

PLAYING STYLE AND OCCURRENCE OF INJURIES AMONG AGED GROUP FOOTBALL PLAYERS

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ABSTRACT

Objectives

The primary objective of this study was to know the playing style of aged group Football players.

Methods

The data was collected through respondents in the 500 football players of different Academies, Clubs, States and Universities affiliated to all India football federation separately, investigator contacting footballers personally and some cases at the venue of Inter-varsity, State tournaments. In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducted with human beings. The information of injuries were collected from 500 football players. The aged group of the football players from 14- to 30 and divided into three group are as 14-30, 14-21 and 22 30.

Results

The result reveals that the most of the football players were playing in right leg. 76.66 % football players occurred injuries in their right leg and 23.06% in left leg

INTRODUCTION

A style of play is the way in which the particular system of play chosen by a team is used. Like playing systems, the choice and success of the style of play will depend upon the abilities of each player and the overall qualities of the team. However, one must not forget other external factors such as the weather which can play a part in choosing or adapting a particular style. Different teams often have totally contrasting styles, depending upon a clubs tradition or the personal philosophy of the coach. The different styles of play seen in football are described below. There are various **individual skills** and **team tactics** needed to play effective football. Football is in theory a very simple game, as illustrated by [Kevin Keegan](#)'s famous assertion that his tactics for winning a match were to "score more goals than the opposition". However, well-organised and well-prepared teams are often seen beating teams with supposedly more skillful players, even over time.

Football is an enjoyable and social sport than can be played from childhood to old age, either at a recreational level or as competitive sports. Davodw (1996). Football, soccer, basketball, cricket,

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volleyball, skiing, tennis as well as contact sports are play with leg Various matches among different states bring the people players right leg left leg and both legs .

Procedure

Total 500 football players from different states ,districts and varsity were selected as sample size of the study. The age also will be categorized in two groups are as (14-30) (14-21),and (22-30). The method of sample was purposive –A non-random method of sampling design for football players with a specific purpose. The study depends mainly on primary source of data. The data was collected through respondents in the form of Questionnaires from 500 football players of different Academies, Clubs, States and Universities affiliated to all India football federation separately , investigator contacting footballers personally and some cases at the venue of Inter-varsity, State tournaments.

Procedure of data collection

The data was collected through respondents in the form of different descriptive tests. The demographic information about, age, height, weight etc. was obtained before seeking responses..The modified questionnaires were given to football players personally and some cases contacting footballers at the venue of State, University, and National tournament held at different places. Instructions were given to the footballers before filling these questionnaires by the researcher, football coach and football experts. For Descriptive statistics for all studied variables, percentage, was considered statistically technique throughout the study.

RESULT AND DISCUSSION

Table – 1

Mean Scores and Standard Deviations of selected components of the Football players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.30	8.28
2.	Weight (Kg)	68.35	17.40
3.	Height (cm)	170.33	58.90
4.	Training (days/week)	04.60	01.76
5.	Training duration (hours)	2.45	0.50
6.	Warm up (minutes)	10.10	3.33
7.	Competition in one year	5.88	2.09

Table-1, shows that the mean scores and standard deviations of the selected components of the football players.

Table – 4
Percentage of football players tend to kick the ball .

<i>Football players</i>	<i>Kicking Leg</i>		
	<i>Right</i>	<i>Left</i>	<i>Either</i>
<i>Football players</i>	<i>83.89%</i>	<i>16.13%</i>	<i>21.40%</i>

Table – 4, Shows that, 83.89 % football players played with using right leg, 16.13% football players were played by left leg, and 21.40% football players were played by their both legs. Table 4, clearly indicates that most of the football players played to Right legs.

