

Measures to Enhance Skills in the Sport of Football

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Abstract:

Football players need to develop skills and physical abilities to improve athletic performance. The researcher has studied the fundamental skills and has also outlined effective measures to improve these skills. The researcher has conducted data collection and analysis by selecting a total of 40 players using survey, interview techniques, and observational methods. Among the players selected by the researcher, there are 21 players in the group of 60 kg to 70 kg, which shows that the players have a good BMI. Similarly, the height of the players selected by the researcher is between 165 cm to 175 cm, with the majority of players being in this range. It was also clear that among the selected players for research, 18% of the players do not engage in regular exercise. Similarly, 33% of players feel mental stress during competition. Similarly, 70% of the athletes run 50 meters in less than 07 seconds. Similarly, regular practice, guidance from a coach, mental preparation, tools, diet, and sleep are important factors for skill enhancement. The researcher gathered information about a total of seven skills, passing skill is good of the players. The dribbling and shooting skills are also satisfactory. It also appears that there is satisfactory observation regarding controlling football. It is also necessary to improve communication skills. Similarly, 22 % of athletes are satisfactory regarding physical fitness, which means they do not appear to be sufficient to win competitions. It is also important for the coach to conduct tests for the players every week to improve their skills.

Introduction:

Football is a fast-paced and technically precise sport that requires physical fitness and technical skill. The skills of the players have a direct impact on the success of the entire team, so in order to succeed in football, players need to develop both skill and physical capability. Football is the most popular sport in the world. Coaches need to create individual and team training plans. Team performance, physical capacity, health, and mental strength are factors that affect players' sports performance. Factors such as unity within the team, trust, inspirational leadership, coaching, training, and communication among the common members are essential to enhance the performance of the football game.

Objectives:

1. To study the fundamental skills in football.
2. To find useful strategies to enhance skills in players.
3. To develop football training methods.

Research Methodology:

The researcher has adopted survey and experimental observation methods for the research. The researcher has included 40 players participating in intercollegiate competitions in the study and has collected observations and feedback from them.

Research Tools:

Questionnaires, observation, and interview techniques have been used. Collection and analysis of information. Information collection through a questionnaire.

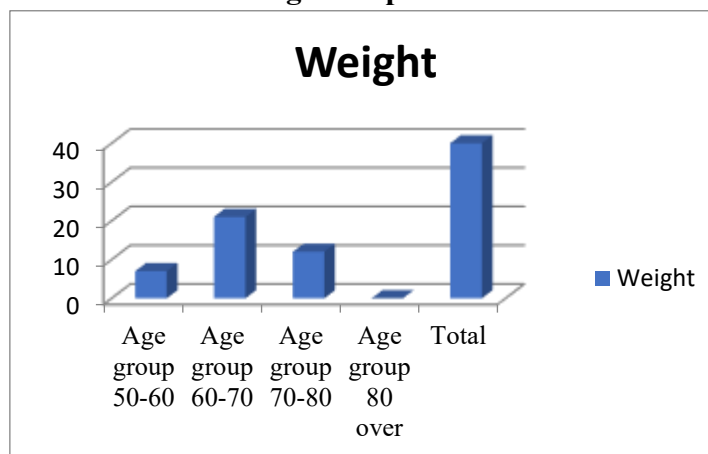
Physical structure and health

4. What is the weight?

Weight Chart No.:1

Weight test	Age group 50-60	Age group 60-70	Age group 70-80	Age group Over 80	Total
Weight	07	21	12	00	40

WeightGraph No.:1



Analysis and Interpretation:

Table No. 1 and chart No. 1 shows information about a total of 40 players

1. In the weight group of 50-60, 07 players are seen.
2. In the weight group of 60-70, 21 players are seen.
3. In the weight group of 70-80, 12 players are seen.
4. In the weight group above 80, 00 players are seen.

