CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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Summary

The game soccer is the famous and spectacular one watch by millions and millions of people all over the world with excitement. It is considered as the national game by many countries. Spectator crowds of 1,50,000 or more common in Europe and South America.

Soccer is most popular game among the youth of the world. Since football is strenuous, continuous, thrilling game appeals to youth. Soccer is a passing and running game of an unproductive and constantly changing pattern demanding an awareness of their players and an ability to make quick decision and act upon them without delay. The game was introduced in India East India Company.

Football is also called soccer game, popular throughout the world, played by two teams. The members of each team try pushing the ball into opposing teams’ goal, using any part of the body except the hands and arms only the goal keeper who is restricted to the penalty area, in front of the goal is allowed to handle the ball. The team which scores more goals is the winner.
Soccer is turned to be an explosive event of the sports demands quick movements, reaction time, co-operation, confidence, application of strategy tactics, mobility, balance, endurance, strength speed and turn run, jump, stops and starts. These are factors of learning Football skills.

In the last two decades European and other football playing countries have improved very much in all the aspects of the game. Their training and coaching centers are using modern equipments, aids and scientific studies whereas in India our training and coaching centers area beating the same old drums. Soccer is fast, quick aggressive and attractive. It is considered a strenuous game because the game demands a high degree of fitness as well as intelligence and alertness of mind, speed, strength, ability, balance and flexibility are the basic qualities for all the elite players.

In this context, the investigator made an attempt to analyze the relationship of playing ability with selected independent variables among high, middle and low achievers in soccer.

The purpose of the present study was to analyze the various factors correlated with playing ability of soccer players of different achievement levels. To achieve the purpose of the study,
90 male state level inter collegiate soccer players were selected randomly from various college who participated in the TamilNadu State Level Inter Collegiate Men Soccer Tournament conducted by Alumni Association of Alagappa University College of Physical Education, Karaikudi, Tamil Nadu, India during the year 2003-2004. The subjects were drawn from the 1. Jamal Mohammed College, Tiruchirappalli, 2. St. Joseph’s College, Tiruchirappalli, 3. Alagappa University College of Physical Education, Karaikudi and 4. Loyola College, Chennai, 5. S.N. College, Madurai and 6. H. H. The Rajah’s College, Pudukkottai. The age of the subjects ranged from 17 to 25 years.

The selected subjects were divided into three groups namely high, middle and low achievers in soccer. Two final qualifiers that is Jamal Mohammed College, Tiruchirappalli and St. Joseph’s College, Tiruchirappalli players were grouped together as a high achievers in the tournament, two losers of the semifinal that is Alagappa University College of Physical Education, Karaikudi and Loyola College, Chennai grouped as middle achievers in the tournament and two losers of the quarter final that is S.N College, Madurai and H.H. The Rajah’s College, Pudukkottai grouped as low achievers in the tournament.
The following variables were selected for this study such as weight, height, leg length, arm length, cardio respiratory endurance, speed, explosive power, flexibility, agility, aggression, sports competition anxiety, achievement motivation, dribbling, passing, shooting and playing ability. As per the available literatures, the standardized tests were used to collect relevant data on the selected variables.

The investigator administered the questionnaire and other tests to measure the criterion variables to 90 male subjects. The mode of analysis of data on the selected dependent variables and playing ability among high, middle and low achievers have been statistically analyzed in two parts. In part I relationship and regression equation was found between playing ability and selected independent variables and in part II the significant difference was found by using one way analysis of variance among the different achievement levels such as high, middle and low achievers in soccer on selected variables were discussed. In all the cases 0.05 level of significance was fixed to test the hypothesis.
Conclusions

From the analysis of the data, the following conclusions were drawn.

1. Some of the Predictor Variables can be used to predict the Soccer playing ability of high, middle and low achievers of inter collegiate male soccer players.

2. The predictor variable selected in the multiple regression equation has high significant positive relationship with the criterion variable i.e., the playing ability.

3. High, middle and low achievers in soccer had significant difference on the selected variables namely weight, cardio respiratory endurance, speed, flexibility, agility, dribbling, shooting, passing and playing ability.

4. There was no significant difference among high, middle and low achievers on height, leg length, arm length, explosive power, aggression, sports competition anxiety and achievement motivation.

5. High achievers in soccer was found to be better than middle and low achievers on cardio respiratory endurance, speed, flexibility, agility, dribbling, shooting, passing and playing ability.
6. In weight, middle achievers in soccer were found heavier than high and low achievers.

**Recommendations**

With the help of results derived from the present study, the following recommendations can be made.

1) The results of the present study can be very much useful for Physical educators, coaches and trainers for screening and selecting potential soccer players at inter collegiate level.

2) Further, the results of the study can help to frame different methods of training by laying emphasis on the development of factors which are significantly related to soccer performance at different levels.

3) It may be recommended that the present study may be repeated by selecting subjects belonging to lower age groups.

4) It may be recommended to carry out similar study with national/international soccer players.

5) Intensive research study of this nature may be done in other games and sports.