

Investigating Factors and Challenges Affecting the Performance of Football
Players; the Case of Akaki Mazoria Football Club

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A thesis submitted to

The Department of Sport Science

Presented in partial fulfillment of the requirements of the degree of Master of
Science in Sport Science

Addis Ababa University

Addis Ababa, Ethiopia

May, 2018

Addis Ababa University
School of Graduate Studies

This is to certify that the thesis prepared by Anteneh Melese, entitled:

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Acknowledgment

It would have been difficult to accomplish this research in its present form had it not been for the help I received from many individuals. Thus, I would like to express my thanks to those who helped me during the process of conducting the research. Thanks are due to the Department of Sport Science for facilitating the administrative work. I like to thank my adviser Dr Bezabih Wolde for his constructive and critical comments he offered me throughout the entire undertakings of this research.

I would also like to thank my father and mother, brothers and sisters for their care and love, advice and altruistic support while conducting the research. I want to express my gratitude to my friends Mesfin Birhanu, and Mulugeta Gadisa , for their support encouragement. I would like to thank those individuals who supported me in facilitating administering my questioners. Finally, I would like to thanks to Zerihun Leta who coaches the Akaki Mazoria football club by giving enough information, to make good communication with his trainees for the questioner.

It would be impossible to name all the people with whom I have discussed and clarified my thoughts. Therefore, I am indebted to all my friends, colleagues and acquaintances for their valuable input.

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ACRONYMS

ATP: Adenosine Try Phosphate

BMI: Body Mass Index

CA: Chronological Age

E.c: Ethiopian calendar

EFF: Ethiopian Football Federation.

ENL: Ethiopian National League.

ESL: Ethiopian Super League

EPL: Ethiopian Premier League.

FC: Football Club. .

FIFA: Federation of International Football Association.

RAE: Relative Age Effect

RE_AIM: Reach Effectiveness, Adoption, Implementation and Maintenances

SDT: Self- Determination Theory

SPSS: Statistical Package for the Social Science

TPB: Theory of Planned Behavior

UEFA: European Football Association

USA: United States of America

Abstract

This study was conducted with the objectives of investigating factors and challenges affect the performance of Akaki Mazoria Fc; and to recommend the possible solutions accordingly. Data utilized for the study have mainly been acquired through sample survey number of 55 participants. Among these, 55 numbers of players purposively selected football players, 30 players from the under 17 projects, and the rest 25 players from the senior club. The participant for interview 3 coaches purposively selected. Mainly, descriptive (frequency distribution and percentage, mean) method of analysis has been utilized to analyze the data collected through questionnaire whereas the data from interview was analyzed through qualitative technique and the researcher to triangulate by using observation check list. The study has employed descriptive analysis, a survey method was used to obtain the quantitative data that are collected from the targeted groups and descriptive analysis has been computed to describe the data obtained from the key informants. Accordingly the research revealed that training facilities and equipment's were not in the expected level for the trainees and coaches, no a predetermined coaching style evidenced in the projects, Lack of training manual, trainee selection, availability of required training facilities and equipment's, lack of proper follow-up and coach's knowledge have been considered as factors affecting the effectiveness of the projects and absence of a unique selection criteria has been used in selecting trainees for the projects. The findings of the study indicated that the following major problems were dominant in the Akaki Mazoria sport club. the absence of permanent fund for the clubs, lack of sufficient football courts in the area and less emphasis given to even the existing ones, lack of trained sport professionals that could supplement the problems man power from Akaki Kaliti sub –city.

Key words; - performance, descriptive, qualitative, technique, facility, equipment, training manual analyzing finding.

CHAPTER ONE

INTRODUCTION

1.1. BACKGROUD OF THE STUDY

Football is universally participated in countries across the world. It is a high-intensity, intermittent sport, normally played over 90 minutes, consisting of two 45-minutes halves, with a 15-minutes interval. During match-play a player's physical performance is typically characterized by total distance covered in a game, total sprint distance and execution of technical skills (pass, shot or cross success). The physical demands of football are, in turn, dependent on the complex interaction of the cardiovascular and muscular system in supporting both aerobic and anaerobic energy provision for these football-specific activities (Bangsbo, 2014; Mohr et al., 2005).

Excellent endurance performance capacity has long been recognized as important prerequisite for on-field performance of football players (Bangsbo et al., 2006; Ekblom, 1986; Reilly, 1997). For instance, a player's aerobic endurance capacity facilitates performance retention, which is limited by endurance, throughout 90-120 minutes-game. In addition, it influences the regeneration capabilities following high-intensity games and training units and the recovery following brief high-intensity exercise spurts during games or training units. Further, well-established anaerobic endurance capacity is important for explosive and maximum execution of such high-intensity game situations (Ekblom, 1986; Reilly, 1997; Reilly et al., 2008).

Because of the importance of players' aerobic and anaerobic endurance capacity, maximizing this capacity is the central element of conditioning training in football players. Performance control and the design of player-specific training regimens aimed at performance optimization rely on diagnostic methods for the assessment of individual player's (sometimes not fully utilized) potentials and capacities. Since football is a team sport, thus it is quite hard to judge an individual foot-ball player's performance. For that matter different people have different opinions on a player's performance.

Ethiopia football federation (EFF) manage three major leagues, those are Ethiopian premier league (EPL), Ethiopian super league (ESP), and Ethiopian national league (ENL) according to the level of the league.

Ethiopian national league (ENL) get the clubs from 9 regional zones of all over Ethiopia, those 9 regional zones have their own federations. Each federations of the regional zone manage two league titles (higher league, and 1st division) clubs and under 17 projects. Addis Ababa football federation was one those regional zone sport federations, whose manage the Addis Ababa higher league, Addis Ababa 1st division and under 17 projects.

AkakiMazoria Fc; is one of the member of Addis Ababa football federation, in the Addis Ababa higher league title. Club was founded in 1998e.c. From 1998-2002e.c the club was starts from under 17 projects, in 2002e.c the club have made their own senior team, and this team was registered in Addis Ababa football federation 1st division. After 4 year the club become in the Addis Ababa higher league in 2006e.c. the club founded all the materials and financial support was given by the community and family of the club members. After that AkakiMazoria Fc; started to play in Addis Ababa higher division in 2006e.c and until this club in this higher division.

1.2. STATEMENT OF THE PROBLEMS

Performance is a vital requirement for any player to score and win a match successfully; however, performance will be determined with several factors. As it is well discussed in the works of Arni Arneson and Stefan B. (2004) performance depends on a number of factors, such as physical fitness, psychological factors, player technique, and team tactics. Injuries and squeal from previous injuries can also affect the players' ability to perform. Players of any sport require a basic level of fitness including components of strength, endurance, speed, power, flexibility and agility (Jaques, 1994).

As it is described by Harris (1985), Fitness is possibly the greatest asset that players can have in minimizing their risk of injury. McKeon (1989) has also strengthened this idea as correct fitness and skills training systematically prepare the athlete to sustain collisions and other physical demands of his/her chosen sport. Poorly designed training programs can contain or lead to training errors which can overload the body's natural ability to adapt to the demands of sport, leading to injury (Taunton, 1993). A good training program should include fitness, strength activities, agility work and both offensive and defensive skills practice (Harris, 1985). Offensive

skills include kicking, leading, marking, handballing, gathering the ball from the ground, bouncing the ball on the run and racking.

(Barker et al, 1993). Barker and colleagues realized that age is a very important factor in determining playing status. Many athletes are starters because they have been in the program longer than other athletes.

Other scholars in the field have also recommended that age as factor for performance. Accordingly larger athlete may increase performance capabilities in some positions, although, having an excess amount of body fat may be detrimental to the athletes performance (Bale et al., 1994; Mayhew et al., 1993).

Even if performance lowering is a problem of many players worldwide, the performance problem of players is becoming serious in most of player in our country. A good instance for this is Akaki Mazoria Fc, most players in this club show under performance on different matches. Hence this study is intended to investigate the factors affecting the performance of Akaki Mazoria Fc.

1.3. RESEARCH QUESTIONS

1. What are the major factors affecting the performance of football players?
2. What are the major indicators of low performance?
3. What is the level and magnitude of performance of the club?

1.4. OBJECTIVES OF THE STUDY

1.4.1. General objectives

- To investigate the major factors affecting football players in Akaki Mazoria football club.

1.4.2. Specific objectives

- To identify factors affecting performance of Akaki Mazoria football players.
- To determine the core indicators of low performance of the club players.
- To assess the level of performance of Akaki Mazoria Fc; player

1.5. SIGNIFICANCE OF THE STUDY

Performance problem is common for all football players in worldwide, but what matters is not just why it occurs; the matter is how it could be solved. In fact this problem is serious problem for many clubs in our country; however, some research's conducted on this issue previously to solve this problem, hence this paper will be significant to pave the way for further researches in the field, it will also be relevant for the coaches to see and assess the way how they handle football players. In addition the findings of this paper will be relevant so as to distinguish responsible factors beyond the low performance of football players and address for concerned bodies to work on suggested solutions.

1.6 SCOPE OF THE STUDY

The geographical scope of this study will be limited in Akaki Sub-city specifically on the Akaki Mazoria football club players both senior, under 17 projects and all stakeholders in the club. Thematically the study is intended to see and investigate the major factors and challenges affecting the performance of players in the club.

1.7. Limitation of the Study

During the process of this study one of the limitations was shortage of empirical reference materials on club performance and factors associated with club performance in Ethiopia. However the researcher looks over and attempts is made to overcome this limitation by making use of some unpublished but relevant materials and documents. Apart from this, time given was not more than five months to complete this thesis, therefore time and financial constraint were the other limitation of this study.

1.8. Definition of operational terms as used in the research document

ATP: Adenosine triphosphate is a monomer of adenosine with two additional phosphate functional groups. Abbreviated ATP, they are the absolute giver of life. That is, they store energy in the bonds between phosphate functional groups, and when they are broken apart energy is released.

Coach: The person who takes care of the coaching and training of a team and who prepares them for performance,

Coaching: The term covers everything involved in the work of the coach: training and developing, directing, advising and correcting players and helping them to progress.

Micro-cycle: is a shorter training period of about 7-10 days and includes more detailed information on the intensity, frequency, duration and sequencing of the Training Sessions.

Mesocycle: is usually 4-8 weeks in duration and has a specific objective.

1.9. Organization of the Study

The content of the study was organised in to five chapters. Chapter one deals with background, statement of the problem, objectives of the study, limitation and delimitation, significance of the study and organization of the study. Chapter two discusses about the relevant literature works of scholars. When one looks at chapter three its concern is on presenting the methodology of the study. Chapter four in its part reports the presentation, analysis and discussion of the study and finally chapter five presents the summary, conclusion and recommendation of the study.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

Football is a complex sport, and performance is assumed to depend on a number of factors, including psychological factors, player technique, team tactics, and physical fitness. Football players require technical, tactical and physical skills to succeed. As it is well discussed in the works of Arni Arneson and Stefan B. (2004) performance depends on a number of factors, such as physical fitness, psychological factors, player technique, and team tactics.

