ROLE OF AGILITY AND DYNAMIC BALANCE IN PERFORMANCE OF UNIVERSITY FOOTBALL PLAYERS OF PAKISTAN

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Abstract

The aim of the present study is to measure and highlight the role of agility and dynamic balance in performance of university football players. The sample size (n-250) of football players was randomly selected from universities of district Faisalabad. The age group of subjects was ranged between 17 to 27 years. Data was collected from two diverse scales such as Illinois Agility Test for agility and Bass Test for dynamic balance. Descriptive statistics (Mean and standard deviation) and inferential analysis (chi-squire and t-test) were employed as statistical approaches. The agility test scores revealed that overall universities football players were below the required standards such as approximately 70% of athletes failed to reach satisfactory scores. Findings indicated that the balance and agility among gender revealed significant differences. Results revealed that females attained more agility than males. The balance results exposed that overall university football players were found above average and satisfactory to reach their required level of balance. The findings overall concluded that with agility and dynamic balance, university football players may be competed at their best in national as well as international level competitions.

Key words: *Achievement Motivation, Gender, Basketball players*

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Introduction

Football is one of the most famous games worldwide. But it isn't always well-known in Pakistan as examine to the alternative nations. Universities provide the nurseries for the development of football at countrywide stage. For brilliance performance, in any bodily pastime, exquisite health is very essential besides psychological dependability, technical & tactical efficiency and rational reliability (Ghosh, 20l2).

The agility and dynamic stability are required in large region video games like soccer. soccer may be very famous huge region video games within the global today. According to McDowell and Scarlett (2001), soccer and its actions finished through gamers in recreation required excessive degree of motor possibilities. the game calls for high diploma of motor health, stability and coordination ability. The researcher is interested by investigating the importance of agility and dynamic stability the various gamers of the stated sport. among a collection of motor fitness variables, agility and dynamic balance are chosen as these are the acute requirement for appearing pleasant in this sport. Sheppard and Young (2006) argued that agility as a "rapid whole body movement with change of velocity or direction in response to a stimulus". It is meant that agility and dynamic stability are the 2 maximum important traits required for performing most of the ball video games, however, can be in varied amount. Therefore, the existing observe is planned to gather records about agility and dynamic balance of college stage football players.

2. Methodological Procedures

The following methodological procedures were employed for the existing research.

2.1 Nature of Research

This is the quantitative cross-sectional studies having the nature of quantitative figures. Quantitative studies used the measurable data to

formulate facts and uncover patterns in studies.

2.2 Sample Size and Sampling

All players of football game at universities of district Faisalabad was taken as population for the present research. The total number of subjects were (N=250). The age of subjects was ranged between 18–27 years. They were categorized in two genders in which 200 male and 50 female football players were identified. They were actively involved in competitive sport characterized by regular games and training sessions at their universities. Therefore, Stratified sampling technique was used to select the population from the universities.

2.3 Tool for Data Collection

In this research, the researcher measured the current level of agility and dynamic balance of university football players. Therefore, the Ilion's Agility Test of **Getchell (1979**) and modified Bass Test of **Reiman (2009**) were employed for the existing research for data collection. The Illions Agility Test and Modified Bass Test used for the assessment of football players' agility and dynamic balance. Players were provided the information regarding the overall purpose and procedure of the research. The participants were informed about tests, their procedure, and scoring criteria by demonstratively.

2.3.1 Coding Values of Illions Agility Test

Getchell introduced the standard norms of Illions Agility Test in 1979 and categories them into five different criteria for both males and females. The results of existing research were collected according to the above mentioned standard norms as displayed in Table 1.

Table 1: ***Coding of Illions Agility Test (Getchell, 1979)***

Rating	Male	Female
Excellent	< 15.2 sec.	<17.0 sec.
Above Average	15.2 - 16.1 sec.	17.0 - 17.9 sec.
Average	16.2 - 18.1 sec.	18.0 - 21.7 sec.
Below Average	18.2 - 18.3 sec.	21.8 - 23.0 sec.

Poor	>18.3 sec.	>23.0 sec.

2.3.2 Coding Values of Modified Bass Test

Reiman introducedthe standard norms for Modified Bass Test of dynamic balance in 2009 and categorised them into four norms which are same for male and female participants and mentioned in Table 2.

Table 2: ***Coding of Modified Bass Test for Dynamic Balance (Reiman, 2009)***

Rating	Males/Females
Excellent	90-l00
Good	80-90
Average	70-80
Poor	< 65-70

2.4 Techniques for Data Analysis

First, data was collected by the norms of Illions Agility Test and Modified Bass Test in proper sequence and was analyzed by using descriptive statistical method (mean and standard deviation) through SPSS software (version-19). Secondly, checklist of observation was analyzed using mean and standard deviation, Chi Squire, and t-test. Therefore, t-test was used to compare the mean of two groups like male and female whereas, the chi square test was employed to check the association between two variables (agility and dynamic balance with gender).

3. Results

The analyses of results for the existing research were compiled below:

The result of Table 3 reveals insignificant differences between male and female football players. Male football players balance had M = 78.48 and SD = .972 while, female football players balance was M = 78.98 and SD = .9l5 along with $t(248)$ = -.360. The p-value (.7l9) indicated to insignificant results. On the other hand, agility of male football players had M = l6.75 and SD = .77l whereas, female football players agility was

M = l8.08 and *SD* = .668 with *t*(248) = -10.98. The p-value (.000) shows significant results.