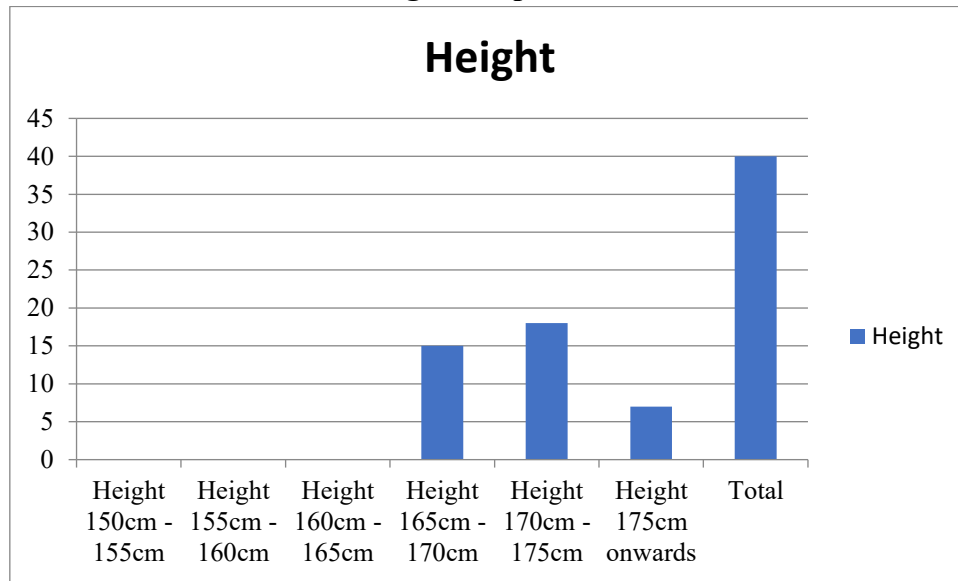
It can be said that at most 21 players are in the weight category of 60-70 kg, and there are 00 players above 80 kg, which indicates that their BMI falls within the range of 15 to 25.

1. What is the height?

Height Chart No.:2

Height test	Height 150-155	Height 155-160	Height 160-165	Height 165-170	Height 170-175	Height 175 onwards	Total
Height	00	00	00	15	18	07	40

Height GraphNo.:2



Analysis and Interpretation:

Table No. 2 in Chart No. 2 presents information regarding a total of 40 players.

1. There are 00 players in the height group of 150-155 cm.
2. There are 00 players in the height group of 155-160 cm.
3. There are 00 players in the height group of 160-165 cm.
4. There are 15 players in the height group of 165-170 cm.
5. There are 18 players in the height group of 170-175 cm.
6. There are 07 players in the height group above 175 cm.

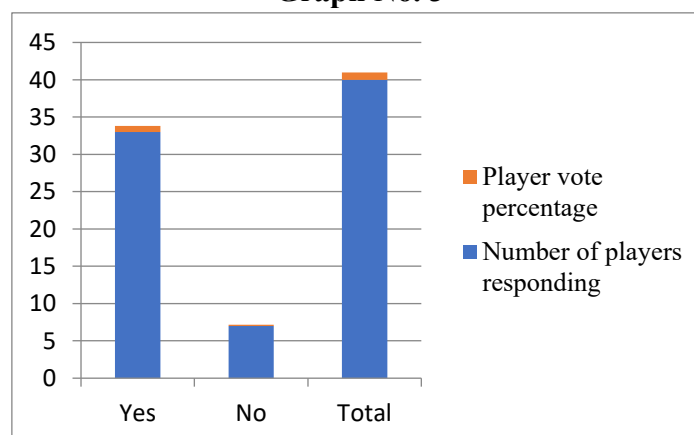
It can also be said that there are 33 players between 165 cm and 175 cm.

2. Do you exercise regularly?

Table No.03

App. No.	Details	Number of players responding	Player vote percentage
1	Yes	33	82 %
2	No	07	18 %
	Total	40	100%

Graph No. 3



Analysis and Interpretation:

Table No. 3 in Graph No. 3 presents information based on the opinions of a total of 40 respondents.