2.1 performance and age

The identification and selection of young talents in soccer is a task that begins at increasingly early ages because these individuals should be involved increasingly early in organized and systematic training and competition processes, adjusted to their growth and development (Malina RM and Bouchard C, 2004). However, significant inter-individual variations in relation to growth, development and biological maturation, which are especially evident in the period of childhood and adolescence, may condition the goal of this procedure. Although all young people experience the same steps in the process of growth and development, some of them show maturational events earlier or later than their peers at the same chronological age (Malina RM and Bouchard C, 2004). Differences in chronological age (CA) in a timeline less than 12 months have little importance in adulthood, but may be relevant, particularly during adolescence. According to Musch J, Grondin S., (2001) this difference in CA among subjects of the same age group is called relative age; and the possible advantage of participation and performance in sports as result of the relative age effect (RAE). The main explanation for RAE has been the existence of differences in physical and biological maturation. Relatively older athletes tend to show higher physical characteristics and to enter puberty earlier compared to their relatively younger peers, leading coaches to select physically more qualified athletes (Cobley S, Baker J. et al., 2009).

RAE was first identified in Canada due to the bias created in the distribution of birth dates of young hockey players selected for national teams, and those born in the first quarter of the respective birth year were the most represented (Barnsley RH, Thompson AH et al., 1985). In soccer, RAE has been consistently observed in several countries, with higher representation of

athletes born in the first six months of the year⁴, 8-11, especially in the age group 15-18 years⁴ and in higher competitive levels⁸. However, literature is contradictory as to the possible anthropometric and physical performance advantage that athletes born on 1st quartile would take over those born in the 4th quartile. There are studies that show that relatively older athletes are taller and heavier than relatively younger athletes (Hirose N., 2009).

2.2 Performances and the relative ratio of weight and height

A football athlete's body composition is of particular importance for performance. It has been suggested that an increase in body mass or height is associated with increased playing time as well as greater rates of pay (Norton & Olds, 2001). Since performance is so strongly dependent on body morphology and composition, the ability to measure these changes in an athlete over time is essential to both coaches and players. In addition to performance, there is growing interest in body composition of football athletes because of its impact on health. Studies using body mass index (BMI) as a measure of obesity suggest that up to 56% of football players, including high school players, are obese (Harp & Hecht, 2005; Laurson & Eisenmann, 2007; Malina et al., 2007). Although the inaccuracy of associating a high BMI with increased risk of mortality has been reported (Lambert et al., 2012), the link between football players and cardiovascular risk has been shown in numerous studies (Borchers et al., 2009; Buell et al., 2008). Therefore, there is a need for monitoring body composition in football athletes from both a performance and health perspective.

2.3 Performance and psychology

Physical activity has an important role to play in promoting mental health and well-being by preventing mental health problems and improving the quality of life of those experiencing mental health problems and illnesses.

The level and quality of physiological arousal also provide an indication of self-efficacy. Although other theorists Borkovec, (1978) postulate that reduction in physiological arousal directly changes behaviour through reinforcement, Bandura, (1978) states that arousal affects

behaviour through the cognitive appraisal (efficacy expectations) of the information conveyed by arousal. For example, some individuals may interpret increases in their physiological arousal as a fear that they cannot perform the skill successfully, whereas others may interpret this state as being psyched up and ready for performance. Bandura, (1978) also notes that physiological sources of self-efficacy are not limited to autonomic arousal.

Anxiety or autonomic arousal is viewed not only as a source of efficacy information by Bandura, (1978) but also as a co-effect of behaviour. This suggests another reciprocal relationship in self-efficacy theory: one between self-efficacy and physiological arousal. A correlation between improved mental health and physical activity has been widely recognized by academic studies. A wide range of conditions have been shown to be alleviated by physical activity, including mild depression, severe or clinical depression, some aspects of schizophrenia, dementia, some substance addictions, and autistic spectrum disorders.

Mental health is a state of well-being in which an individual realizes his other own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community, (Weston and Greenless, 2005).

Physical activity and mental health in adults In general terms, there is some evidence to suggest that physical activity can alleviate the symptoms of mental health disorders and contribute to mental well-being, (Bandura, 1978).

As stated on Greg D., (2011), Coulter, (2010) defined and relate mental toughness as: the presence of some or the entire collection of experientially developed and inherent values, attitudes, emotions, cognitions, and behaviors that influence the way in which an individual approaches, responds to, and appraises both negatively and positively construed pressures, challenges, and adversities to consistently achieve his or her goals.

Another scholars as stated on Greg D., (2011), Jones et al. (2002) defined mental toughness in three common components; Mental toughness is important both in the athletes' sporting and non-sporting lives, a critical aspect of mental toughness includes consistently being better than your opponents, as well as repeatable and consistent high performance, mental toughness appears to be a concept that is a combination of natural or inherent values, as well as developed or trainable abilities.

Weston and Greenless (2005) identified ten key factors of mental toughness in professional football: having total self-belief at all times that you will achieve success, wanting the ball at all times (when playing well and not so well), having the ability to react to situations positively, having the ability to hang on and be calm under pressure, knowing what it takes to grind yourself out of trouble, having the ability to ignore distractions and remain focused, controlling emotions throughout performance, having a presence that affects opponents, having everything outside of the game in control and enjoying the pressure associated with performance.

2.4 Materials and performance

To maintain a facility, finance is a necessity. Initially, an invested sum is set aside for the construction of a facility, but afterwards there also needs to be an adequate allocation of funding to continue the facility's upkeep (Fried, 2005). Personnel are an additional main concern when planning for existing facilities. The opening hours and the type of events forecast determine the number of people necessary for events to operate at the facility (Fried, 2005).

The standard allocation is usually planned by the facility manager who ascertains the square footage needed for each staff member, multiplied by the number of staff. Through space planning a facility manager can conjure space for potential growth by reforming existing space (Fried, 2005). Certain possibilities should be studied by the facility manager such as the availability of space as a whole, the type of existing space, the overall condition, architectural restrictions and the ability to collaborate with other business units (Fried, 2005).

2.4.1 Planning for existing facilities

Planning is the procedure of defining the proper allocation of resources to ensure the facility success (Fried, 2005). Two essential types of planning for facilities exist as follows:

- planning for existing facilities
- planning for prospective facilities.

Planning for an existing facility includes the consideration for present users and future potential users. Such planning comprises (Fried, 2005) as follows:

- coordination of maintenance schedules and staff
- intendancy of electricity use
- Daily and special events planning
- Coordination of concession purchases and sales

- meeting of other facility facets needs such as bathrooms or parking.

Fiscal planning can frequently be the key planning concern. With the use of planning the facility will examine existing systems and maintenance needs to plan potential capital requests. N.L. Kartakoullis et al.

2.4.2 Money, personnel and scheduling

To maintain a facility, finance is a necessity. Initially, an invested sum is set aside for the construction of a facility, but afterwards there also needs to be an adequate allocation of funding to continue the facility's upkeep (Fried, 2005).

Personnel are an additional main concern when planning for existing facilities.

The opening hours and the type of events forecast determine the number of people necessary for events to operate at the facility (Fried, 2005).

2.4.3 Space management

Future growth requirement must be space managed and suitable time allocation is essential for this together with space for bookings, which is the greatest way to capitalise on revenue generation. Management might require the lease of additional space to generate adequate space for all activities (Farmer et al., 1996).

The standard allocation is usually planned by the facility manager who ascertains the square footage needed for each staff member, multiplied by the number of staff. Through space planning a facility manager can conjure space for potential growth by reforming existing space (Fried, 2005). Certain possibilities should be studied by the facility manager such as the availability of space as a whole, the type of existing space, the overall condition, architectural restrictions and the ability to collaborate with other business units (Fried, 2005).

2.5 Injuries and performance

Injuries are common in international and professional football, and injuries are the most common reason for player unavailability in training and matches (Dovrak J et al, 2010). Injuries during a season or a tournament could thus have a considerable impact on a team's performance. In one study of the Swedish men's national team over six years, the injury incidence was higher during matches lost or tied compared to matches won (Ekstrand J. et al, 2004).

This finding was not repeated, however, in a study on nine men's (senior, under-21, under-19, and under-17) and three women's (under-19) European Championships between 2006 and 2008, where no difference in injury incidence was seen based on match results (Hagglund M, et al, 2008).

European Championship in 2005, teams that were eliminated in the group stage of the tournament had a higher match injury incidence than teams that advanced to the semi-finals, while no such association was found in the men's tournament 2004 or in the men's under-19 tournament in 2005 (Walden M, et al, 2007).

There has been a large increase in studies on injury prevention in relation to both professional and amateur soccer players over the last decade and several studies show a significant decrease in time loss due to injuries (Barengo et al., 2014; Gagnier, Morgenstern, & Chess, 2013; Lauersen, Bertelsen, & Andersen, 2014). Overall injury rates have decreased in the Belgian soccer community, both professional and recreational over the last decade partly by implementing the official injury prevention program from FIFA, "The 11+" (Bollars et al., 2014). Petersen, Thorborg, Nielsen, Budtz-Jørgensen, and Hölmich (2011) decreased the overall, new and recurrent hamstring injuries in professional and amateur soccer players compared to controls by carrying out a 10-week eccentric strengthening program for the hamstrings. Owen et al. (2013) and Melegati et al. (2013) have also shown a reduction of injuries in elite professional male soccer players through preventive exercises.

Studies report superior preventive results with higher compliance to the exercises (Gagnier et al., 2013; Hägg, Atroshi, Wagner, & Waldén, 2013). There seems to be an inverse dose-response relationship between compliance with a neuromuscular training and incidence of ACL injury (Sugimoto et al., 2012). Thus, compliance is an important issue in order to optimize the effect of injury prevention, whereas lack of compliance might be the limiting factor for the overall success of injury prevention (Alentorn-Geli et al., 2009). Therefore any intervention done to prevent injuries in professional soccer will not reach its full potential unless it is correctly implemented and maintained during a longer period of time (O'Brien & Finch, 2016). Despite evidence of the effectiveness of injury prevention programs McCall, Dupont, and Ekstrand (2016) showed that the top 33 teams of the UEFA Elite Club Injury Study saw the players' adherence with injury prevention, as well as the quality of execution, as limiting the effect of such interventions.

Little is known about professional soccer players' experience with injury preventive exercises. Finch et al. (2014) made a survey on injury prevention among community Australian football players. At the end of the season the players filled out the survey and stated that they found the neuromuscular training program enjoyable and that shortening and introducing more variety in the exercises could improve the exercise program. The study is a rare example of studying the recipients, the athletes, to whom the exercises are targeted. The Reach, Effectiveness, Adoption, Implementation and Maintenance (RE-AIM) framework has been proposed as a means for researchers to conduct injury prevention studies in order to improve adoption by practitioners and policy makers (Hanson, Allegrante, Sleet & Finch, 2014). The current literature regarding injury prevention mostly deals with the first two parts of the RE-AIM framework and rarely use any social or behavioral theories or models in order to enhance the uptake and maintenance of the intervention (McGlashan & Finch, 2010).

