# ANALYSIS OF THE INFLUENCE OF SKILLS ON PLAYING ABILITY AMONG JUNIOR SOCCER PLAYERS

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**ABSTRACT:** The purpose of the present investigation was to analyse the relationship between the selected skills with the playing ability and the influence of skills on the playing ability among the soccer players of defending playing position. Method: 30 male soccer players (defenders) from Puducherry Union Territory, India, age ranged between 17 and 19 years were selected by random sampling technique(n=30). To assess the playing ability of the subjects, the rating technique was followed by using three experts. The skill performance (short pass, long pass, foot receiving and passing, thigh receiving and passing, chest receiving and passing, Defensive heading, attacking heading, dribbling and shooting) was quantified by adopting appropriate tests. The test reliability was established by the investigator by test retest method for 10 soccer players. Result: Among the selected skills, short pass (0.468, p<0.05), thigh receiving and passing (0.508, p<0.05), chest receiving and passing (0.608, p<0.01), attacking heading (0.482, p<0.05), defensive heading (0.755, p<0.01) and shooting (0.666, p<0.01) had positive significant relationship with the soccer playing ability. The 90% of playing ability of defenders is mainly due to the skills such as defensive heading (57), attacking heading (15%), long pass (11%) and shooting (7%).

**Keywords:** Influence of Skills; Skill Performance; Soccer Playing Ability; Playing Positions; Long Pass; Shooting; Defensive Heading; Attacking Heading, Shooting.

**INTRODUCTION:** The key however is technique – without it a player's armory is incomplete. A player can be the fittest player in the world but, if he cannot control and govern the ball, his fitness is worthless. Defensive duties and responsibilities are assigned not only to the goal keeper, sweeper, marking backs and stopper, but also to wide midfielders, attacking midfielders and forwards. Therefore all players need to have defensive skills [1-2]. Of course players in certain positions need specific attributes to be effective. All players however must have the basic skills to defend plus additional defensive skills and attributes required by their positions.

You will hear coaches talking about the ‗first touch' and aside from the ability to actually strike a ball correctly and pass with pace and precision, this is so important. But control is not just about trapping or killing the ball with the feet. Other parts of the body are often called into play, such as the chest, head or even the thigh. The ball is not always going to be delivered to the feet. Hence the purpose of present investigation was to examine the relationship between the selected skills with the playing ability and the influence of skills on the playing ability among the soccer players of defending playing position [2-4].

**Table 1**: **Test reliability**

| S. No. | Variables | Coefficient of Correlation | Level of Significance |
|---|---|---|---|
| 1. | Short Pass | 0.816 | 0.01 |
| 2. | Long Pass | 0.867 | 0.01 |
| 3. | Foot receiving and | 0.834 | 0.01 |
| 4. | Thigh receiving | 0.812 | 0.01 |
| 5. | Chest receiving | 0.806 | 0.01 |
| 6. | Dribbling | 0.810 | 0.01 |
| 7. | Defensive Heading | 0.876 | 0.01 |
| 8. | Attacking Heading | 0.848 | 0.01 |
| 9. | Shooting | 0.817 | 0.01 |

**Table 2: The mean and standard deviation for playing ability and skills**

| S.No. | Variables | Mean | Standard deviation |
|---|---|---|---|
| 1 | Playing Ability | | 6.57 |
| | **Skills** | | |
| 1 | Short Pass | 3.90 | 1.97 |
| 2 | Long Pass | 3.60 | 1.31 |
| 3 | Foot Receiving and | 4.20 | 1.20 |
| 4 | Thigh Receiving and | 4.45 | 1.05 |
| 5 | Chest Receiving and | 4.50 | 1.05 |
| 6 | Dribbling | | 0.58 |
| 7 | Defensive heading | 4.10 | 1.89 |
| 8 | Attacking Heading | 6.65 | 3.47 |
| 9 | Shooting | 5.90 | 2.94 |

**Table 3: The relationship which exists between skills and playing ability**

| S.No | Variables | Correlation Coefficient | Level of |
|---|---|---|---|
| 1 | Short Kick | 0.468 | 0.05 |
| 2 | Long Kick | 0.375 | NS |
| 3 | Foot Receiving and | 0.287 | NS |
| 4 | Thigh Receiving and | 0.508 | 0.05 |
| 5 | Chest Receiving and | 0.608 | 0.01 |
| 6 | Dribbling | -0.367 | NS |
| 7 | Defensive heading | 0.755 | 0.01 |
| 8 | Attacking Heading | 0..482 | 0.05 |
| 9 | Shooting | 0.666 | 0.01 |

The table value required for 18 d.f for significant at 0.05 and 0.01 levels are 0.444 and 0.561 respectively.

