

Indian National Women Soccer Team – A Profile Study**Mr. Vinay Pawar: Assistant Professor, Bharati Vidyapeeth University College of**

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Mr. Denish Brahma Hazarika: Assistant Professor, LNIPE, NERC Guwahati**Abstract**

The aim of present study was to prepare a physical fitness, Anthropometric and physiological profile of Indian U-19 women football players. For the purpose of this study 29 Women Football players who were selected for final camp w.e.f. 25th August to 25th October, AFC (Asian Football confederation) U – 19 qualifying round 2008 for were selected as the subjects. After one week of training following physical fitness, Anthropometric and physiological variables were collected. The result for Physical variables were as followed speed (30 meter flying speed (sec) 4.62 ± 0.258 , Speed endurance (800 meter run (min) 3.16 ± 0.21 , Standing broad jump (meter) 1.74 ± 0.20 , vertical jump (meter) 32.72 ± 5.02 . In case of Anthropometric variables the result were body weight (kg) 52.93 ± 5.29 , standing height (cm) 154.72 ± 4.72 , leg length (cm) 83.41 ± 0.78 , lower leg length (cm) 38.75 ± 0.40 , upper leg length (cm) 46.72 ± 0.52 , arm length (cm) 50.79 ± 0.53 , fore arm length 24.03 ± 0.26 , upper arm length (cm) 27.55 ± 0.34 , foot length (cm) 21.62 ± 0.31 , thigh girth (cm) 44.5 ± 0.57 , calf girth (cm) 31.10 ± 0.42 . Following were the physiological variables pre-lactate m mol/liter 3.08 ± 0.10 , post-lactate m mol/liter 3.84 ± 0.08 , and body composition (mm) 17.27 ± 0.48 .

Keywords: - Anthropometric, Physiological, Speed Endurance, Physical Fitness**Introduction**

Football may refer to one of the number of team sports which all involve, to varying degrees, kicking a ball with the foot to score a goal. The most popular of these sports worldwide is association football, more commonly known as just "football" or "soccer". Association football, more commonly known as football or soccer, can be traced to as far back as the medieval period in Britain (medieval football). The modern game of association football originates from the formation of the Football Association in London. In 21 May 1904 FIFA, was established for smooth conducting of games since then this association is responsible for organising various national and international tournaments and championship worldwide. Football is the most popular sport in the world; in South America, Brasilia, France, U.K people play football, visit football matches, watch football games on TV and discuss them with friends and read updated football news. The games of elite football groups attract thousands of people. FIFA includes 208 different national federations. Many countries consider football a part of their national heritage, and refer to football games as to representative of the country's national ideas (Natalie Halimi, 2008).

Game of Football require lot of strength and various physical fitness components and also it is considered to be a combat game, that way male representation is more in this game (S. Muniroglu, et al, 2006). Later on the growth in women's football has seen major competitions being launched at both national and international level. Women soccer history has interesting turns and twists starting all the way in Europe. Reports of women playing soccer during the Middle Ages are not as common as those referring to men; however there are a few famous examples in the history of women's soccer: French women of the 12th century are believed to having played kicking games relating to soccer side by side with their husbands and Scottish women even had an annual competition going around in Mid-Lothian, Scotland (Barbara, Stewart, 2004). One of the

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biggest problems in the history of women's soccer was that the sport was often violent, especially when played without a clear set of rules. Even today, with all the rulings and fair-play agreements going around, soccer is still not a sport for the weak. This often made it difficult for women to play, as men would "protect" them by not allowing them to get involved. It changed in 1863, when the English Football Association standardized a set of rules that prohibited violence on the pitch, making it easier for women to get into soccer. With the dust settling after the Football Association's decision, women's soccer became more and more popular and at some point, it was closing in to reaching the same level as men's soccer in England (www.soccer-fans-info.com, 2011).

The India women's national football team is controlled by the All India Football Federation and represents India in women's international football competitions. The women's football scene didn't have the same chance to spread as the mens' game did, and thus the team struggles to keep up with more talented International squads such as China and Japan. However, India is beginning to recover from this jump-start, and is growing stronger with each year. When India became affiliated with FIFA in 1948, the team was formed. Since then, India has showed strong performances in the AFC Asian Cup and in World Cup qualifiers. Although the team has never qualified for a World Cup, this may partially be due to such strong teams as China and Japan sharing a qualifying bracket with them (Jean Williams, (2007).

Anthropometric characteristic, physical fitness such as speed, strength, endurance, coordination and various physiological parameters like Vo₂, lactic acid tolerance are highly in demand to play the football. For the development of these all parameters a proper training plan with appropriate duration of time is required to achieve. Most of the successful women team are emphasizing on the development, so that these country can are performing well at international field.

Indian's women team performance in world map is still poor, due to ignorance of physical fitness component and other dominated parameters which need to be developed. Anthropometrics characteristic i.e. leg length, arm length, calf girth, height need to be developed at very early ages of life. Physical fitness variables such as speed, endurance, strength and coordination ability etc required the organized training program at the premature age of growth and development and it must be sustained for long period to time (Miltiadis, Proios et al (2002).

Methodology

29 Women Football players who were selected for final camp w.e.f. 25th August to 25th October, AFC (Asian Football confederation) U – 19 qualifying round 2008 for were selected as the subjects for this study. All the 29 women players undergone training programme two sessions a day from Monday to Friday of 150 minutes in morning and 120 minutes in the afternoon session and Saturday morning 90 minutes work our including light warming-up, and recreational game and with evening session off and Sunday complete rest. After one week of training following physical fitness, Anthropometric and physiological variables were collected

Speed (30 meter flying speed), Speed endurance (800mt), Standing broad jump Vertical jump, Body weight, Standing height, Lower leg length, Upper leg length, Fore -arm length, Upper arm length, Foot length, Thigh girth, Calf girth, Body composition, and Lactic acid concentration were collected respectively.