Verhagen, van Stralen, and van Mechelen (2010) consider the behavioral aspects, as being the key factor in injury prevention and yet very few studies relating to injury prevention in sport use social and behavioral science theories even though they could be used to enhance the preventive effect of the intervention (McGlashan & Finch, 2010). Two often-used theories are the Theory of Planned Behavior (TPB) and Self-Determination Theory (SDT) (Keats, Emery, & Finch, 2012). TPB highlights three social and cognitive aspects of an individual's intention to engage in certain behavior: Attitude, Social norm and Perceived behavioral control.

The theory states that an individual will be motivated to engage in an activity, if he views it positively (attitude), believes that significant others think that he should perform it (social norm) and he believes that he has the confidence and ability to perform it successfully (perceived behavioral control). SDT states that intrinsic motivation is present if the task is freely chosen (autonomy), if the person is able to master the task (competence) and if it is considered meaningful to the individual (relatedness) (Keats et al, 2012). An integrated framework between the two theories has been used to examine athletes' intentions towards sports injury prevention and rehabilitation (Chan & Hagger, 2012a). The integrated framework found that the autonomy of SDT and the three variables of the TPB positively predicted intentions of injury prevention. In contrast to their hypothesis a more controlled motivation from the SDT was also positively linked to the intentions, however not as

effectively as autonomous motivation (Chan & Hagger, 2012a). Even if coaches and athletes have positive attitudes and beliefs towards a preventive intervention, it does not seem to make them comply any better, which points out that behavioral factors should be considered (McKay, Steffen, Romiti, Finch, & Emery, 2014).

2.6 Nutrition and performance

As the reports of FIFA, (2005), A well-chosen diet offers many benefits to every sportsman and woman to; Optimal gains from the training programme, Enhanced recovery within and between workouts and events, Achievement and maintenance of an ideal body weight and physique, reduced risk of injury and illness, confidence in being well-prepared for match play, consistency in achieving high level performances in matches, enjoyment of food and social eating occasions

According to the report, despite these advantages, many players do not meet their nutrition goals. Common problems and challenges include; Poor knowledge of food and drink and inadequate cooking skills, poor choices when shopping or dining out, poor or outdated knowledge of sports nutrition, inadequate finances, busy lifestyle leading to inadequate time to obtain or consume appropriate foods, poor availability of good food and drink choices, frequent travel and indiscriminate use of supplements and sports foods (FIFA, 2005).

On the other aspect water is essential to maintain blood volume, regulate body temperature and allow muscle contractions to take place. During exercise, the main way the body maintains optimal body temperature is by sweating. Heat is removed from the body when beads of sweat on the skin evaporate, resulting in a loss of body fluid (fact sheet, 2009). Sweat production, and therefore fluid loss, increases with a rise in ambient temperature and humidity, as well as with an increase in exercise intensity. Drinking fluid during exercise is necessary to replace fluids lost in sweat. This action will reduce the risk of heat stress, maintain normal muscle function, and prevent performance decreases due to dehydration. In most cases during exercise, the rates of sweat loss are higher than the rate you can drink, so most athletes get into fluid deficit (fact sheet, 2009).

2.6.1 Sport Nutrition

As expressed in Foundation Soccer Coaching Manual (2008:234), nutrition is an important part of any successful training program. Food is the fuel of athletic performance. Though the coach cannot control his/her athlete's food, rather he/she can guide them toward healthy eating. For this purpose, the coach should be acquainted with the basic of proper nutrition. In line with this view, Foundation Soccer Coaching Manual (2008:236) states that, "success in sport is determined primarily by athletic ability and proper training; nutrition affects the athlete in many ways. Nutrition is important for maintaining good health. A healthy athlete feels better, trains harder, recovers more quickly and is less susceptible to illness. So the coach can have a positive influence on his/her athlete's attitude about nutrition as well as their eating habits. Young athletes, in particular, respect, admire and seek advice from their coaches. Coaches often want to know exactly what constitutes a "balanced diet". A balanced diet provides all the necessary nutrients and calories the body needs to function properly. These nutrients are carbohydrates, fats, proteins, vitamins, minerals and water. Just as there are many training strategies that achieve victory, there are a number of dietary patterns that provide good nutrition. Moreover, the Foundation Soccer Coaching Manual has expresses that most nutritionists agree that the nutritional guidelines developed to promote health also establish a good foundation for athletes who desire peak performance.

2.6.2 Calorie Requirements for Athletes

Calorie intake of athletes is different depending up on the type and level of physical activities (duration and intensity), and the age and body size. This indicates that the calorie intake and expenditure of athletes has a direct reaction with the type of activity they do, their body size and age. To strengthen this idea, Foundation Soccer Coaching Manual (2008:237) expresses that; calorie requirements vary greatly from person to person and are influenced by the level of physical activity, body size and age. Therefore, it is impossible to establish a universal daily calorie requirement for athletes. Some athletes have a hard time increasing their calorie intake because the volume of a larger meal causes them discomfort, especially if they are training soon after eating. Athletes juggling a heavy academic schedule with training and part-time job may

have difficulty finding the time to eat. These athletes benefit from eating several small meals and snacks throughout the day.

2.6.3 Training Diet for Players

The Official U.S. Youth Soccer Coaching Manual (2002:73) suggests that, “As a coach, parent, or athlete, you have to have enough information about food and nutrition to create a good training diet. The training diet is the foundation for feeling on top of your game during practice or during a game. “During football/soccer training as well as during the match in order to persist in continuous training or game, players should take much amount of carbohydrate. Since carbohydrates are immediate sources of energy, foods in player’s diet especially before training should be dominated by carbohydrate. Because, when players eat more carbohydrates, their glycogen level increases and stored in muscles and liver. As a result they can be sustained for long duration of training with enough amount of energy. In supporting this idea, the Official U.S. Youth Soccer Coaching Manual (2002:73) recommends: How much energy a player has at practice determines how work can be done on the playing field or in a weight room. If inadequate carbohydrate is in the diet glycogen levels, the storage form of carbohydrate will be low on the other hand if glycogen level are high because of a good food selection and appropriate timing of meals, energy reserve level will increase. So as to store enough amount of glycogen to be used as an immediate source of energy (fuel) during training or a much time, players should eat carbohydrate rich foods such as breads, pasta, rice and cereals. In addition to carbohydrate, protein should be given more emphasis while preparing or sharing athlete’s diet because, it has important nutrients which are used to repair body, and growth of tissues. In line with this idea, Foundation Soccer Coaching Manual (2008:243) has states: Protein is the major structural component of all body tissues and is required for muscle growth and repair. Protein is not a significant energy source during rest or exercise. Although athletes have slightly higher protein requirements than non-athletes usually consume enough protein unless they are not eating enough calories. Protein requirement increase when calorie intake is inadequate because the protein is used for energy rather than for muscle growth and repair. Protein can be gained from both animals and plants. However, protein gained from animals has all the nine essential amino acids but not from plants. The major sources of proteins are meat, fish, egg, dairy products,

beans, and grains. Fat is used as the second source of energy next to carbohydrate. In addition to this fats used to protect different body organs.

2.6.4 Pre-Training Diet

The two key nutrients important before exercise are water and carbohydrate. Examples of carbohydrate-rich foods that can easily be eaten as an early morning, mid-morning, afternoon or early evening pre-exercise meal include.

- Raise blood sugar
- Protect glycogen stores
- Provide an immediate form of easy, accessible fuel.

In order to sustain for prolonged period of physical exercise (activity), players should eat much amount of carbohydrate foods than proteins and fats because carbohydrate is an immediate source of energy. In relation to this, MacLaren D. expresses, in Reilly T. (1996:114) that the most important aspects of pre-competition meals are to elevate the body's carbohydrate stores, ensure hydration and yet provide satisfaction for the player. However, while eating (taking) carbohydrate foods before training it is important to eat three hours before the training session. Moreover, he states that; soccer /football players should leave at list a 3-hour interval between a full meal and competition in order to minimize gastrointestinal problems such as nausea and a feeling of fullness.

According to the Official U.S. Youth Soccer Coaching Manual (2002:71) the two key nutrients important before training or competition are carbohydrate and water. More specifically, as sited in Reilly T. (1996:112) explains that; the meal should be high in carbohydrates, preferably complex carbohydrates such as bread, cereals, pasta, rice, potatoes, fruits and vegetables.

2.6.5 Post -Training Diet

The major considerations after competition are to replenish carbohydrate and fluid losses. As already mentioned, it is important to consume carbohydrates as soon as possible after exercise in order to achieve a quick and complete glycogen restoration (Don Mac Laren, cited in Reilly T. (1996). In this regard the Official U.S. Youth Soccer Coaching Manual (2002:75) indicates that, what is eaten after exercise determines how quickly the young athlete recovers and is able to

perform either the next day or during a consecutive game. First carbohydrate rich foods eaten within the first two hours after intense physical activity restore glycogen, the body's storage form of carbohydrate.

The second nutrient to pay attention after exercise is protein. By eating adequate protein after exercise young football/soccer players give themselves an advantage in two ways. First, they are eating appropriate nutrients (amino acids) to help repair the wear and tear on their muscle cells and secondly, they are eating the nutrient that will promote growth of muscle cells. The combination of carbohydrate and protein after exercise is the key formula for optimal recovery along with adequate fluid.

2.6.6 Fluids and Their Importance

The Official U.S. Youth Soccer Coaching Manual (2002:76) states that, at a level of only 1-2% dehydration, a young football/soccer player will start to feel prematurely tired or fatigued. In addition to this, Foundation Soccer Coaching Manual (2008:248) explains that, dehydration, the loss of body water, impairs exercise performance and increase the risk of heat injury. Furthermore, Jack H. Wilmore and David L. Costill (1999) elucidates that minimal changes in body's water content can impair endurance performance. Without adequate fluid replacement, exercise tolerance shows a pronounced decrease during long term activity because of water loss through sweating.

Therefore, at rest players should drink adequate amount of water in order to control their body temperature during training, for eliminate of waste products from metabolism and for energy production. Moreover, the Official U.S. Youth Soccer Coaching Manual (2002:76) recommends that drinking before, during, and after a game of football/soccer as follows:

- Before a training session, drink 2 cups of fluid one hour prior to playing.
- During a training session, make an effort to drink 0.5 cup of fluid every 15-20 minutes of training or play time.
- After training or at the end of the training session, drink immediately and often until urine color is very light yellow to clear.

2.6.7 Vitamins and Minerals

As indicated in the Official U.S. Youth Soccer Coaching Manual (2002:78) Vitamins and minerals do not provide energy. Carbohydrates, proteins, and fats are the energy nutrients. But, vitamins and minerals play key roles in helping the body breakdown carbohydrates, proteins, and fats for energy and build other body structures.

