Appendices
APPENDIX - 1

Consent letter

From-

1. ……………………, hereby intend to participate in the study initiated by Mr. Morteza Naghibi on “CONTRIBUTION OF SELECTED ANTHROPOMETRIC AND MOTOR FITNESS VARIABLES TO SOCCER PERFORMANCE AMONG ADOLESCENT BOYS”.

Mr. Morteza Naghibi has explained in detail the procedural aspects of the study well in advance. After consulting, I have agreed to be part of the study in my own wish and not by any force. I am happy to be part of Mr. Morteza Naghibi study as it is going to throw light on the never aspects which are not explored and beneficial for the society, especially shy adolescence and their families.

(Name and address of the participant)
### Total of data questionnaire

<table>
<thead>
<tr>
<th></th>
<th>Full name:</th>
<th>Age (years):</th>
<th>Position:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training age (years):</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Team’s name:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>place / city:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Measure</th>
<th>Description</th>
<th>Measure</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body height</td>
<td>Mid auxiliary skin fold</td>
<td>Body weight</td>
<td>Supra iliac skin fold</td>
</tr>
<tr>
<td>Leg length</td>
<td>Thigh skin fold</td>
<td>Arm length</td>
<td>Fat% - lean body%</td>
</tr>
<tr>
<td>Upper arm girth</td>
<td>50-yard dash</td>
<td>Forearm girth</td>
<td>4×9m shuttle run</td>
</tr>
<tr>
<td>Thigh girth</td>
<td>Vertical jump</td>
<td>Calf girth</td>
<td>Sit &amp; rich</td>
</tr>
<tr>
<td>Bi-acromial diameter</td>
<td>1Mile run/walk</td>
<td>Bi-crystal diameter</td>
<td>Muscular endurance</td>
</tr>
<tr>
<td>Elbow diameter</td>
<td>Ball control, body</td>
<td>Knee diameter</td>
<td>Ball control, head</td>
</tr>
<tr>
<td>Triceps skin fold</td>
<td>Dribbling with a pass</td>
<td>Chest skin fold</td>
<td>Dribbling speed</td>
</tr>
<tr>
<td>Abdomen skin fold</td>
<td>Passing</td>
<td>Sub scapular skin fold</td>
<td>Shooting</td>
</tr>
</tbody>
</table>

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Appendix-3

Performance Ability:

The subjects will be rated subjectively by a panel of three expert coaches who are associated with the subjects throughout the training year. The subjects will be rated by the coaches in the following areas:

<table>
<thead>
<tr>
<th></th>
<th>1) Overall playing ability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2) Adaptability of the player to the game situations</td>
</tr>
<tr>
<td></td>
<td>3) Execution of various skills and techniques by the player during the matches</td>
</tr>
<tr>
<td></td>
<td>4) Tactical efficiency</td>
</tr>
<tr>
<td></td>
<td>5) Fitness Level</td>
</tr>
<tr>
<td></td>
<td>6) Game sense and intelligence of the player</td>
</tr>
<tr>
<td></td>
<td>7) Indispensability of the player in the team</td>
</tr>
<tr>
<td></td>
<td>8) Training age</td>
</tr>
<tr>
<td></td>
<td>9) Consistency of the performance</td>
</tr>
</tbody>
</table>

Each aspect/area is rated for 10 points making the aggregate subjective score 90. The total of points scored by a subject is first converted to a scale of 50 and then is added to the total of points scored in the six performance tests of soccer. The total of score obtained by the subjects for all the 15 items of performance shall be the score (data) for performance ability of the subjects (independent variable).