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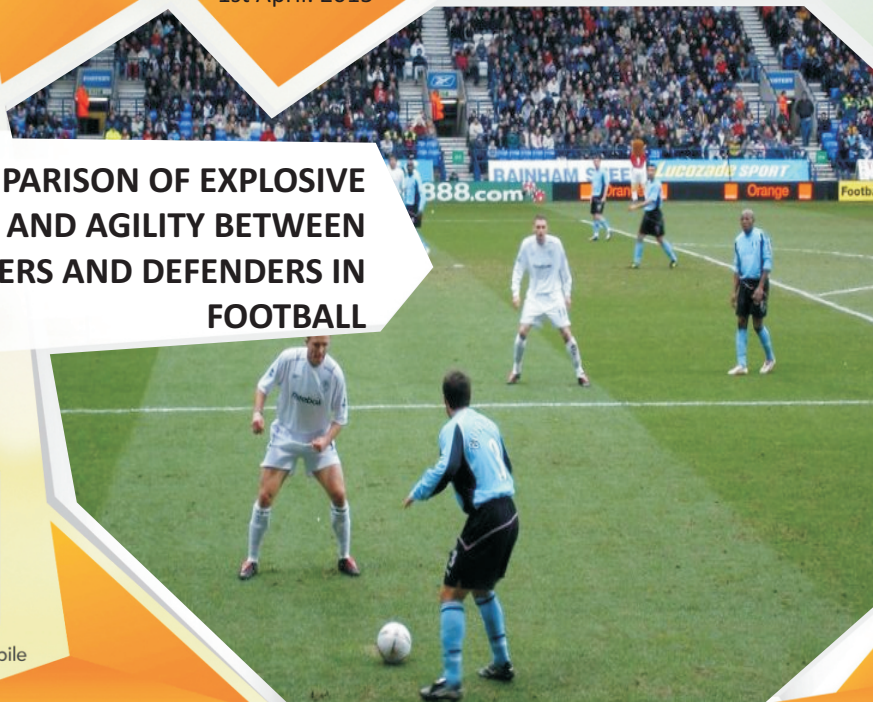
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COMPARISON OF EXPLOSIVE POWER AND AGILITY BETWEEN ATTACKERS AND DEFENDERS IN FOOTBALL

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Mukhwinder
Singh

ABSTRACT

The purpose of the study was to compare explosive power and agility between attackers and defenders in football. Sixty male U-19 football players (Attackers: N1 = 30 and Defenders: N2 = 30) selected from different schools affiliated to Punjab School Education Board, Punjab, India. All the participants were informed about aim and methodology of the study and they volunteered to participate in this study. The height of the subjects was measured with anthropometric rod to the nearest 0.5 cm.

Article Indexed in



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Introduction

Football is one of the most widely played sports in the world (Witvrouw et al., 2003; Wong & Hong, 2005) Aerobic fitness, muscle strength, explosive jumping power and agility are essential for football players (Arnason et al., 2004; Bangsbo et al., 1991).

A Good Introduction :-

Depict the significance (importance) of the study - why was this value doing in any case? Give a wide connection. Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

Height measurements were taken by using the standard anthropometric rod to the nearest 0.5 cm. Taken values were recorded in 'cm'. The subject's weight was measured with portable weighing machine to the nearest 0.5 kg. Measurements were recorded in 'kg'. BMI was calculated by the formula of; Body Mass Index = Weight/Height².

A Good Materials :-

Materials may be accounted for in a different passage or else they may be distinguished alongside your systems.

Result

Table-2: shown the demographic characteristics of attacker and defender Players. The mean height of attacker players was 177.53 cm and defender players were 181.64 cm. The mean weight of attacker players was 73.02 kg and defender players were 73.10 kg.

A Good Result :-

Abridge your discoveries in content and show them, if fitting, with figures and tables. In content, depict each of your outcomes, guiding the per user toward perceptions that are generally significant.

Conclusion

In the present study explosive power and agility between attackers and defenders in football have been evaluated and compared.

A Good Conclusion :-

Exploration papers are not acknowledged if the work is inadequate. Make what inferences you can based upon the outcomes that you have, and regard the study as a completed work.

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A Good References :-

There are Places where the Author Mukhwinder Singh , Vishaw Gaurav and Pankaj Bhanot Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas		✓			
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)	✓				
7.	References & Citation (Up-to-date, Appropriate Sufficient)		✓			

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REVIEWER COMMENTS

- I discover no shortcoming at all with the routines, information examination, or conclusions.
- The work, as with all work advancing from this specific gathering, is generally sound.
- My remarks here are concerned singularly with the association of the composition.

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