2.7 Environment and altitude for performance

Altitude has profound effects on exercise and sports performance. Hypobaric hypoxia induced by increasing terrestrial altitude has two major effects, physiological and physical, both of which will influence football performance: (a) the reduction in partial pressure of oxygen reduces oxygen flux at every step along the oxygen cascade and thereby decreases the availability of oxygen at the mitochondrial level to produce ATP via oxidative phosphorylation; (b) the decrease in air density reduces air resistance which will alter drag and lift as well as facilitate high-velocity running. Work rate that is close to their maximal steady-state (lactate or ventilatory threshold) (Bangsbo et al., 1991; Reilly, 1994). Although this is the “average” work rate, a typical football game is more accurately characterized as a combination of brief bursts of high-intensity running, followed by lower intensity recovery. The higher the maximal oxygen uptake of a football player, the greater the distance covered in a game (Bangsbo, 1994) and the greater the number of sprints attempted (Smaros, 1980), suggesting an important contribution of both oxidative as well as non-oxidative energy sources during a match.

Peronnet et al. (1991) have calculated the effect of altitude on running performance and concluded that for all running events up to 400 m, there is a progressive improvement in running performance with increasing altitude up to an altitude of 2500m. For shorter sprints (100 and 200 m) this improvement is sustained even at altitudes up to 4000 m, though the benefit levels off at altitudes above 3000m when the distance is prolonged slightly to 400m which involves greater contribution of oxidative energy sources (Peronnet et al., 1991).

Thus, for a football player for whom even the longest sprint is rarely longer than 200 m, the velocity at which each individual sprint can be run is likely to be faster at altitude than it is at sea level. Of course, athletes use many cues to determine the perception of exercise intensity – how fast they cover the ground; how hard they breathe for a given velocity; how fatigued their

muscles are, related at least in part to energy metabolism and lactate accumulation. With acute altitude exposure, for the same absolute work intensity, ventilation is higher, heart rate is higher, as is the rate of lactate appearance with concomitant blood lactate accumulation than it is at sea level (Brooks et al., 1991a; Wolfel et al., 1991a). Therefore, a football player may perceive a given exercise effort as “harder”, even though the velocity might be higher than at sea level.

This dichotomy between absolute speed and perceived exertion may be most prominent during sub maximal exercise, which will be discussed further below.

2.8 The contribution of effective coaching for football performance

Coaching effectively is essential in improving performance. Gallwey (2000) cited by Whitmore (2002) defines effective coaching as ‘...unlocking a person’s potential to maximize their own performance. It is helping them to learn rather than teaching them.’ Whitmore (2002) describes coaching as ‘...the essential management style or tool for optimizing people’s potential and performance. Commanding, demanding, instructing, persuading with threats, overt or covert, cannot produce sustainable optimal performance, even though they may get the job done.’ Coaching essentially involves planning, delivering and evaluating and an effective coach will excel in these main areas. The Sports Coach Foundation (2002) believes that to be an effective coach it is important for the coach to: ‘Analyze their performance against a checklist to identify areas of strengths and weaknesses Recognize the different behaviors exhibited in their own coaching Devise and implementing an action plan to change aspects of your own coaching behavior where required Monitor any improvements in their coaching practice’

2.8.1 Effective Coach Qualities

Wade (1997) believes that in order for coaching to be effective the coach must exhibit a number of qualities. He outlines a number these: Leadership and intelligence, Analytical ability, Confidence and decisiveness, Integrity and reliability, Vision and imagination, coping with unpleasantness, Organization and administration and Enthusiastic approach.

2.8.2 Effective Planning for football development

Planning involves ‘... a written document that guides you and your athletes through training and competition...It is a rational attempt at identifying...how all of the bits of training fit together to produce peak performance(s) at appropriate times, and it identifies what needs to be evaluated and monitored, in judging whether we are on-track to achieving our goals. (Parks, 2000).

Planning is essential to performance as Parks (2000) explains. 'Whether we see our athletes 2-3 times per week, or 10-12 times per week, they can't possibly work on all the things they need to work on in a single training session. Instead we need to focus on different aspects of our athletes' performances. It is how we prioritize and sequence these components of training that is vital if we are going to take advantage of what sport science calls training adaptation. Perhaps more importantly as coaches, one of our goals should be to structure our practices, weeks of practice, months and phases of training and the competition season to maximize every moment of training and to bring our athletes to their peak performance level at the appropriate time in the season.' Without planning the coach '...runs the risk of wasting time, or worse - an inappropriate or poorly thought out plan may in fact cause injury, long term damage, and/or may force the athlete to quit your program altogether.' Parks (2000) 'A professional coach must leave absolutely nothing to chance; every contingency has to be covered.' Wade (1997) an athlete should only be expected to concentrate on one thing, practice. They should not have to worry about the facilities being free next week or equipment. Vision and imagination within drills and training situations will keep athletes both mentally and physically fresh. An effective coach ensures that boredom should never be an issue during practice.

2.8.3 Effective Delivery

A player must know that they will receive the same treatment as any other athlete regardless of how important they are to the club or coach. This integrity is especially important during times of criticism. Reliability must accompany integrity. The coach, who is ever faithful with their timekeeping, may also instill confidence. 'Even dishonest players value honesty in their coach, and they absolutely demand reliability. They will even accept open criticism so long as it is phrased constructively. Coaches become recipients of many personal secrets or confidences; their players must be totally certain of the coach's reliability in protecting those confidences.' Wade (1997) A decisive coach will gather player confidence. Wade (1997) describes this as 'performer-coach relationship confidence'. To be decisive requires positive language and communication with the player or athlete, not just verbally but also through body language. An effective coach '...applies intelligence to leadership and can involve persuasion and compelling players to go along with them.' Wade (1997) If a player or athlete is not led or guided appropriately through training they may feel unsure of what the coach is trying to achieve and reluctant to change their training or technique. A controlled enthusiastic approach can lift a team.

‘A coach who is other than consistently enthusiastic, whatever the team’s results or mood is in the wrong job. (Wade 1997)

2.8.4 Effective Analyzing

The effective coach should not only be capable of analyzing his/her athletes constructively, but themselves also. An evaluation and reflection of the performance should include the good, bad and constructive criticism of the areas which need improving. A good coach should promote an athlete self-evaluation and reflection of their own performances. Coping with unpleasantness of injuries/personality clashes/parents is an inevitable and testing job for the coach. Wade (1997) notes dealings of such situations are often watched critically from a distance by those uninvolved.

The coach will need sensitivity to handle the situation appropriately.

The characteristics of a good coach The Roles of the Coach

Coaches can have a great influence on their athletes. The type and amount of influence you will have on your players is determined by your personal skills. You significantly affect your athletes’

motivation to achieve and the enjoyment they receive from participation in football. Mutual respect for each other and the longer you are together with your players will increase the influence you have on them. The three major roles of the coach are: The Coach as a Leader, The Coach as a Teacher and The Coach as an Organizer

2.8.5 Planning in Football

International DFB-Coaching Course (B-license) (2008:72) defines that; periodization as the whole training and competition year is divided into periods in order to establish and improve performance towards a specific aim whereby means of training, loading and contents have to be taken into consideration. Similarly, FIFA Coaching Manual (2004:1) defines periodization as a technique of planning the process of training and competition so that the annual training plan is a succession of “periods”, each of which has a different style of activity. As described in the FIFA Coaching Manual (2004:1) the development of a football player and the preparation of a team are comparable to building a house. So in order to achieve the

objectives that have been set, the coaching staff have to follow a series of steps that have been scheduled as part of an overall plan. In line with this idea the DFB-International Coaching Course Manual (B-license) (2008:23) has states that; football training is a complex serious of action aimed at influencing the development of performance in a systematic and goal oriented way. In addition to the above Dewitt J. (2001:89) recommends of all duties and roles that one fulfils when coaching, the task that he/she will do more than any other will be planning and running training sessions. It is in these training sessions that the coach will do practically all of his/her teaching, because he/she can completely control the environment of the sessions. The coach can control the success rate of his/her players. He/she can stop the players at practice when they make mistakes to provide them with the vital feedback that is necessary to learning. In general regardless of the level of trainees, knowledge of the sport or years of experience, the coach should prepare his/her training plan. Adding to this idea, Dewitt J. (2001:89) suggests that, training sessions are so important to the development of players, therefore it is needed to approach each session with a plan. However, as FIFA Coaching Manual (2004:1) states that; planning of training depends to a large extent on the age of players, their level of development, the category of competition in which they are playing and the fixture lists for the competitions in which they are involved.

2.8.6 Perspective Plan

The assumption is that long-term planning of training, which is based on long-term outlook, view, or perception of the club or the project perspective plan is planned by considering the success of the training in the long-run. Such kind of plan is mostly planned for world cup (four year plan), African cup of nations (two-year plan) and youth project plan. In addition to this idea Dewitt J. (2001:89) recommends that a long-term plan should reflect priorities, philosophies, and goals for the team, club or project.

2.8.6.1 Annual-Plan/One-year Plan

According to FIFA Coaching Manual (2004:2) annual training plan (one-year plan) is on the basis for all scheduled training activity, and the coach's first task is to draw up this plan before a new season gets underway. Most of the time such kind of plan is planned for the training of national league or young players who are still being developed. However, this plan varies from country to country, either because of the strategy of the fixture list of the competitions on a given

country, or because of cultural, weather and even financial considerations. As suggested in FIFA Coaching Manual (2004:3) the following criteria's should be taken into account when drawing up an annual training plan:

Since the division in the FIFA Coaching Manual is suitable to plan and practice of the long-term development of youth project players. Therefore, the details are expressed as follows:

The preparation period is the key period for getting the players and the team as a whole in the right physical condition. It should last between 4 and 10 weeks (depending on the level of the players and the level of competition) and must take into account physiological factors.

The competition period is the period when general and specific fitness are transformed into match fitness. During this phase players' need for competitive action is aroused and generated, and they are prepared for coping with the emotions and pressures of competing. This period usually lasts between 8 and 10 months (depending on the country and level of competition).

The transition period is the period when the level of performance drops off and where the player has to be able to recover physically and mentally from the exertions of playing competitive football/soccer. This period lasts between 4 to 8 weeks (depending on the country and the level at which the players are playing).

2.8.6.2 The Competition Micro-cycle

The micro-cycle, which is a short, weekly training cycle, stretches over several days and often a whole week. The micro-cycle should not be merely a repetition of the previous cycle: it has to have a new foundation, and this also implies some of the process, methods and forms of training have to be revamped or repaired as well. Micro-cycles that are linked together over a 3 to 4 week period (there by forming a meso-cycle) can differ from one week to the next. The content of micro-cycle is often determined by the team's result, but also by other factors, such as the performance level of the team as a whole or of individual players, or the weather. With young players at the learning stage, the micro-cycle also has to take into account whatever learning objectives have been fixed for the cycle.