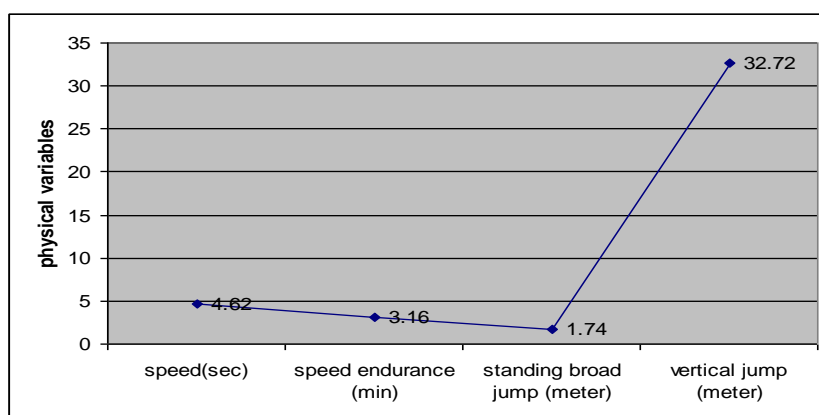
Result

The result for Physical variables were as followed speed (30 meter flying speed (sec) 4.62±0.258, Speed endurance (800 meter run (min) 3.16±0.21, Standing broad jump (meter) 1.74±0.20, vertical jump (meter) 32.72±5.02. In case of Anthropometric

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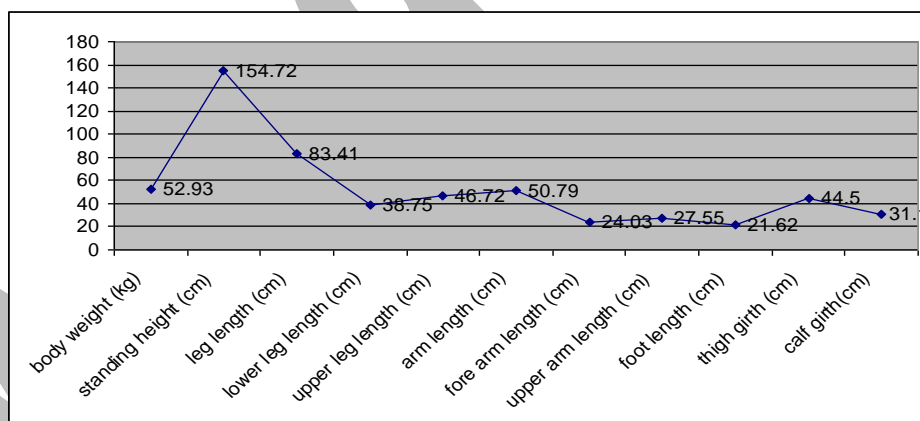
Mean



Comparison of Selected Physical Variables

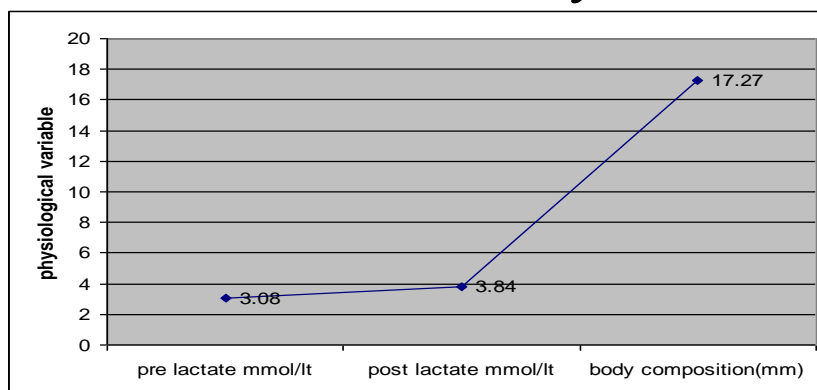
Graph -1

Mean Comparison of Selected Anthropometrics Variables



Graph -2

Mean Comparison of Selected Physiological Variables



Graph -3

Conclusion

The results of study provided the profile of Indian women football team of selected physical fitness, Anthropometric and physiological variables i.e. Speed (30 meter flying speed), Speed endurance (800mt), Standing broad jump Vertical jump, Body weight, Standing height, Lower leg length, Upper leg length, Fore -arm length, Upper arm length, Foot length, Thigh girth, Calf girth, Body composition, and Lactic acid concentration.

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It is to be concluded from the results that Indian women football teams need to improve in various aspects of physical fitness, physiological and anthropometric variables to perform well in world map of football. The study conducted by Clark, S, (2011) on American national team found that women football is able to play good games due to highly improvement in all the aspects which required by a player to perform their best in the games. Similar results were also found in the study of Vescovi J.D (2011).

The development of the game in this way automatically implies that the player has to adapt as well. The qualities demanded of today's players if they are to succeed at the highest level are on an altogether different scale from what was required just over a decade ago. Indian women football performance has been improved from last decade but still we are lacking in various ways if we compare our women football players with the international arena of women football players like USA, Australia, China, and Brazil and so on we can easily say that we need to concentrate more on physical fitness, Anthropometric and physiological variables so that we can able to give effective results in the map of world women football.

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