Figure 1 illustrates Percentage of football players tend to kick the ball

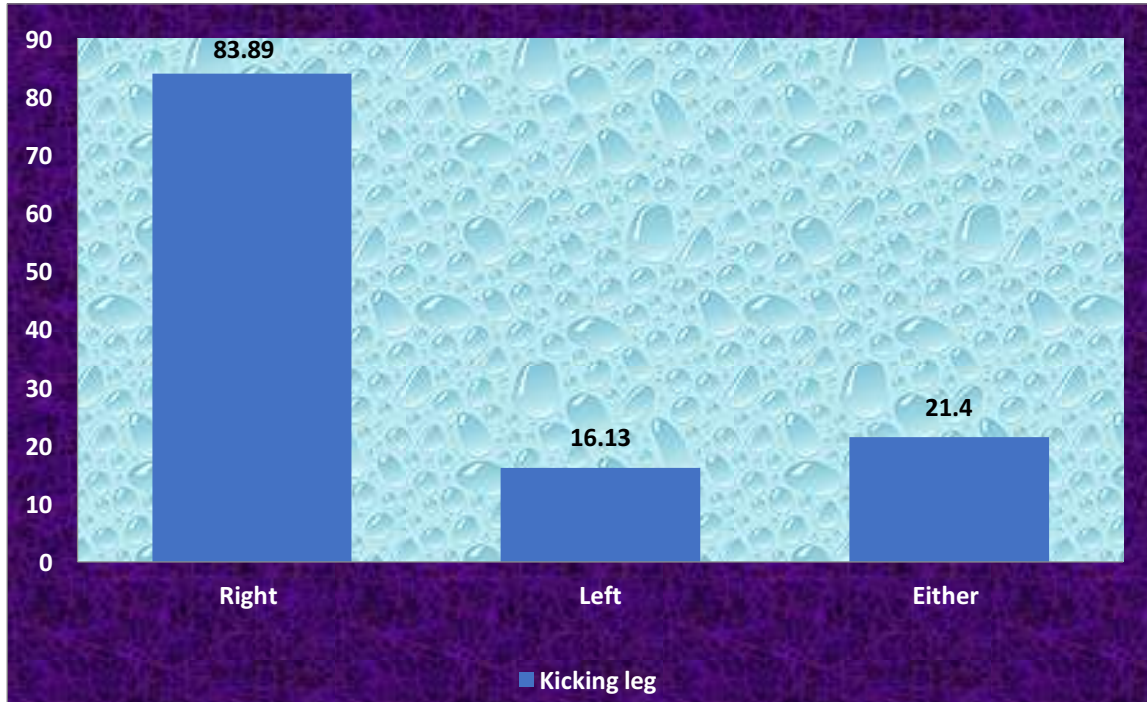


Table – 5

Percentage of football players (age 14-21) tend to kick the ball .

<i>Players</i>	<i>Kicking Leg</i>		
	<i>Right</i>	<i>Left</i>	<i>Either</i>
<i>Football players</i>	<i>82.43%</i>	<i>17.10%</i>	<i>20.43%</i>

Table – 5, Shows that, 82.43 % football players(age 14-21) played by right leg, 17.10% football players were played by their left leg, and 20.43% football players were played by both legs.

Table – 4.2

Percentage of football players (age 22-30) tend to kick the ball .

<i>Players</i>	<i>Kicking Leg</i>		
	<i>Right</i>	<i>Left</i>	<i>Either</i>
<i>Football players</i>	83.02%	16.88%	21.23%

Table – 4.2, Shows that, 83.02 % football players (age 22-30) played with using right leg, 16.88% football players were played by left leg, and 21.23% football players were played by their both legs.