The Training Session

FIFA Coaching Manual (2004:14) explains that the training session forms part of the micro cycle and lies at the heart of the weekly training plan. Each day, the coach has to structure and plan his/her session around his/her objectives for the day, his/her medium and long-term learning objectives, as well as taking into account the physiological, physical and mental strains on the team. The training session has to be varied-not in respect of the objectives, but certainly as far as the methods and forms of training to be used are concerned. It should last between 80 and 100 minutes in total, depending on the type of session, the objectives and the training cycle. As expressed in the FIFA Coaching Manual (2004:14) the training session comprises three phases. These three phases are also applied for different objectives with different durations. The details of the phases are discussed as follows:

The warm-up or limbering-up phase

The warm-up or limbering-up exercise is part of the training session, which is practiced at the beginning of the training session. As Honeybourne et al. (2000:224) explains that the warm-up or limbering-up exercise helps to prepare the body for the physical exertion. By gently raise the pulse rate to increase the cardiac output and rate of ventilation. The vasomotor centre is making sure that more blood is being distributed to the working muscle. The combined effect is to increase the amount of oxygen being delivered to the muscle cells, which will help to reduce the oxygen deficit when enter to the performance phase or main activity.

Besides, John, Michael and Helen (2000:224) describe three phases of warm-up or limbering-up. Phase one involves a continuous, sub-maximal whole body activity, such as jogging, to gently raise the pulse rate. This is followed by a stretch session, in which particular attention should be paid to the joints and muscles that will be most active. Finally, specifically rehearse the movement patterns that will be performed. In addition to this, FIFA Coaching Manual (2004:14) express warm-up or limbering-up as the preparation part of the session. It has to be progressive, with an initial period of running and varied movement, with or without the ball, and at a slow to moderate tempo to stimulate the body's organs and systems. This is followed by loosening up and co-ordination exercises; the tempo is then gradually increased with exercises specifically adapted for football/soccer based on technical skills or on different game situations. When

working with young players, separate coordination and integrated co-ordinate work with the ball must be included in the limbering-up phase. There is nearly always a link between the content of the warm-up phase and the objectives set for the performance phase. In general warm-up helps to prepare mentally and physically for the activity, a warm-up considerably reduce the risk of injury. Depending upon the weather condition, the duration for this phase is also lasts between 15 and 20 minutes.

The performance phase

This is the main part of the session. During this period, the main emphasis is on training and instruction, with clearly defined objectives. The content (games, drills and learning activities) has to be tailored to the objectives, but it must come close to the real match situation. Correct emphasis has to place on the various training activities, not only as regards volume, but also the duration and intensity of the activities. Coaches must ensure that during recovery periods, which are usually active, the players use the ball as often as possible; this is especially the case for young players. At training/development level, but mainly at pre-training/pre-development level, the football player must be at the heart of the whole training process. It should take up between 50% and 60% of the total duration of the session, although the coach must also ensure that the players' equip themselves with the necessary technical, tactical and mental skills using progressive, analytical exercises. In training, play improves when there is a better distribution between practice games on large and reduced-size pitches and training exercises. It is up to the coach to work out an optimum combination alternating between practice games, analytical exercises and other forms of playing, or between separate forms of training without the ball and integrated forms of training with the ball. In this phase of acquisition and training, the quality of the coaching (i.e. the commitment shown by the coach, his/her ability to intervene in the right place and at the right time, the precision of the corrections that he/she makes and his/her overall dynamism) will ensure active commitment on the part of the players and the success of the training objectives set. The duration of this phase varies. It generally lasts 50-60 minutes or up to 70 minutes, depending on the objectives, the day on which the session is being held, the weather conditions, local customs, and even how the coach feels.

The cooling-down phase

This is the phase of physical and mental relaxation. It usually takes place on the pitch and includes some light group jogging and limbering down and muscle-stretching exercises. The players then have hydration or energy drinks as the first step to aid recovery. John, Michael and Helen (2000:226) notes that cool-down prevents blood pooling because during

the main session 85% of the blood volume is distributed to the working muscles and one of the main ways of maintain blood flow back to the heart by the skeletal pump mechanism. If muscle action stops suddenly the amount of blood returning to the heart drops dramatically. This in turn reduces the stroke volume and causes a drop in blood pressure, making in the athlete dizzy and light headed. A cool-down allows the muscle to return to their normal temperature slowly because a sudden drop in temperature could cause muscle damage. This phase serves an educative purpose with young players as well, in that it teaches them about their own well-being and how to respect their bodies. It is also the moment chosen by the coach to give his/her assessment of the session, to fix new objectives or simply to communicate with the players. The duration for the cooling-down phase also varies between 10 and 15 minutes.

2.9 Much performance criteria

Test player performance

Monitoring soccer players is important for evaluating individual and collective team behavior during training sessions and games, in addition to informing recovery strategies and load management. Modern micro-technology allows assessment of physical, technical and tactical performance parameters in “real world” conditions. However, physical testing performed either in laboratories or on the pitch is required for individual training prescription, and to develop performance benchmarks for playing standards and playing positions. Anaerobic actions precede the majority of goals, and a large number of linear or repeated sprint tests with or without direction changes have been used in order to assess soccer players’ ability to create or close a gap. The Yo-Yo tests evaluate the players’ ability to repeatedly perform intense exercise. These tests have substantial correlations with high-intensity running distance covered in matches and are considered more valid than measures of maximal aerobic power. Commonly used change-of-direction tests do not mimic on-field movements, and the usefulness of repeated-sprint tests can

be questioned, owing to the near-perfect relationship between best and average sprint times. In this presentation we outline minimum standards, percentiles, methodological concerns and future recommendations which hopefully can serve as bottom line information for soccer practitioners.

CHAPTER THREE

2. RESEARCH DESIGN AND METHOD

3.1 Research design

The main concern of this study is to investigate factors and challenges affecting performance in AkakiMazoria football club. The study has employed descriptive analysis and mostly based on quantitative data and supported by qualitative data.

A survey method was used to obtain the quantitative data that are collected from the targeted groups and descriptive analysis has been computed to describe the data obtained from the key informants.

3.2 sample size and sampling procedure

In the first stage the researcher gathered information about the total population of the club and it has been distinguished that the club have 58 total populations. Since the total number is too little the researcher decided to take census as better sampling method. Due to this fact all the population has been taken as target group of the study.

The researcher selects the research participants for interview and questioner purposively. Accordingly 55players for conduct small scale survey. The 3coaches were taken to interview have been selected. In order to triangulate the data collected with interview and questioner, the researcher has also carried out participant by observation.

3.3 Data source

Primary sources of data have been used on this study. While primary data were generated with questionnaires, key informant interviews and observation.

3.4 Data gathering techniques and tools

To obtain and extract sufficient secondary source of data were analyzed. Questionnaires and list of questions for interview and discussion to get in depth understanding of the issue has been designed.

A. The questionnaires were designed and prepared in English and then translated into Amharic language to collect data from trainee.

B. Interview was designed and prepared in English and then translated into Amharic language to collect data from football coaches.

C. Observational Check-list is important to assess the over view of the training session and images of the club.

3.5 Pre –testing

The main purpose of the pre-testing was to increase the validity and reliability of the research instruments. During the pre-testing, the questionnaires and interview were administered to a selected sample which comprised of three club members of Akaki Kaliti sub city. The results of the pre-testing were that some of the questions were vague in the sense that the respondents interpreted them differently, others had unclear instructions. After pre-testing, the research instruments were modified as was necessary before being administered to the actual study respondents in order to enhance its validity and reliability as explained below.

3.5.1 Validity

Validity is concerned with establishing whether the questionnaire content is measuring what it is supposed to measure. The questionnaire was drawn from the available literature to ensure content validity. To enhance validity of the research instruments, the researcher rephrased the vague questions so that they could convey the same meaning to all the respondents. The researcher also had to structure some of the unstructured questions in order to get the expected responses.

3.5.2 Reliability. Reliability of measurement concerns the degree to which the questionnaire gives similar results over a number of repeated uses. The reliability of the research instruments was ascertained by analyzing the data obtained from the pre-testing exercise.

Any observation is composed of the true value plus some error value. Errors in measures play a key role in degradation reliability the responsibility of the researcher reduce measurement error. To do so the research conducted pilot test of instrument to get feedback from respondents regarding how easy or hard measure is questioner was prepared and distributed for 2 coaches, 30 trainees.

The information obtained was used for improvement purpose. For assistance coaches through training was given so that they will not in advertently introduce errors concerning the reliability of the questionnaire the research used cronbach's alpha and the result was 0.87. Coaches were trained so that they will not in advertently concerning the reliability of the questionnaire the research will be estimate of reliability

3.6 Sampling Techniques

The study was involve purposive sampling method. Hence Akaki Mazoria football club was selected due to player's low performance. Regarding to the participant since the number of players are little all players was considered as participant of the study by census method. On the other hand football coaches will be selected purposively due to their rich information for key informant interview.

3.7 Data analysis and presentation

Quantitative data that had obtained from the questionnaires were cross tabulated around the sub-topics related to the research questions and descriptive and inferential statistics has been utilized. SPSS version (2016) statistical package program has been used in the analysis of the quantitative data. Information that gathered from those of the key informants' interview, open ended questionnaires has been discussed and triangulate with the quantitative data.

CHAPTER FOUR

PRESENTATION OF DATA ANALYSIS AND DISCUSSIONS

This part of the study deals with the presentation and interpretation of data gathered through questionnaire, interview and observation. And it presented in tables, analyzed using percentage and textual description. The data were collected from under seventeen project, senior football players and football coaches.

A total of 58 respondents, 30 under seventeen projects, 25 from senior football players were for the questionnaire and 3 coaches were considered for the interview. In addition, the training over view was analyzed with observation check list.

Gender proportion was not maintained since all, 58(100%) of the respondents were males. This might be because of limited involvement of females in the football profession.

4.1. Demographic Characteristics of Football Player Respondents

1. Educational level of the respondents:

Table 1: Educational Level of the respondents

Education Level	Frequency	Percent
1-8 Grade Level	32	58.2
9-10 Grade Level	9	16.4
Preparatory	6	10.9
college and above	8	14.5
Total	55	100.0

It is shown in the above table that 58.2% of the respondents are 1-8 grade level, 16.4% are 9th-10th grade level, 10.9% of the respondents are preparatory, and 14.5% of the respondent are college and above.

As it can be vividly seen from the figures, most of the players were junior levels academically. This means that there level of maturity in all aspects were at low level .as a result, there had been many wastage of energy, skills, and the likes unnecessary.

2. Age of the Respondents:

Table 2: Age of the Respondent

Age in Year	Frequency	Percent
under 13 year	8	14.5
13-17 year	22	40.0
18-21 year	13	23.6
22-25 year	12	21.8
Total	55	100.0

As it is presented in the above table 14.5% of the respondents are under the age of 13 Years old, under the age category of 13-17 years is 40%, under the age category of 18-21 years is 23.6%, under the age category of 22-25 years is 21.8%, and unlikely there is no age category of above 26 year.

3. Player Type:

Table 2.1: Player Type

Players age	Frequency	Percent
Young Project under 17 (10-17 Age)	30	54.5
Players17 age and above	25	45.5
Total	55	100.0

As it is indicated in the above table it shows the player types. About 54.5% are young projects (9-15 age) and 45.5% are player (16 age and above).