Table 3: ***Relationship between Balance and Agility by Gender***

	Gender	**N**	**M**	**SD**	**Df**	**t**	**p-value**
Balance	Male	200	78.48	.972	248	-.360	.7l9
	Female	50	78.98	.9l5			
Agility	Male	200	l6.75	.77l	248	-10.98	.000
	Female	50	l8.08	.668			

Note: (p<.05)

The finding of Table 4 indicates that male respondents' agility test scores were l56 (78%) and 37 (19%) belonging to average and above average respectively whereas, the male respondents' agility test scores were 26 (52%) and 37 (48%) belonging to average and above average respectively.

Table 4: ***Association between Gender and Agility Scores***

			Gender	
			Male	**Female**
Agility	Below Average	Count	1	0
		% of Total	.5%	.0%
	Average	Count	l56	26
		% of Total	78.0%	52.0%
	Above Average	Count	37	24
		% of Total	18.5%	48.0%
	Excellent	Count	6	0
		% of Total	3.0%	.0%
	Total	Count	200	50
		% of Total	100.0%	20.0%

The result of Table 5 presents that the association between male and female age group of respondents for the agility. The Chi-square value (.000) revealed significant association between male and female age group of respondents.

Table 5: ***Chi-Square Tests of Agility***

	Value	**df**	**Sig. (2-tailed)**
Chi-Square	l9.73l[a]	3	.000
likelihood Ratio	l9.147	3	.000
linear-by-linear Association	8.790	1	.000

a. 4 cells (50.0%) have expected count less than 5. The minimum expected count is .20

Table 6: ***Association between Dynamic Balance and Gender***

			Gender	
			Male	Female
Dynamic Balance	Poor	Count	48	9
		% of Total	24.0%	18.0%
	Average	Count	63	20
		% of Total	31.5%	40.0%
	Good	Count	65	l4
		% of Total	32.5%	28.0%
	Excellent	Count	24	7
		% of Total	12.0%	14.0%
	Total	Count	200	50
		% of Total	100.0%	100.0%

The finding of Table 6 indicates that majority of male respondents' Modified Bass Test scores were counted 65 (33%), 63 (32%), and 24 (12%) considering good, average, and excellent respectively whereas, the female respondents' Bass test scores were measured 20 (40%), 14

(28%), and 7 (14%) considering average, good, and excellent respectively.

The result of Table 7 presents association of male and female age group of respondents with dynamic balance. Chi-square value revealed insignificant association between dynamic balance and gender.

Table 7: ***Chi-Square Tests (Dynamic Balance)***

	Value	**df**	**Sig. (2-sided)**
Pearson Chi-Square	l.887[a]	3	.596
likelihood Ratio	l.889	3	.596
linear-by-linear Association	.130	1	.7l8

a. o cells (.0%) have expected countless than d5. The minimum expected count is 6.20.

4. Discussions

The findings revealed that players who are pursuing a carrier in football at university level needs to pay attention on improving agility through regularly participating in drills that would improve this skill. From football administration side, the results revealed that organizers need to pay attention at grass root level to ensure that athletes are made aware of their fitness in scientific manner and especially focus should be on the fitness skills that are more connected to the sports they are participating. The scores of males and females with respect to agility and balance revealed that there is no difference between balance among both genders and females were more agile as compare to males. It may be happened due to difference of agility test norms for the both genders. This finding establishes that male athletes need to put more efforts in order to improve their agility level so that they may be able to compete at national level that may require more agility level. The balance test scores revealed that overall university football players were above average and satisfactory reach their required level of balance. The findings pointed out that with respect to balance the university football players of district

Faisalabad can compete at national level. **Ghosh and Majumder (2013**) concluded that agility among the Kho-Kho, handball, and basketball players does not differ significantly whereas, in this present research the agility test scores revealed that overall universities football players was below the required standard as approximately 70% of players failed to reach satisfactory scores as per the standards established by illions agility test. Ghosh and Majumder (2013) concluded that dynamic balance among the Kho-kho, handball, and basketball players does not differ significantly, on the other hand, the present research concluded that the balance test scores reveal that overall university football players was above average and satisfactory reach their required level of balance. The finding pointed out that with respect to balance the university football players of district Faisalabad can compete at national level.

5. Conclusion

The results revealed significant difference between male and female football players. Among male football players on modified bass test is (M=78.48, SD= .972), female football players on modified bass test is (M=78.98, SD= .915) t (248) =-.3.60. The p-value (.719) shows that the results are significant and agility male football players balance (M=16.75, SD= .771), female football players balance (M=18.08, SD= .668), t (248) = 10.98. The P-value (.003) shows that the results are significant. It was concluded that gender among balance and agility showed significant difference. Agility and dynamic balance among football players do not differ significantly. This may be because of the reality that football played in one of these discipline that is almost equal in area and taken into consideration as high velocity and intensity required faster exchange of role and path. Thu, the soccer players are simply similar in nature from the stand factor of speed and motion sample like quick dash, zigzag run, jump and required comparable type of motor health, stability, and coordination potential. it can additionally be a cause of insignificant differences. The education and education programs on universities degree players in U.S.A like Pakistan isn't yet been dependent scientifically specific to a selected sport. Most of the gamers exercise underneath less certified coaches and health

professionals having little or no information inside the technological know-how of the game. Some of the players practice below self-guidance. This can be primary motive of popular health development as a substitute game unique fitness improvement required for excessive degree overall performance of soccer. The results might also possibly because of the above truth that the subjects represented as gamers of soccer had almost same fashionable motor ability reasons insignificant difference in agility and dynamic balance.

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