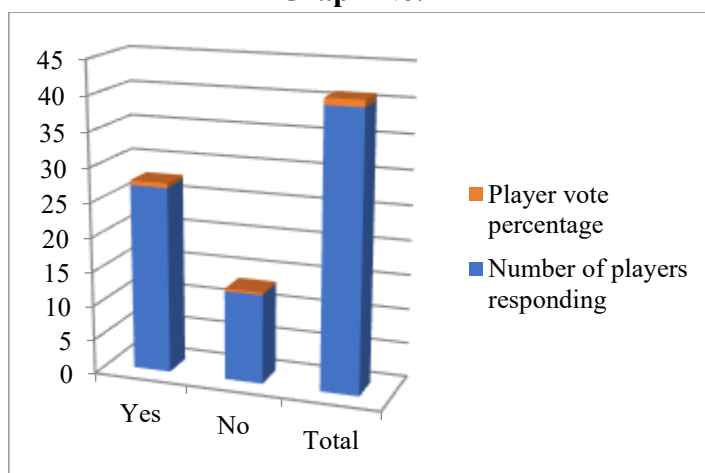
1. According to the opinions of 33 respondents, 82 % players regularly exercise, which means 33 players opinions are recorded.
2. 7 respondents indicate that they do not exercise regularly, showing an 18% rate.
3. It can be stated that 82 percent of players exercise regularly, while 18 % of players do not exercise regularly.

4. Do you feel mental stress during the competition?

Table No. : 04

App. No.	Details	Number of players responding	Player vote percentage
1	Yes	27	67 %
2	No	13	33 %
	Total	40	100%

Graph No. 4



Analysis and Interpretation:

Table No. 4 in Graph No. 4 shows information based on the responses of a total of 40 players.

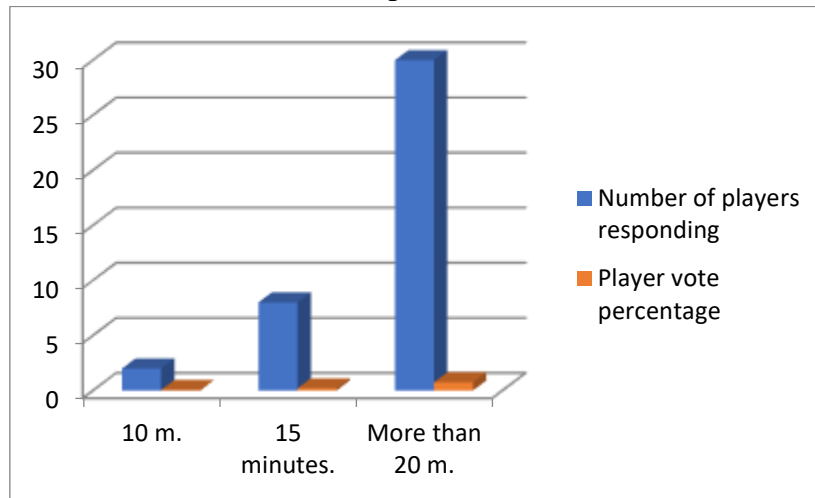
1. According to 27 respondents, which means 67% of players have reported that they experience mental stress during competitions.
2. 13 respondents state that they do not feel mental stress during competitions, which are 33% of students.

5. How long you can run continuously without stopping.

Table No. : 05

Sr. No.	Details	Number of players responding	Player vote percentage
1	10 minutes	02	5 %
2	15 minutes	08	20 %
3	More than 20 minutes	30	75 %

Graph No. 5



Analysis and Interpretation:

Table No. 5 and Graph No. 5 present information about the speed and agility of a total of 40 players.