The above table indicated that most of the project player's are 13-17 years, old and the players' 10-13 years old are the least. This shows that the main focus of the coaches are those players who are better in the maturity level, both skill and health related components etc. on the other hand those small players (10-13 years old) are not are not that much given attention. This might

because of the fact that they are less maturity, and both health and skill related components than those player 13-17 years old.

4. Wight of the respondents:

Table 3: Weight of the respondents

Wight in kg	Frequency	Percent
Less than 40kg	5	9
40kg-50kg	18	32.7
51kg-60kg	17	30.9
61kg-70kg	12	21.8
Above 71kg	3	5.4
Total	55	100.0

It is indicted in the above table that 9% have a weight of less than 40 kg, 32.7% have a weight of 40 kg-50 kg, 30.9% have a weight of 51 kg-60 kg, 21.8% have a weight of 61kg-70kg, and 5.4% have a weight of above 71kg.

The above table shows that most of the player weigh 41-50kg (32.7%). Players who weigh less than 40kg and above 71kg are less frequent (14.4%). As we know our cultural nutrition is very poor because of our economy, lack of knowledge about the nutrition, and the poor nutrient content of our cultural foods. These might lead the coaches to focus on those player who have endurance as the focus of selection from the society. It seems that players under 40kg and above 71kg are given less attention by the coaches.

5. Height of the respondents

Table 4: Height of the respondents

Height in meter	Frequency	Percent
below 1.40 m	18	32.7
1.41m- 1.55m	17	30.9
1.56m- 1.65m	9	16.3
1.66m- 1.75m	7	12.7
1.76m and above	4	7.2
Total	55	100.0

It is shown in the above table that 32.7% of the respondents are below 1.40m, 30.9% have a height of 1.41m-1.55m, 16.3% have a height of 1.56m-1.65m, 12.7% have a height 1.66m-1.75m, and 7.2% have a height of 1.76m and above.

From the above table, it can be seen that most of the players selected by the coaches are less than 1.55m in height. Those player above 1.55m are given less attention in selection. It is obvious that height matter very much in football performance. It is easy to conclude from the figures that the selection of players denies this fact. It is possible to deduce from the above result, that the coach might have difficulty to get fit in height from the society. Most of the teenagers in the society are from poor families. The start hard works' at their early age that they create tension on the skeletal muscles. This in turn has factor on their growth in terms of height. In addition to the above facts, their genetically factors might have had effect on their height.

6. Experience in playing football in this club

Table 5: Experience in playing football

Experience in year	Frequency	Percent
1 Year	13	23.6
2 Years	27	49.1
3 Years	6	10.9
4 Years and Above	9	16.4
Total	55	100.0

As the above table shows 23.6% of the respondents has 1 year experience in playing football, 49.1% have 2 years of experience in playing football, 10.9% have 3 years of experience in playing football and 16.4% have 4 years and above of experience in playing football.

The figures indicate that most of the player (72.7%) have got 1-2 years of experience in playing football in this club. The rest of the players (27.3%) have got 3.4 years of experience in playing football in the club. This means that there is lack of experience in the players of the club.

It is possible to deduce from the obtained data analysis that players who have better experience might leave the club and join Ethiopian national and super league clubs, thus Ethiopian national & super league clubs might have attracted the experienced players of the club by their better salary, incentives and number of fans. In addition to this, the more experienced players might

leave the club and join higher clubs in order to build up their football carrier as higher clubs have more potential of fulfilling their needs. Their might also be education & parental factors for the decrease of experienced players in the club. Injuries can also be another factor to it.

7. Interest of playing for Akakimazoria sport

Table 6: Are you interesting by playing for Akakimazoria Fc;?

	Frequency	Percent
Yes	47	85.5
No	8	14.5
Total	55	100.0

As it is indicated in the tables above 85.5% of the respondents have an interest in playing foot play in the club, whereas 14.5% have responded that they are not interested in playing football at akakimazoria sport club.

8. Reasons of the respondent

Table 6.1: kinds of reasons that are given by the respondents

	Frequency	Percent
Changing environment, situations	1	12.5
Case of salary, incentives	5	62.5
Bad relation with the coach and team members	2	25
Total	8	100.0

The above table indicates that 12.5% of the respondent have responded reasons in the case of changing environment or situations, 62.5% of the respondent have responded reasons in the case or amount of salary and incentives, and 25% of the respondent have responded in the reasons of bad relation with the coach and team members.

We can see from their responses that most of the players wanted to stay in the club (85.5%). On the other hand 8 players (14.5%) said that they don't have the interest to stay in the club. Their reasons were, as they said, change of environment (wanted to move to other clubs) (12.5%). 62.5% of these players said that they didn't get enough salary and attractive incentives that they didn't want to stay in the club. The rest of them (25 %) said that they had had bad relation with their coaches, and their team members that they wanted to leave the club.

9. Availability of comfortable football field for training

Table 7: Availability of comfortable football field for training

	Frequency	Percent
Yes	33	60.0
No	22	40.0
Total	55	100.0

As it is shown in the above table that 60% of the respondents have responded that they have sufficient football field for training whereas 40% have responded they did not have sufficient football field for training.

Most of the players (60%) said that they have a comfortable football field. Whereas 40% of them responded that their training field was not comfortable.

As the researcher observed the training field, it was a satisfactory for applying all techniques and tactics of football training. When it comes to the responses of the players. It seems that it was only their persons views related to the comfortably of their training field, one can see that this players didn't have the opportunity to compare their own training field with other football playing field, they might also have, the lack of knowledge about football field per FIFA's standard.

10. Availability of equipment and facilities

Table 8: Availability of equipment and facilities

	Frequency	Percent
To limited extent	21	38.2
To some extent	34	61.8
Total	55	100.0

As the above table indicates that 38.2% of the respondents have responded that there is a limited extent availability of equipment and facilities where as 61.8% have responded there is to some extent there is availability of equipment and facilities.

Most of the player said that they had enough equipment's and facilities for their train to some extent. This data also helped to inter that the players had less exposure to the stand football training equipment's and facilities. It was observed that the club had, somewhat satisfactory equipment and facilities', for its football trainees.

11. Training session per a week and hours per day

Table 9. How often do you have training session per a week? And hours per day?

Training session	Frequency	Percent
3 day s/week and 2 hrs. /day	55	100.0

As it is depicted that in the above table 100% responded that they have trained 3 days per week for 2 hours in a day.

All informant said that they had training sessions per a week and to contact hours in each session. It is possible to see that the frequency of their training session was not up to the standards. This might because of their age level economical, parental issues, educational factors and the like. It is believed that there should be five days of training per week to bring about the required performance level of a football player.

12. Injuries occurred

Table 10: Have you ever been injured during training session or on match competition?

	Frequency	Percent
Yes	23	41.8
No	32	58.2
Total	55	100.0

As it is shown that 41.8% of the respondents have replied that they have occurred an injury and 58.2% have replied they did not faced any injuries.

13. Kind of injuries occurred on the training and match

Table 10.1: Kinds of injury have been done on the training or match competition

Type of injuries	Frequency	Percent
hamstring injuries	9	39.1
joint injuries	13	56.5
bone fracture	1	4.4
Total	23	100.0

It is indicted in the above table that 39.1% of the respondents have faced hamstring injuries, 56.5% faced joint injures, and 4.3% have faced bone fracture.

Among the respondents who said they frequently got injured, during training sessions or competitions 39.1% said that they faced hamstring injuries, 56.5% of they said they got joint injuries, and 4.4% faced bone fracture. It seems that there are a lot of different factors for the prevalence of injuries. There might be much aggressiveness during training and match competition. It also related to problems with field, equipment's and the training strategies of the coaches.

14. Nutrition before and after the training

Table 11: Do you have proper nutrition before and after the training session?

	Frequency	Percent
Yes	8	14.5
No	47	85.5
Total	55	100.0

It is depicted in the above table 14.5% of the respondents have gets proper nutrition before and after training and 85.5% did not get proper nutrition.

Most of the trainees told me truthfully that they had been fed poorly and they were usually given foods that were poor in nutritional values, with similar fashion before and after training sessions. One can say that was due to many factors such as economical, traditional and institutional problems. According to the FIFA context, football trainees should have a nutritionist to solve the problem related to diet.

Table 11.1: Properly the nutrient that are eaten by the respondent

Nutrients used by trainees	Frequency	Percent
Protein and fat plus carbohydrates	3	37.5
Vitamins and minerals plus carbohydrates	5	62.5
Total	8	100.0

As the above table indicates that properly the nutrient that are eaten protein and fat plus carbohydrates are 37.5%, and 62.5% of the proper nutrient user are eaten vitamins and minerals plus carbohydrates.

15. Water intake per day

Table 12: water intake per day

Water intake	Frequency	Percent
Below 1 liter	12	21.8
1-2 liter	38	69.1
2-3 liter	4	7.3
above 3 liter	1	1.8
Total	55	100.0

As it is shown that in the above table 21.8% take water below 1 liter, 69.1% take 1-2 liter, 7.3% take 2-3 liters, and 1.8% takes above 3 liters per day.

As it can be seen in table-15 most of the players drank below two litters of water per day, which was much less and below the standards of FIFA context. This could have resulted in dehydration among the players which in turn could affect their performance and health.

16. Extent of the environment conducive for training

Table 13: Extent of the environment conducive for training

	Frequency	Percent
To limited extent	24	43.6
To some extent	16	29.1
To great extent	15	27.3
Total	55	100.0

As it is indicted in the above table that 43.6% of the respondents have responded that the training environment is conducive to a limited extent, 29.1% responded to some extent and 27.3% have responded to a great extent.

That the training field is conducive for training. A great number of players and trainees reflected that they didn't like the atmosphere in which they conduct their training. Challenges thought in different environmental conditions must face to get the adaptabilities of the atmosphere,

temperature and humidity. The players' mood in the targeted game. Any coach should teach the trainees/ players to try to fit in any condition, be it weather propaganda of any expected happenings.

17. Payment from the club

Table 14: Did you get payment s (salary) from your club?

	Frequency	Percent
Yes	25	45.4
No	30	55.5
Total	55	100.0

As it is presented in the above table that 45.4% of the respondents have got payment from the club whereas 55.5% did not get any payment from the club.

18. Amount of salary paid

Table 14.1: Amount of salary paid

	Frequency	Percent
Very poor	21	84
Fair	4	16
Total	25	100.0

As it is indicated that 84% of the respondents have responded that the payments are very poor and the remaining 16% responded it is fair.

About 45.4% of the players of the club trainees said that they earn regularly based salary from the club. But the magnitude of the figures show that 55.5% of the players didn't have any touch with any kind of reliable income from the club. This is kind of dangerous warning to our football when it comes to the trainees' concentration on the football that pleases anybody.