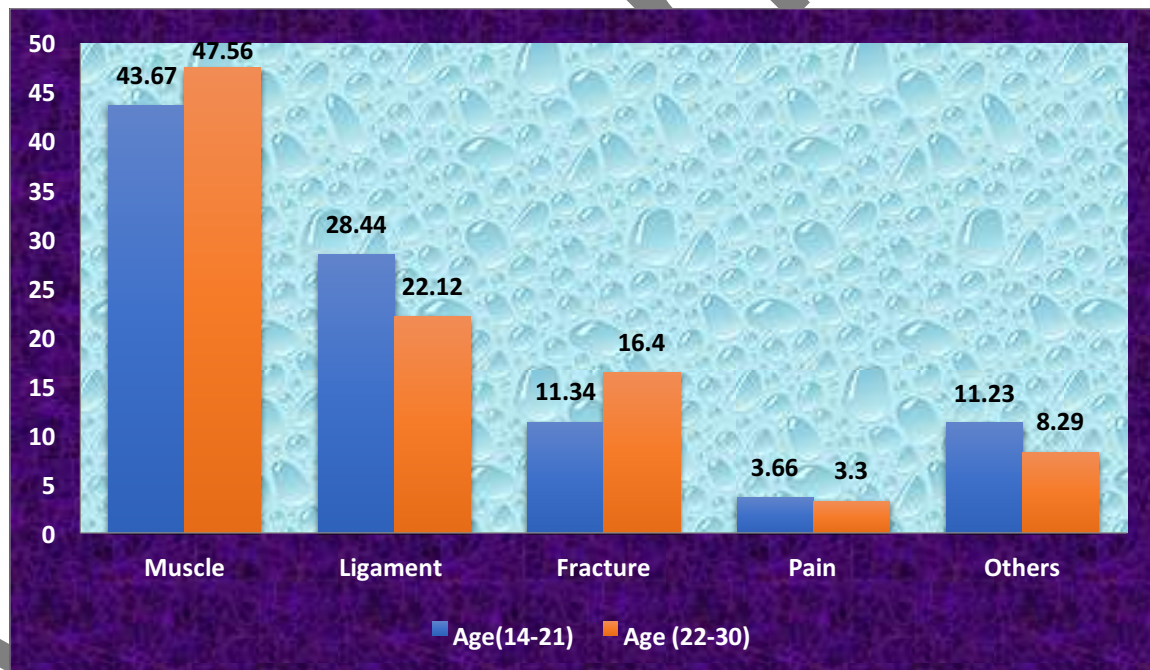


Table – 19

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Percentage of occurrence of injuries with respect to side of the leg among football players.

<i>Sr. No.</i>	<i>Side wise legs</i>	<i>Percentage of injuries</i>
<i>1)</i>	<i>Right side of the leg</i>	<i>76.66%</i>
<i>2)</i>	<i>Left side of the leg</i>	<i>23.06%</i>

Table 19- illustrates the percentage of injuries occurred with respect to side of the leg among football players. 76.66 % football players occurred injuries in their right leg and 23.06% in left leg respectively

Percentage of injuries occurred in the legs of football players have been presented graphically through in figure- 19.

