CHAPTER I
INTRODUCTION

1.1 History and development

Like other discipline, field of sports has its own philosophy. Since sport is combative in nature, it has deep root in human culture. In primitive age, human lived in forest like other animal. They used to throw stones to kill animals for acquiring food and self-defense. They used to run fast and jump canal to save their lives from beast and swim to cross the river for their daily necessity. History of mankind identified run, throw and jump as racial tendencies.

Today, we used to use mechanical advantages for our daily necessities. Therefore, we sublimate our racial tendencies through combative activities in sports. It has become an interesting aspect for human amusement. Mythological documents also indicate that our ancestor have designed many sport activities for amusement.

Origin

The history of football in India can be traced back to the pre-independent period, when the British people brought the game to the sub-continent. The initial football matches were played between army teams. A number of football clubs in India
were soon created, during the British Empire. In fact, these clubs pre-date the most renowned clubs and organizations of football, such as FIFA\(^1\). In India, the first football game was organized between 'Calcutta Club of Civilians' and the 'Gentlemen of Barrackpore', in 1854. The first football club of India, named 'Calcutta FC', was founded in 1872. Dalhousie Club, Traders Club and Naval Volunteers Club were also established in the same years.

**The First Tournament**

Calcutta (the present day Kolkata) is considered the home of football in India. This is probably the reason why a number of football clubs originated from the state, including Mohun Bagan Athletic Club (later named as the National Club of India), which came into existence in 1889. After a few years, the Indian Football Association (IFA)\(^2\) came into existence in 1893. In 1898, the oldest football tournament in India, (the third oldest in the world) was commenced in Shimla. Referred to as the Durand Cup, the tournament was named after the then Foreign Secretary of India – Sir Mortimer Durand, who inaugurated it.

**The First Victory**

The first victory of Indian footballers was registered in 1911, when Mohan Bagan Club won the IFA-Shield Trophy. This victory has secured a special place in the history of football in
India, because the trophy was previously won by the British teams based in India. Subsequently, the number of football clubs in India increases, which led to the formation of the All India Football Federation (AIFF)\(^3\) in 1937. In 1948, the AIFF was affiliated to FIFA, the international governing body for football. In 1954, AIFF became one of the founder members of the Asian Football Confederation (AFC).

**Golden Period**

The period stretching from 1951 to 1962 deserves special mention, because it is the golden era in the history of Indian football. As the Indian football clubs put up commendable performances year after year, they qualified for a number of international competitions and competed overseas. The Indian footballers brought laurels to the homeland, by winning gold medals in the 1951 and 1962 Asian Games held at New Delhi and Jakarta, respectively. India registered another record in 1956, when she became the first Asian nation to make it to the Olympic football semi-finals in the 1956 Melbourne Olympics.

**Present Period**

The Indian football teams have performed reasonably well in the recent years, though the sport at the domestic level still needs upliftment. Some of the great performances have been witness at the Nehru Cup, held in August 2007 and the
AFC Challenge Cup held in August 2008, both of being won by the Indian football team.

The national football team has qualified for 2011 Asian Cup, to be held in Qatar. Although the Indian football clubs have delivered consistent performances in the near past, the Indian football still team needs to mark its presence at the important international tournaments. Football is one of the most popular games in India.

The game commands a massive fan following across the length and breadth of the country and is the top sport in the states of West Bengal, Goa, Kerala, Manipur, Mizoram and Sikkim. During the heyday of the Indian football players, the country won some of the most coveted trophies and medal at prestigious international events. However, football in India has lost out to its more illustrious cousin - cricket, in the popularity stakes. The dwindling interest in the once-popular game is an ample reflection of the shabby state of affairs in Indian football. Games revolving around the kicking of a ball have been played in many countries throughout history.

According to FIFA, the "very earliest form of the game for which there is scientific Evidence was an exercise of precisely this skilful technique dating back to the 2nd and 3rd centuries B.C. in China (the game of Cuju). In addition, the Roman game
**Harpastum** may be a distant ancestor of football. Various forms of football were played in medieval Europe, though rules varied greatly by both period and location. Finally, in the 19th century, teachers and former students were the first to write down formal rules of early modern football to enable matches to be played between schools.

The rules of football as they are codified today are based on the mid-19th century efforts to standardise the widely varying forms of football played at the public schools of England. The first ever set of football rules were written at Eton College in 1815. The Cambridge Rules were a code of football rules, first drawn up at Cambridge University in 1848, which have influenced the development of Association football and subsequent codes.