19. Incentive gets from club

Table 15 : Incentive gets from club

	Frequency	Percent
Yes	17	30.9
No	38	69.1
Total	55	100.0

As the above table shows that 30.9% of the respondents have responded that they got incentives from the club whereas 69.1% got incentives from the club.

It can be clearly seen that getting an incentives in which every kind motivates player in particular, human beings in general. A player should encourage in different kinds of incentives, be it materials or whatever. But should encourage anyone who performs well. We have access their hidden or optimal level of performance of players by giving them sudden or promised incentives.

20. Elite athletes selected from the club

Table 16: Elite athletes selected from the club

	Frequency	Percent
Yes	55	100.0
Total	55	100.0

As the above table depict that all 100% of the respondents have said elite athletes have selected from the club.

The club was approved to be good in producing elites. From its trainees as the researcher found out there are many players who have come from this club such as, Abel Kebede (Mekelakeya Fc), Abel Yalew (Dedebit Fc), Amid Mudsey (Ethiopia medin Fc), Dagim Getachew (Mojo kenema Fc) and the likes.

These player could be the role model for the players of the club in general, but no one has seen as a member of national teams.

4.2. Result from the interview

The three football coaches were interviewed depend on the questions, one of them senses as main coach, the second as assistant coach, and the third serves as project coach.

The main coach and assistant coach were sensed for four years were as the project coach were sensed for seven years, additionally in other club the main coach were trains for 3 years, and the assistance coach was for one year.

About the plan both three of them aren't done the daily and weekly session plan,

Unlikely the assistant coach and project coach doesn't licensed, but the main coach have a coach license B and a culture of preparing annual plan before starting the training season.

All of them were not satisfied by their salary and their clubs were not have sufficient equipment and facilities surprisingly they were not test the player performance before and after the training session, despite they have a performance for the player. All of them have no enough scientific training materials which senses them for evaluation of their player performance.

One good thing is that all of them have support and encouragement from Akakikality sub city.

Therefore they have suggested the following issues as possible solutions;

- Planning, following and evaluating what is to be done and what is already done on football in different periods.
- The Experience in coaching is not enough, in the case of updating them self's from another senior coaches.
- The coach must be licensed, based on the FIFA coaching manual.
- The salary and incentives of the coach must be standardize.
- The number of elite athletes are not enough, for the role model of the other young athletes.
- Assisting football clubs in materials, in training and in providing different facilities needed.
- The coaches must test the players performance in the training session and computational
- The stakeholder's allocating sufficient budget

4.3. Observation check list

Table 18 shows as the results which is taken by the researcher.

no	Items	Un satisfactory	Satisfactory	Very good	Excellent
1	Does all playing fields are comfortable to apply all techniques and tactics?	✓			
2	Do all players properly wear their sportswear during the training session?			✓	
3	Does the number of balls enough preferably one for each or one between two?	✓			
4	Do coaches have plan during training?	Daily	✓		
		Weekly	✓		
		Annual		✓	
5	Attendance			✓	
6	Do coaches use note book during training?		✓		
7	Feedback			✓	
8	Do the clubs have enough amounts of cones?		✓		
9	Does the trainees are disciplined during training?				✓
10	Does the environment around the field are compatible for the training?	✓			

The observation checklist involved more of the coaches', and the trainee's activity. However, as indicated in Table, the playing fields are comfortable to apply all techniques and tactics were unsatisfactory, players properly wear their sportswear during the training session was very good,

the number of balls enough preferably one for each or one between two unsatisfactory, plan during training daily and weekly are unsatisfactory were the annual plane was very good, the attendance was also very good, the coach's note book during training were satisfactory, the feedback were very good, the clubs have enough amounts of cones were as satisfactory, the trainees are disciplined during training was excellent, the environment around the field are compatible for the training were unsatisfactory.

Finding from Observation

In order to obtain information about availability of facilities and equipment's, principles of training applied by the coaches, observation has been used by the researcher. Hence, the investigator has observed some playing fields are not comfortable to apply tactics and techniques of the training. As stated by concerned parties the reason why they use the schools field is because they have no their own plying fields. Regarding sport facilities and equipment's like sport wears it is observed that majority of players were attending their training with different color and some they are without sport shoe (on foot). Even many of players with this sportswear got supplied from their family. But sometimes the players are given sportswear from their clubs only for the purpose of competition. Another problem observed from the training was lack of facilities like, balls cones. Regarding balls, from 25 trainers only three to four balls are given for the players. Due to this scarcity of balls most of the trainers are wasting their time by watching others rather than actively participating on the task, training. It is also observed that almost all of the clubs are performing their training without cones. This implies that the trainers are not improving their physical fitness like as flexibility, agility coordination and so on which they would get because of training on cones. The other problem which the investigator has observed is during warm up and cooling down session. That is most of the coaches are not leading, following and evaluating their trainers. But occasionally the coaches were following them at the main training season, even though, they have no not books which is uses to write the weakness and strong side of the trainees and to re-evaluate their performance. General speaking, from observation, the investigator understood that in the training area, coaches did not lead and follow the warm-up phase appropriately. As a result players were not warming-up properly but merely they stretch without properly jogging and rushing to the balls.

To sum up the following problems are seen during the observation;

- Uncomfortable of playing field
- Low supply and accessibility of players sportswear for training session
- Lack of appropriate warming-up at the beginning and cooling-down at the end
- shortage of football facilities like balls, cones
- Lack of leading and follow up from the coach at the beginning and end of training session

4.3.1. Photo by the researcher the trainees at the training session

Figur4.3.1.1



Figure 4.3.1.2



As the above two figures shows that, the field, materials and equipment, and the surrounding environmental conditions is not compatible for to applying the techniques and tactics of the coach that's direct proportion to the performance of the player.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This part deals with the major findings, the conclusion reached at and the recommendations forwarded based on the finding.

5.1 Summary

The major purposes of this study were to investigating factors and challenges affecting the performance of football players; the case of Akaki Mazoria football club.

To this achievement of this objective the following basic questions were raised

- To identify factors affecting performance of Akaki Mazoria football players.
- To determine the core indicators of low performance of the club players.
- To assess the level of performance of Akaki Mazoria football club players.

In order to answer the above questions, were entertained to gain the major areas of the study through questionnaires, interview, and observation checklists. As the result, the following were the summary of the findings related Akaki Mazoria Fc;

- ✓ Most of the players were 13-17 years of age
- ✓ Most of the players weight 41-50kg
- ✓ Most of the players were less than 1.55 m in height
- ✓ 77.7% of the players got 1-2 years of playing experience in the club
- ✓ Most of the player wanted to stay in the club
- ✓ The training field was describe as comfortable to play in by most of the players (60%)
- ✓ The majority of the player/ trainees felt that the equipment and facilities related field training were somewhat adequate.
- ✓ The players/ trainees said that they had training session three times per week and two contact hours in each session.
- ✓ Different kinds of injuries were mention
- ✓ The informants said that they had problem related to nutrition

- ✓ Most the players said that they didn't have salary and incentives, even those who were paid said that it wasn't satisfactory
- ✓ The club have fed some elite players for higher leagues.

All of those three coaches, who are main coach, assistant coach for the senior club and project coach for the under 17th players, are experienced above 4 years and the main coach are licensed but the rest of two coaches are not licensed. The coaches' responses they have annual plan but doesn't have session and weekly plans. All of those coaches respond the amount of monthly salary is not satisfactory and the incentives also have a problem from such stakeholders.

The coaches didn't follow the scientific ways of much performance criteria measurement before and after the training and much competition. In the other hand there are good job around the documentation of the players BMI data, especially for the main coach. That helps to get good information about their height, weight and nutrients also.

The researcher decide from the observation, the playing ground or the field of the club was unsatisfactory in the case of boundary and the comfort ability of the field. The materials and equipment's also unsatisfactory.

5.2 CONCLUSION

Based on the results of the study, the following major problems have been detected regarding to the research questions with reference to the Akakikality Mazoria Fc;

The club doesn't seem to give due attention for early teenagers enrollments in the club on trainees. Similarly, the teenagers' are under pressure in competing with elder players thereby they resulted in different kinds of injuries.

Most of the players/ trainees were in the range of body mass index (18-19), their competence is not as such rewarding it was found out that most of them were in between 18- 19 BMI, which is not reliable for a football player/trainee to perform the technical and tactical strategies of the coach. Most of the player do not have the necessary height for playing football that might affect their ability to perform the techniques such as defending like sliding or tackle, interception or distraction, and both sides' air ball headings.

There are not many players who have experience in the club due to many factors most of the experienced players seems to leave the club because of unsatisfactory salaries and the same to incentives. In addition to this, the experienced ones leave the club to upgrade their career in higher league.

The club doesn't have the necessary playing field which meets the FIFA standard. The surrounding environment also unsatisfactory, in the case of construction area and also the place doesn't have boundary. by this factors the coaches and the trainees faced for different troubles from the external environment. This can causes lack of concentrations for both coaches and athletes during training session. The equipment and materials are also not adequate and scientific. This facts had great impacts on the performance of the players/ trainees

I was found out that the majority of the players were uses poor nutrition intakes, and they almost seen dehydrated. Due to the fact that they didn't have the awareness of taking a lot of water as taking enough water have direct impact on the performance of football players.

5.3 RECOMMENDATIONS

Based on the findings of the study, the following are the possible areas of intervention suggested as recommendation which might to investigate the major factors of football in AkakiMazoria Fc;

- The club coach must be planed, for the session and weekly training programs. That helps to know what they doing and what they want to do through to perform scientifically the players ability.
- Sports organizations should provide educational programs for all coaches of project and senior football teams.
- The playground of the field must comfortable and compatible for the coach's strategy, that's obvious, akakikaliti sub city must give a value for the club, and support for the future. The existing football court should improve to be comfortable for players and maximum effort has to be made by the Addis Ababa sport commission to increase the number and fulfill facilities for the available courts, also responsible to make the boundaries of the field court.

- Among the rooted problems, as indicated by this research, less emphasis given to the services and equipment as well as poor nutrition has to be immediately revised, as the result of their body mass index. This caused, the trainees faced for many types of accidental injuries. Also to give immediate response for this situation the club must have first aid toolkits. This could be done through creating awareness and working hard in the fund raising motion and possibly introducing different techniques for income generating activities.
- The other core problem, reported by the respondents, was the high turnover of the elite players. This is in fact the result of poor facility, motivation and absence of salary for the players. As it was repeatedly reported by the respondents that, monthly salary or the payment the trainees must have had revised to be paid the available payment. Therefore, all concerned bodies should exert unreserved effort to create suitable environment to attract newly emerging members and retain the available elite players.

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Appendix 1

Addis Ababa University School of Graduate Studies Department of Sport Science

A Questionnaire to be filled by Football Players

General Direction

Dear respondents! The main purpose of this questionnaire is to collect relevant information for akakimazoria football club players and to investigate the factors and challenges based on the findings. So your sincere cooperation in responding to each question is highly important.

- Writing your name is not required
- Information will be kept confidential.

