. Sports should be engaged in for the pleasure they give and benefits they accrue. Let there be sport in its true form, let the sports be given back that character which has made them great.

The competitive process is thus conceived on its highest form, as an amicable testing and comparison of power, with view to securing the happiness of all, by helping each to find his peculiar and appropriate work. It is like

preliminary practice of a football team to determine what place shall be assigned to each player, every one presumably, wishing to have that position in which we gain the most applause by contributing most to the common success. The aim of the individual and of the whole are the same.

The concept of high performance in sports for school and university age young athletes has undergone dramatic change in last three decades. Today, excellence is judged against world standards. We live in a global village and the village green hero of yesteryear has been superseded by the international champion.

In a game of football the body moves much faster and the mind must make decisions much faster than in ordinary life. thus, in competition hundreds of decisions are made and executed in time. The degree of success that is attained by whole man depends on how well he learns to perform – on how well his parents and other teachers have succeeded in teaching him to accept their guidance.

According to Dr. A.K. Ghosh

- Physical activity can increase connective tissue strength and mass.
- Activation of antigravity muscles must be accomplished to adequately stimulate connective tissue.
- Volume, intensity and load bearing nature of the exercise training are important factors in causing connective tissue adaptation.

In view of these relationships between human movement and the science of anatomy and mechanics, physical educators, coaches and trainers should derive many benefits from the study of these disciplines. Soccer is popularly known as football in India. The designation 'Soccer' is derived from "Association Football". In soccer a team of eleven men or women seeks to advance a round, inflated ball towards and between an opponents goal posts and under its crossbar by dribbling, kicking, striking or pushing the ball with any part of the body except the arms and hands. The goalkeeper, however, is less limited. Winning team is the one that scores the large number of goals in the given time. Now it is overall controlled by the Federation International de Footbaall Association.

■ METHODOLOGY

The study was carried out on 60 players of Rastra Santh Tukdogi Maharaj Nagpur University, Nagpur, who were selected to do practice in the game of Soccer, with the intention of being member of the college team.

During inter-colleg tournament of Nagpur University, University selection trial and the Inter-University Coaching Camp, a survey was conducted of their participation. 25 students had participated at the Inter-University tournament, out of which twenty students were selected randomly constituted the Inter-University group in this study. Those who were not selected in the Inter-University team but had participated in the Rasth Santh Tukdogi Maharaj Nagpur University selection trial out of these, twenty students were selected by random choice, constituted the selection trial group. Those who were not called for the University

selection trials, but had participated from their college team at inter-college tournament of Nagpur University. Out of these teams, twenty players were selected randomly to constitute the General College Group.

Johnson soccer-test scores:

The Johnson soccer- test scores arrived at by administering Johnson soccer- test. The test consists of counting the number of successive wall bounces made within a duration of 30 seconds by the preferred foot of the subjects at a distance of fifteen feet from a vertical wall which was twenty four feet width and eight feet in height. The subjects were demonstrated the test procedure and trial kicks were allowed to be taken to point out defects in performance whenever found. The subjects were instructed to practice for a few days on their own before actual test results were recorded so that reliable scores could be got by avoiding learning effects. The highest number of legal kicks executed in 30 seconds in any of the four trials was recorded as the score in. Johnson soccer- test. The reliability of the scores in the Johnson soccer-test was determined by computing co-efficient of correlation of corresponding scores of the first and third trials out of four trials out of four trials given as per-test requirements, the obtained r is 0.90.

For testing the hypothesis, the means of the three groups in the selected Johnson soccer - test scores were equal and also for testing the significance of difference between pairs of group means in those cases where the Null hypothesis of variance was not proved, the level of significance. Chosen was 0.05 level of confidence, which was considered adequate and reliable for the purpose of this study.

■ OBSERVATIONS AND DISCUSSION

The mean and standard deviation of Johnson soccer-test scores of the three group of soccer players are given in Table 1. An analysis of variance by F test shows significance of variance of group means at 0.05 level of confidence as

Table 1: Mean and standard deviation of Johnson soccer test scores of soccer players

Groups of players	Mean	Stanadard deviation
Inter- university group	14.35	3.27
Selection trial group	11.85	3.76
General college group	9.95	3.02

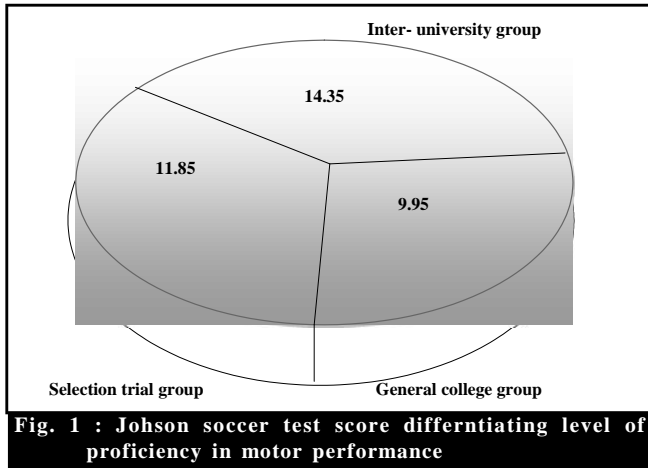
Table 2: Analysis of variance of mean scores of Johnson soccer test of soccer players

Sources of variance	Degree of freedom	Sum of square	Mean sum of square	'F' ratio
Between groups	2	194.80	97.40	8.62*
Within groups	57	644.05	11.30	

* indicate significance of value at P=0.05

shown in Table 2.

A further analysis of significance of differences of pairs of group means shows that there is no significant difference in the mean performances between Inter-University and selection trial group of soccer players. However, the mean performances of Inter-University, as well as, selection trial group soccer players are significantly higher than that of General College group soccer players.



Conclusion:

–As the study reveals that the muscular lower extremities

have definite advantage with respect to the weight and height are considered good predictors of soccer playing ability.

–Muscular development of the thigh and calf circumference play an important role and also registered better improvement in soccer technique.

–As the study reveals that hip width, shoulder width, and foot length also have desired requirement in order to achieve higher level of proficiency in soccer.

REFERENCES

Aaileene, S. Lockhart and Howard, S. Slusher (1975). *Physical Education.* (Iowa: Wm.C. Brown Company Publishers). pp. 405-406.

Charles, Horton Cooley (1930). *Sociological theory and social research* (New York : Hort , Rinehart & Winstan,). 182p.

David, A. Armbruster, Leslie, W. Irwin and Frank, F. Musker (1967). *Basic skills in sports for man and woman* (Saint Louis : The C.V. Mosby Company, 1967), p.211.

Ghosh, A.K. (1993). Resistance training. *News Letter, Sports Authority of India* 20 (October 1993) : 8 p.

Reuben, B. Frost (1971). *Psychological concepts applied to physical education and coaching,* (London:Addison Wesley Publishing Company). 158 p.

Terry, Orlick (1980). *In pursuit of excellence* (Champaign, Illinois: Leisure Press, 1980), p. 3.

7th
Year
★★★★★ of Excellence ★★★★★