**Table 4: The analysis of variance for influence of skills on playing ability**

|  | Sum of Square | d. | Mean Squar | F | Level of |
|---|---|---|---|---|---|
| Regression | 739.848 | 4 | 108.96 | 35.074 |  |
| Residual | 79.102 | 15 | 5.273 |  | 0.01 |

**Table 5: The stepwise multiple regression between skills and playing ability**

1-Defensive Heading, 2-Defensive Heading, Attacking Heading, 3- Defensive Heading, Attacking Heading, Long Pass, 4- Defensive Heading, Attacking Heading, Long Pass, Shooting.

| Predictors | Multiple R | R Square | Adjusted R | Standard Error |
|---|---|---|---|---|
| 1 | 0.755 | 0.570 | 0.546 | 4.42 |
| 2 | 0.847 | 0.717 | 0.684 | 3.69 |
| 3 | 0.909 | 0.826 | 0.794 | 2.98 |
| 4 | 0.950 | 0.903 | 0.878 | 2.30 |

**Table 6: The variables in the regression equation**

| Variables | B | S.E B | Beta | T | Level of Sig. |
|---|---|---|---|---|---|
| Defensive Heading | 1.528 | 0.342 | 0.440 | 4.472 | NS |
| Attacking Heading | 0.843 | 0.159 | 0.445 | 5.296 | NS |
| Long Kick | 1.804 | 0.424 | 0.361 | 4.253 | 0.01 |
| Shooting | 0.744 | 0.215 | 0.333 | 3.459 | 0.04 |
| Constant | 50.29 6 | 2.192 |  | 22.941 | NS |

**Multiple Regression Equation**

Playing ability of defenders = 50.30 + 1.53 + 0.84 +1.80 + 0.74 X (defensive heading, attacking heading, long kick and shooting).

# 1. METHODOLOGY

## 1.1 Selection of subjects

In this study 30 soccer players (defenders) were selected by random sampling technique from Puducherry Union Territory, India. The subjects are regularly practicing and participated in National level tournaments. Their age ranged between 17 and 19 years.

## 1.2 Selection of variables

The dependent variable is the soccer playing ability. Considering the skills mostly used in the game of soccer, the following skills such as short pass, long pass, foot receiving and passing, thigh receiving and passing, chest receiving and passing, dribbling, defensive heading, attacking heading and shooting were selected as independent variables.

## 1.3 Test administration

To assess the playing ability of the subjects, the rating technique was followed by using three experts. The skill performance was quantified for the subjects by adopting most appropriate tests (B. Ekblom). The test reliability was established by the investigator by adopting test retest method for 10 soccer players which is presented in table1.

## 1.4 Statistical tools

The mean and standard deviation for the playing ability and skills were calculated. To examine the relationship between soccer playing ability and skill, Pearson's correlation (2 tailed) was computed. With a view to examine to find out the influence of skills on the playing ability, Stepwise multiple regression analysis was computed. Standard statistical packages were used to analyse the data in the computer.

## 2. Result and Conclusion

Among the selected skills, short pass (0.468, $p < 0.05$), thigh receiving and passing (0.508, $p < 0.05$), chest receiving and passing (0.608, $p < 0.01$), attacking heading (0.482, $p < 0.05$), defensive heading (0.755, $p < 0.01$) and shooting (0.666, $p < 0.01$) had positive significant relationship with the soccer playing ability. The obtained F =35.074; $p < 0.01$, shows that the skills are collectively influencing the playing ability of defenders. As the F ratio is significant, multiple regression is computed to find out the skills which influence the soccer playing ability of the defenders.

That among the skills defensive heading (57%), attacking heading (15%), long kick (11%) and shooting (7%) are very much influencing the playing ability of defenders. The study showed that the 90% of playing ability of defenders is mainly due to the above four skills.

## 3. ACKNOWLEDGMENTS

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