1. It is observed that 28 players, which represents 70% of the players, cover a distance of 50 meters in less than 07 seconds.
2. It is observed that 11 players, which represents 28% of the players, cover a distance of 50 meters in a time range of 07 to 09 seconds.
3. It is observed that 1 player, which represents 02% of the players, covers a distance of 50 meters in more than 09 seconds. The most essential factors for enhancing skill (in sequential order)

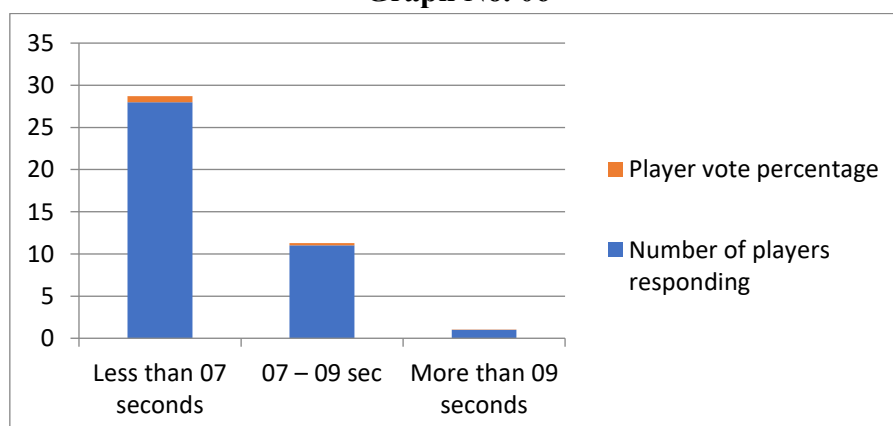
On the field, 75% of players can run continuously for 20 minutes, while 20 % can run for 15 minutes continuously, and 05 players run less than 10 meters, which means that 25 % of players need to increase their stamina. It becomes important to receive training to enhance stamina.

6. How long does it take to cover a distance of 50 meter?

Table No. : 06

Sr.No.	Details	Number of players responding	Player vote percentage
1	Less than 07 seconds	28	70 %
2	07 – 09 sec	11	28 %
3	More than 09 seconds	01	02 %

Graph No. 06



Analysis and Interpretation:

It can be said that 70 percent of players can run 50 meters in less than 07 seconds, while 28 percent can run between 07 to 09 seconds, and 02 percent take more than 09 seconds.

7. Most Important Element to Enhance Football Skill?

Table No. : 07

Sr. No.	Details	Chronological Order
1	Regular Practice	1
2	Guidance from coaches	2
3	Mental Preparation	3
4	Modern Equipment	4
5	Diet and Sleep	5

Analysis and Interpretation:

Table No.7 shows the most essential factors for enhancing the skills of a total of 40 players in Chart No. 7.

According to the respondents, regular practice is the primary remedy for performance, which leads to an increase in skills. Second is the guidance from coaches, third is mental preparation and modern tools, followed by Diet and Sleep in the fifth position.

It can be said that to enhance performance in competitions, it is extremely essential for players to practice regularly, and the order should be guidance, mental preparation, and modern equipment and diet and sleep.