Advancing the ball with kicks, running with it, passing to other team mates, trying to forward it to the opponent’s end of the field, shooting in between the goal posts and scoring a point, this is football. The winning team is the one that has scored more number of points (goals) when a specified length of time has elapsed.

### 1.1.1 Governing bodies

The recognized international governing body of football (and associated games, such as futsal and beach soccer) is the
Fédération Internationale de Football Association (FIFA). The FIFA headquarters are located in Zürich, Switzerland.
Six regional confederations are associated with FIFA; are:

- Asia: Asian Football Confederation (AFC)
- Africa: Confederation of African Football (CAF)
- Central/North America & Caribbean: Confederation of North, Central American and Caribbean Association Football (CONCACAF; also known as The Football Confederation)
- Europe: Union of European Football Associations (UEFA)
- Oceania: Oceania Football Confederation (OFC)
- South America: Confederación Sudamericana de Fútbol (South American Football Confederation; CONMEBOL)

1.1.2 Major international competitions

The major international competition in football is the World Cup, organised by FIFA. This competition takes place over a four-year period. More than 190 national teams compete in qualifying tournaments within the scope of continental confederations for a place in the finals. The finals tournament, which is held every four years, now involves 32 national teams (increased in 1998 from the 24 of 1994) competing over a four-week period. The 2006 FIFA World Cup took place in Germany; in 2010 it was held in South Africa. There has been a football
tournament at every Summer Olympic Games since 1900, except at the 1932 games in Los Angeles. Prior to the inception of the World Cup, the Olympics (especially during the 1920s) had the same status as the World Cup. Originally, the event was for amateurs only, however, since the 1984 Summer Olympics professionals have been permitted as well, albeit with certain restrictions which effectively prevent countries from fielding their strongest sides.

Currently, the Olympic men's tournament is played at Under-23 level. In the past the Olympics have allowed a restricted number of over-age players per team; but that practice will cease in the 2008 Olympics. The Olympic competition is not generally considered to carry the same international significance and prestige as the World Cup. A women's tournament was added in 1996; in contrast to the men's event, the women's Olympic tournament is played by full international sides without age restrictions. It thus carries international prestige considered comparable to that of the FIFA Women's World Cup.

Association football, commonly known as football or soccer, is a team sport played between two teams of 11 players each. It is widely considered to be the most popular sport in the world. The modern game was codified in England following the formation of the Football Association, whose 1863 Laws of the
Game created the foundations for the way the sport is played today. Football is governed internationally by the Fédération Internationale de Football Association (International Federation of Association Football), which is commonly known by the acronym FIFA. The most prestigious international football competition is the World Cup, held every four years. This event, the most widely viewed and famous in the world, boasts an audience twice that of the Summer Olympics.

The development of norms and protocols in sports vision evaluations (Buys, Hendri, 2008) has been a part of sport for a long time, probably since an athlete was first told to: ‘keep his eye on the ball’. It is only recently that athletes are beginning to realize the advantages of using their eyes to their full potential, and the difference it can make in an athlete’s performance. This is more prevalent today, where athletes can become instant hero’s and earn huge salaries. For a number of years specific instruments were used to test specific visual skills and norms were calculated for these skills. A few questions arise though when the norms for these visual skills are carefully studied.

The purpose of this study was to evaluate previous norms and to develop norms and protocols for sports vision evaluations. Various visual skills were examined and previously
used results evaluated. Key performance indicators in the evaluation of an athlete, as well as the cornerstones of sport vision were also discussed. Only elite athletes were used in this study.

Competitive team selection processes are, by design, utilized to evaluate and identify talent, resulting in the selection, placement, or elimination of participants. The literature abounds with positive outcomes associated with participation and research has long pointed out the implications of negative effects for those eliminated from participation (Lipsyte, 1979; McEwin & Dickinson, 1996; McEwin & Dickinson, 1997)\textsuperscript{5,6,7}, but few efforts have been made to document them and the outcomes for participants remains ambiguous (Grove, Fish, Eklund, 2004)\textsuperscript{8}.

Competitive team selection processes may prompt adolescents to disengage, decrease school connectedness, promote role confusion, decrease athletic identity and overall self-concept; and may inhibit healthy physical maturation and positive psychological identity development . There is little understanding of the effects of the actual process itself on the emerging identities of adolescents. Since competitive team selection processes are so prevalent in organized sports, it would be beneficial for coaches, athletic
administrators, and participants to gain insight regarding the implications of this practice on athletic identity. This enhanced insight would enable stakeholders to consider policy revisions with consideration of the needs of adolescent athletes in mind.