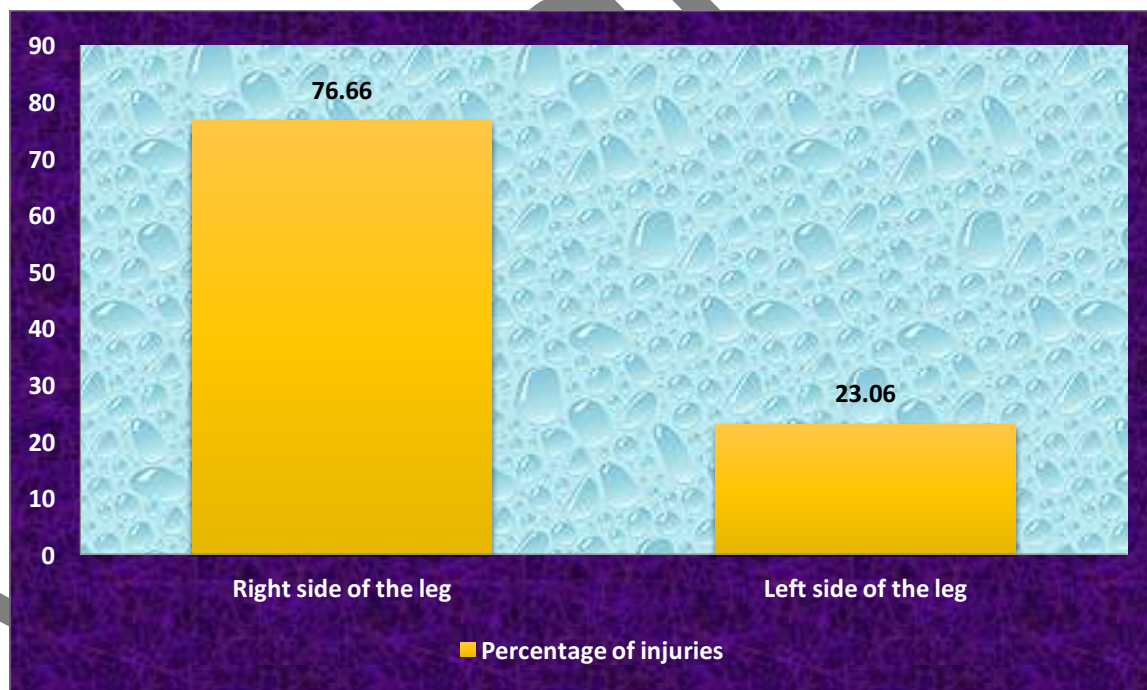


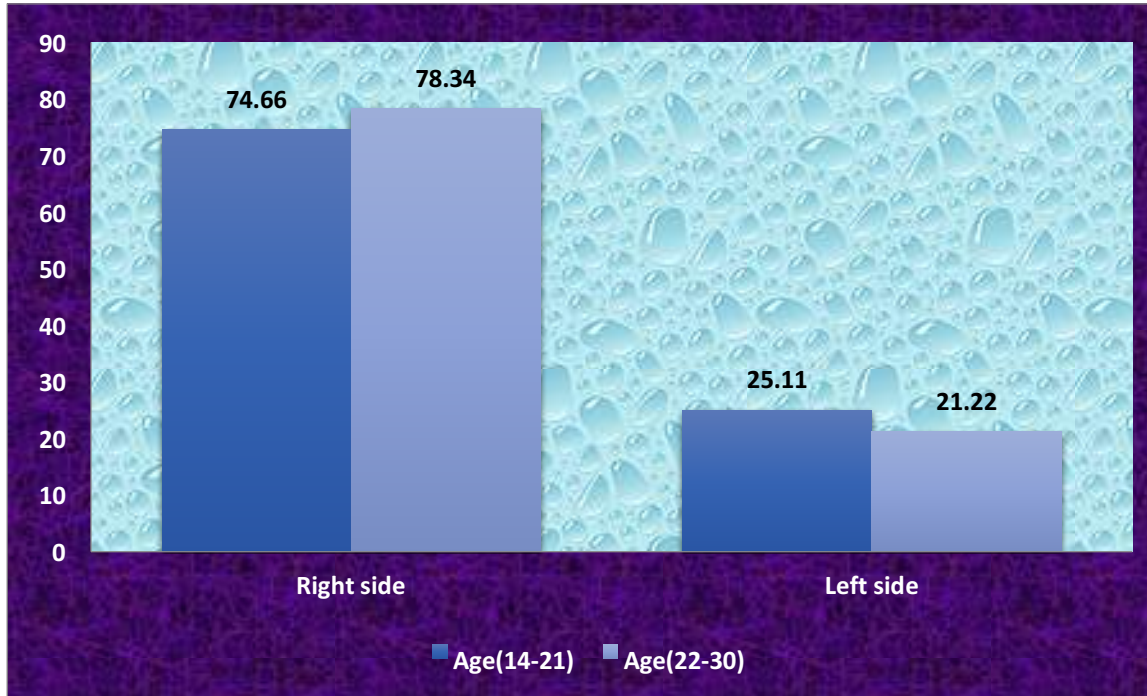
Table – 20

Percentage of occurrence of injuries with respect to side of the leg among football players.

<i>Sr. No.</i>	<i>Period</i>	<i>Age(14-21)</i>	<i>Age(22-30)</i>
<i>1)</i>	<i>Right side</i>	<i>74.66%</i>	<i>78.34%</i>
<i>2)</i>	<i>Left side</i>	<i>25.11%</i>	<i>21.22%</i>

Table 20 illustrates the percentage of injuries occurred with respect to side of the leg among age group football players. 74.66% Age(14-21) group football players occurred injuries in their right leg and 25.11% in left leg respectively, while 78.34% age (22-30) group football players reported their injuries in right leg and 21.22% in left leg of age (22-30) group football players .

Percentage of injuries occurred in the legs among age group football players have been presented graphically through histogram in figure- 20.



Contribution for further research

I expect that this study can contribute to future work in the field of sports medicine to be of great use and importance to the footballers, physiotherapist, doctors and physical educationist as the same can be utilized in formulating the modalities in putting their knowledge acquired through devoted scientific investigations, analysis and interpretation of findings to use of all sports person. The results of this study may also help to contribute the prevention and reduction of injuries among football players. This research may Inform policies and practices designed to improve the awareness in football players, coaches and physical educationist regarding the ill effects of injuries on sport performance.

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