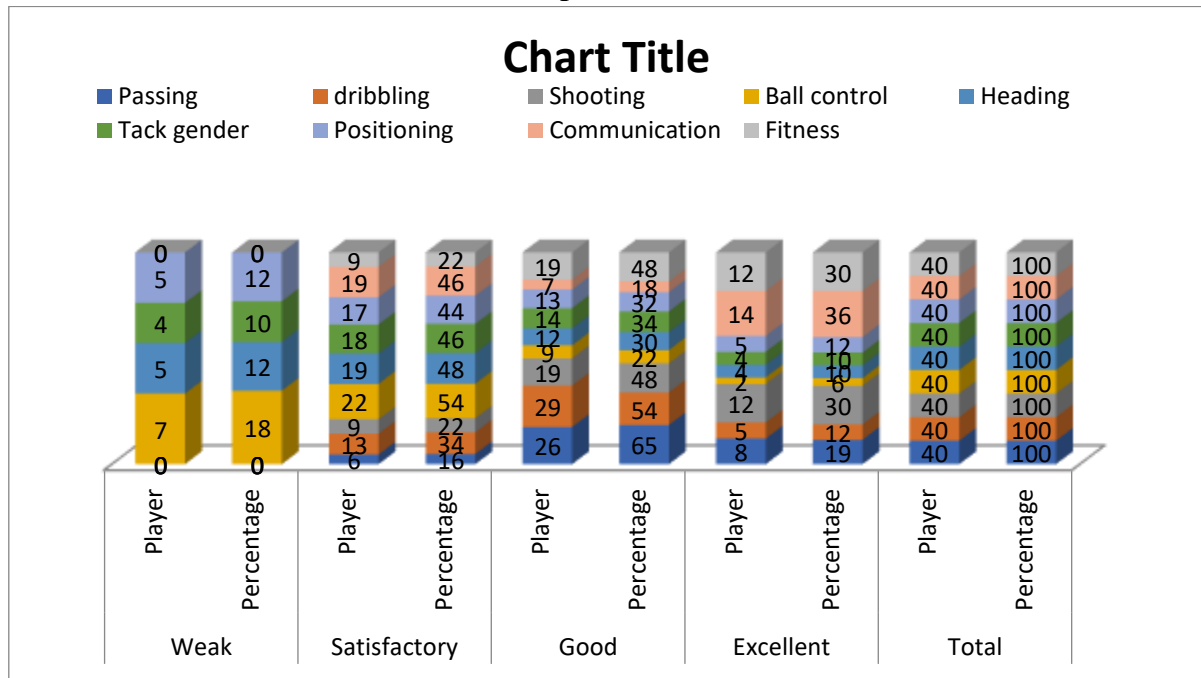
8. Skill Assessment (Observation)

Skill Assessment (Observation **Graph**)

Table No. 08

Sr. No.	Skills	Weak		Satisfactory		Good		Excellent		Total	
		Player s	%	Player s	%	Player s	%	Player s	%	Player s	%
1	Passing	0	0	6	16	26	65	8	19	40	100
2	dribbling	0	0	13	34	29	54	5	12	40	100
3	Shooting	0	0	9	22	19	48	12	30	40	100
4	Ball control	7	18	22	54	9	22	2	6	40	100
5	Heading	5	12	19	48	12	30	4	10	40	100
6	Tack gender	4	10	18	46	14	34	4	10	40	100
7	Positioning	5	12	17	44	13	32	5	12	40	100
8	Communicatio n	0	0	19	46	7	18	14	36	40	100
9	Fitness	0	0	9	22	19	48	12	30	40	100

Graph No.: 08



Analysis and Interpretation:

table No. 7 in Graph No. 7 shows the skill evaluation of a total of 40 players.

1. Out of a total of 40 players, regarding passing skills, it can be observed that 16% or 6 players are satisfactory. 65% or 26 players demonstrate good passing skill practice. 19% or 8 players show excellent passing skills.
2. Out of a total of 40 players, regarding dribbling skills, it can be observed that 34% or 13 players have satisfactory dribbling. 54% or 29 players have good dribbling skill practice. 12% or 5 players show excellent dribbling skills.
3. Out of a total of 40 players, regarding shooting skills, it can be observed that 22% or 9 players have satisfactory shooting. 48% or 19 players demonstrate good shooting skill practice. 30% or 12 players show excellent shooting skills.
4. Observing the ball control skills of a total of 40 players, it appears that 18% or 7 players are weak, 54% or 22 players are satisfactory, 22% or 9 players have good skill practice, and 6% or 2 players have excellent ball control skills.
5. Observing the heading skills of a total of 40 players, it appears that 12% or 5 players are weak, 48% or 19 players are satisfactory, 30% or 12 players have good skill practice, and 10% or 4 players have excellent heading skills.
6. Observing the tackling skills of a total of 40 players, it appears that 10% or 4 players are weak, 46% or 18 players are satisfactory, 34% or 14 players have good skill practice, and 10% or 4 players have excellent tackling skills.
7. Out of a total of 40 players, observations regarding positioning skills indicate that 12% or 5 players are weak, 44% or 17 players are satisfactory, and 32% or 13 players have good skill practice. It appears that 12% or 5 players have excellent positioning skills.
8. Out of a total of 40 players, observations regarding communication skills indicate that 46% or 19 players are satisfactory. 18% or 7 players have good skill practice. It appears that 36% or 14 players have excellent communication skills.