1.2 The Problem and its Relevance

The game 'Football' was invented basically with a view to serve the purpose of recreation. Gradually, it has turned into competitive sport that requires an optimum level of fitness skills.

To find out optimum level of physical fitness and skills we required some norms because, it is very depressive that even though football players receive scientific training as well as coaching, they did not perform very well or optimum level. The basic reason behind this is unavailability of suitable norms for selection of football players.

In the present, the selection is done on the basis of some efficiency showed in football skills during playing time and not only that, very few physical education or coaches considered the fitness level of the players. Thus the performance exhibited by them in one situation may not be always consistent and reliable mostly in other situation. This indicates that there must be some norms for selection of football players to form an efficient football team to exhibit more consistent and reliable performance.
The existing norms for selection of football players are unarguably good. Nevertheless, in my opinion, all the norms are designed in such way that, these suit to European players or players playing outside India.

Having realized this, I thought to have a profound survey and research in this area. Nothing has been written or done for the school going children in term of norms for selection of school football team age group of 12 to 14. I discussed with many physical education teachers and coaches and felt that there should be exhaustive study done in this area.

1.3 Statement of the Problem

The investigator, on the basis of scientific discussion with many experienced people, experts, coaches and review of sports literature, is of opinion that there is an imminent need to develop norms for selection of school football team age group of 12 to 14; hence, to achieve this purpose the problem selected by the researcher was as cited below.

“DEVELOPMENT OF NORMS FOR SELECTION OF FOOTBALL PLAYERS IN SCHOOLS OF PUNE CITY ZONE.”
1.4 Objectives

1. To identify selected Physical fitness factors and skills, related to football play.
2. To measure selected Physical fitness factors of the football players.
3. To measure performance of football skills with the help of standard skill test.
4. To prepare norms for selection of football players.

1.5 Assumption

Since the investigator is intends to collect research data by covering the total population (i.e. all team players of 12 to 14 football players of the different school from Pune city zone).

- It is assumed that the tests to be administered are standardized and justified for the age group.
- Student will give favorable response to the tests conducted.

1.6 Limitation of the Study

In fact, the present study is totally new with special reference to inter-school sports, however, the researcher recorded the following shortcoming while conducting the study:

- Since the population contains all the football players belonging to various school under Pune city zone, the factors
such as diet, nutrition, etc that might affect this normative study, could not be controlled by the present researcher.

- In fact, the test items for selected variable were many. The researcher, therefore, could not control all measurements single handedly. He therefore, took help from some professionally qualified assistant.

- This study could not control the possible psychosocial factors of the players.

1.7 Delimitation of the Study

This study has a large scope for different age groups. It was, therefore, decided to delimit the study follow:

- This study has been delimited to develop the “selection norms” for 12 to 14 years football players representing school under Pune city zone.

- This study has been restricted for the 12 to 14 years football players studying in different schools under the Pune city zone.

- This study delimits for the selected major variable e.g. height, weight, fitness, and football skills for the selected football players.
1.8 Operational Definition of the Terms used

1.8.1 Norms

Norms are guidelines that permit conversion of raw scores to a score capable of comparison and interpretation. It is a standard to which an obtained score may be compared. Norms are assumed to be representatives of some large population.

1.8.2 Football players

The age group of 12 to 14 years old and they know the football game and participated in inter school competition is known as football players for this research.

1.8.3 Pune City Zone

Area comes within the ambit of the Pune Municipal Corporation, Pune is referred as Pune city zone in this particular study.

1.8.4 Selection Criteria

Set of guide line or standards that describe suitable scale or rationale for selecting football players.

1.8.5 Physical fitness

It is ability of the body to carry out physical activities related to playing football game with little fatigue and with enough energy is known as physical fitness.
1.9 Significance of the Study

i. The selection committee effectively administers the selection criteria, as developed in this study for objective assessment of fitness abilities of 12 to 14 football players in Pune city zone.

ii. This study will help to assess the performance related physical fitness of football players.

iii. This study will helpful to football coaches for necessary modification in their coaching and teaching strategies in preparing football players.

iv. The standard norms, as developed in this study, will also contribute in favour of fair selection of football players to form a standard team.

v. The norms as developed are useful to discriminate the players having excellent potentialities for exhibiting performance in football.
References


1 http://www.fifa.com, Aug 2008