9. Out of a total of 40 players, observations regarding fitness skills indicate that 22% or 9 players are satisfactory. 48% or 19 players have good skill practice. It appears that 30% or 12 players have excellent fitness skills.

It can be said that 65 percent of players have well-mastered passing skills, and 19 percent are excellent players.

It can be said about dribbling skills that 54% have acquired good dribbling skills while it appears that 12% have excellent dribbling. Regarding shooting skills.

It can be said that 48% of players have good shooting skills and 30% have mastered excellent shooting skills. About ball control skills.

It can be said that 18% of players are weak in ball control skills and 58% of players are satisfactory, which indicates that proper training and planning are essential for players to acquire ball controlling as a skill. Regarding football heading skills.

It can be said that twelve percent of players are weak and 48% of players are satisfactory, highlighting the importance of precise teaching and training for players in this skill.

Regarding the skill of tackling in football, it can be said that 10% of players are weak and 46% of players are satisfactory. Regarding the skill of communication.

It appears that 46% of players are satisfactory. Regarding fitness, 22% of players are satisfactory, which indicates that improvement is needed.

Conclusion:

1. Football players have a good BMI.
2. In the height group of 175 centimeters, there are 33 players, indicating good height.
3. Football players need to exercise regularly.
4. Football players experience mental stress during competitions, which means it is necessary to train them in meditation for concentration.
5. Football players have good stamina.
6. Regular practice, guidance, mental preparation, and modern tools are extremely necessary for improving competition performance.
7. The passing skill of football players is good.
8. The dribbling skills of football players are good.
9. The shooting skills are good.
10. It is observed that the ball control skills of football players are 18% weak and 58% satisfactory, indicating that improvement in these skills is necessary.
11. Regarding heading skill in football, 10% of players are below average and 46% are satisfactory, this indicates its importance of practicing these skills.
12. It is essential to improve the tackling skills in football, and for that proper planning and drills should be conducted for it.
13. This skill training is necessary for players, and improving communication during competitions is important.
14. The fitness of 22% of players is satisfactory, meaning that fitness does not appear to be adequate to win competitions, proper guidance on diet, rest, exercise, and accurate knowledge and information is important.
15. It appears that the player practices regularly but does not focus on technical skills.

16. The drills improve players' control over football among two different players.
17. To improve the performance players there should be skills base weekly tests should be conducted .

Suggestions:

To increase your football skills and fitness below things should be practice

1. Endurance: Running, Cycling, Swimming and Cardio Exercise.
2. Speed and Agility : Angle Drills , ladder drills , zig- zag Running .
3. Strength : Squats, lunges, Core strengthening.
4. Stretching: Before game Dynamic Stretching and after the game Static Stretching .
5. Dribbling and Control :Practice dribbling daily .
6. Passing and Shooting :practice from various angles and distances
7. Sport Study: observe professional matches and strategies.
8. Focus and decision-making : While playing learn to make quick decision
9. Faith:Increase confidence
10. Balanced Diet : Protein,carbohydrates and fats incorrect quantity.
11. Hydration: Drink adequate water.
12. Sleep : At least 7-8 hours Sleep
13. Relaxation:Massage,Ice Bath or Yoga.

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