Thank you for y our cooperation

Instruction I

Some profiles about players are indicated below. Please, select the appropriate answer from the alternatives given and fill the box by putting (✓) where necessary.

- | | | | |
|-----------------------------------|---|--|--|
| 1) Age | under 13 year ☐ | 13-17 year ☐ | |
| | 18-21 year ☐ | 22-25 year ☐ | above 26 year ☐ |
| 2) Educational Level | non educated ☐ | grade 8 and below ☐ | grade 9and 10 ☐ |
| | Preparatory ☐ | college and above ☐ | |
| 3) Weight in k.g | less than 40kg ☐ | 40kg-50kg ☐ | 51kg-60kg ☐ |
| | 61kg-70kg ☐ | above 71kg ☐ | |
| 4) Height in meter | below 1.40 m ☐ | 1.41m- 1.55m ☐ | 1.56m- 1.65m ☐ |
| | 1,66m- 1.75m ☐ | 1.76m and above ☐ | |
| 5) Experience in playing football | 1 year ☐ | 2years ☐ | |
| | 3years ☐ | 4 years and above ☐ | |

6) Are you interesting by playing for Akakimazoria sport club?

Yes ☐ no ☐

7) If your answer is “no” for question no.’6’ what is your reason?

8) Do you have sufficient football fields for training?

Yes ☐ No ☐

9) Do you think that all required equipment’s and facilities are fulfilled?

To limited extent ☐ To some extent ☐
To great extent ☐

10) How often do you have training session per a week? And hours per day?

5 day s/week and 1 hrs. /day ☐ 4 day s/week and 1 hrs. /day ☐
3 day s/week and 2 hrs. /day ☐ 2 day s/week and 2 hrs. /day ☐
1 day s/week and 3 hrs. /day ☐

11) Have you ever been injured during training session or on match competition?

Yes ☐ no ☐

12) If your answer is “yes” for question no.’11’ what kinds of injury have been done on the training or match competition?_____

13) Do you have proper nutrition before and after the training session?

Yes ☐ No ☐

2-3 litr $\square$ above 3

To limited extent ☐ To some extent ☐

To great extent ☐ Not conducive at all ☐

Yes ☐ No ☐

Very poor ☐ fair ☐ satisfie

Yes ☐ No ☐

Yes ☐ No ☐

Appendix 2

አዲስ አበባ ዩኒቨርሲቲ ድህረ ምረቃ ትምህርት ቤት የስፖርት ሳይንስ ትምህርት ክፍል

ለእግር ኳስ ተጫዋቾች የተዘጋጀ መጠይቅ

የዚህ መጠይቅ ዋና አላማ በአቃቂ ማዘሪያ ለእግርኳስ ዕድገት ማነቆ የሆኑ ችግሮችን ለመለየትና ለወደፊት የሚያድግበትን አቅጣጫ ለማስቀመጥ ይችል ዘንድ መረጃ መሰብሰብ ነው። መረጃው የተሟላ እንዲሆን የእርስዎን አመለካከትና ሃሳብ በትክክል ያንፀባርቅልኛል ብለው ያመነብትን አማራጭ ለእያንዳንዱ ጥያቄ በታማኝነት ለይተው እንዲመለከቱ በትህትና እጠይቃለሁ።

መመሪያ

1. ስም መፃፍ አያስፈልግም
2. አስተያየትዎን በባዶ ቦታ ላይ በአጭሩ ይፃፉ ሆኖም ግን ቦታ ከጠበብዎት በወረቀቱ በስተጀርባ መዘርዘር ይችላሉ።
ለትብብርዎ ሁሉ በቅድሚያ አመሰግናለሁ!!

ክፍል አንድ፡- መልስ መስጫ ሳጥኑ ውስጥ ከቀረቡት አማራጮች መካከል መልስ ይሆናል ያሉትን ሳጥን ውስጥ “☑” ምልክት በማድረግ ይመልሱ።

1. ዕድሜ 13 ዕድሜ ☐ 3-17 ዕድሜ ☐ 26 ዕድሜ እና ከዚያ በላይ ☐

18-21 ዕድሜ ☐ 22-25 ዕድሜ ☐

2. የትምህርት ደረጃ

8ኛ ያጠናቀቀ ☐ 12ኛ ያጠናቀቀ ☐

ዲፕሎማ እና ከዚያ በላይ ☐ 9&10 ያጠናቀቀ ☐

3. ክብደት በኪሎ ግራም

>40 ኪ.ግ. ☐ 40-50 ኪ.ግ. ☐ 51-60 ኪ.ግ ☐

61-70ኪ.ግ. ☐ 70ኪ.ግ. እና ከዚያ በላይ ☐

4. ቁመት በሜትር

1.40 ሜትር በታች ☐ 1.41-1.55 ሜትር ☐

1.56-1.65 ሜትር ☐ ከ1.66- 1.75 ሜትር ☐

1.76 ሜትር እና ከዚያ በላይ ☐

5. በክለቡ ውስጥ ያላችሁ የተጫወቱትን ልምድ

1 ዓመት ☐ 2 ዓመት ☐ 3 ዓመት ☐ 4 ዓመት ና ከዚያ በላይ ☐

6. በክለቡ ውስጥ በመጫወት ላይ የምትገኙት በፍላጎት ነው፤

አዎ ☐ የለም ☐

7. ለጥያቄ ቁጥር “6” መልስዎት የለም ከሆነ ምክንያቱን ይጥቀሱ

.....
.....
.....

8. በቂና ደረጃውን የጠበቀ የእግር ኳስ መለማመጃ ሜዳ አላችሁ?

አዎ ☐ የለም ☐

9. በልምምድ ወቅት በቂ የስልጠና ቁሳቁሶች ይቀርብላችኋል?

አዎ ☐ የለም ☐

10. በሳምንት ስንት የልምምድ ቀን እና በቀን ለስንት ሰዓት ትሰራላችሁ?

በሳምንት 5 ቀናትና በቀን 1 ሰዓት ☐ በሳምንት 4 ቀናትና በቀን 1 ሰዓት ☐
በሳምንት 3 ቀናትና በቀን 2 ሰዓት ☐ በሳምንት 2 ቀናትና በቀን 2 ሰዓት ☐
በሳምንት 1 ቀናትና በቀን 3 ሰዓት ☐

11. በልምምድ ወቅት ወይም በስልጠና ወቅት ጉዳት ገጥሞት ያውቃል?

አዎ ☐ የለም ☐

12. ለጥያቄ ቁጥር “11” መልስዎት አዎ ከሆነ ምክንያቱን ይጥቀሱ.....

.....

.....

13. ከልምምድ በፊት ወይም በኋላ ምግብ ይቀርብላችኋል?

አዎ ☐ የለም ☐

14. ለጥያቄ ቁጥር “13” መልስዎት አዎ ከሆነ ምክንያቱን ይጥቀሱ

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.....

15. በቀን ውስጥ ምን ያህል ውሃ ትጠጣላችሁ?

1 ሊትር ☐ 1-2 ሊትር ☐ 2-3 ሊትር ☐ < 3 ሊትር ☐

16. በቂና ደረጃውን የጠበቀ የእግር ኳስ መለማመጃ ሜዳ አላችሁ?

አዎ ☐ የለም ☐

17. ከክለባችሁ ክፍያ ታገኛላችሁን?

አዎ ☐ የለም ☐

18. ለጥያቄ ቁጥር “17” መልስዎት አዎ ከሆነ ምክንያቱን

19. ከክለባችሁ ማበረታቻ ታገኛላችሁን?

አዎ ☐ የለም ☐

20. ከቡድናችሁ /ክለባችሁ/ በሙያውና ችሎታው የተሻለ ተጫዋች ወደ ተሻለ ደረጃ ተመርጦ ያውቃል?

አዎ ☐ የለም ☐

21. ለጥያቄ ቁጥር “20” መልስዎት አዎ ከሆነ ምን ያህል? ይጥቀሱ.....

Appendix 3

Addis Ababa University School of Graduate Studies Department of Sport Science

Interview questions for football coaches

- 1) Experience of coaching in the this club and other
- 2) Do you prepare plan before you starting training session? What kinds of plan you prepared?
- 3) Do you have coaching license?
- 4) Are you satisfied about your salary and incentives?
- 5) Are there elite athletes appeared from your club? How many are there
- 6) Does your club has sufficient equipment's and facilities
- 7) Do you test the player performance before and after the training session? If the answer is yes explain the instruments which to test the players
- 8) Do you have much performance criteria of the player? If the answer is yes explain the criteria's.
- 9) Does akakikalities sub city administration gives support or encouragement?
- 10) Do you have a data related to trainees' body mass index? If your answer is yes would you give me related data?

Appendix 4

አዲስ አበባ ዩኒቨርሲቲ ድህረ ምረቃ ትምህርት ቤት የስፖርት ሳይንስ ትምህርት ክፍል ለእግር ኳስ አሰልጣኝ የተዘጋጀ መጠይቅ

1. በእግር ኳስ አሰልጣኝነት የአገልግሎት ዘመን በዚህ ክለብ ወይም በሌላ ክለብ አለዎት?
2. ስልጠና ከመስጠትዎ አስቀድሞ የስልጠና ዕቅድ ያዘጋጃሉን? ምን አይነት ስልጠና ዕቅድ ያዘጋጃሉ?
3. በእግር ኳስ ስፖርት የአሰልጣኝነት ስልጠና የሙያ ፍቃድ ወስደዋልን?
4. ከክለባችሁ የምታገኙት ደመወዝ ወይም ማበረታቻ በቂ ነው ብለው ያስባሉ ?
5. ከሚያሰለጥኑበት ክለብ በሙያው ችሎታው የተሻለ ተጫዋች ወደ ተሻለ ደረጃ ተመርጦ ያውቃል?
6. በሚያሰለጥኑበት ክለብ በልምምድ ወቅት በቂ የስልጠና ቁሳቁሶች አላችሁ?
7. የተጫዋቾቻችሁን ወቅታዊ ብቃት ከጨዋታ በፊትና በኋላ ትለካላችሁ? ከለካችሁ በምን አይነት መልኩ ነው የምትለኩት?
8. በመደበኛነት የተጫዋቾችን የእግር ኳስ ብቃት መመዘኛ መስፈርት አላችሁ? ካላችሁ ምን አይነት መስፈርት ትጠቀማላችሁ?
9. ክፍለ ከተማችሁ ለእግር ኳሳችሁ እድገት የሚጠበቅበትን ሚና ተወጥቷል ትላላችሁ?
10. ስለ ተጨዋቾቻችሁ መረጃዎችን ትይዛላችሁ ስለ ቁመት ክብደት ምጥጥኖሽ?

Appendix 5

Observation checklist

Name of observer

Date of observation

Club.....

Time of observation starting ending -----

Sign of observer-----

no	Items	Un satisfactory	Satisfactory	Very good	Excellent
1	Does all playing fields are comfortable to apply all techniques and tactics?				
2	Do all players properly wear their sportswear during the training session?				
3	Does the number of balls enough preferably one for each or one between two?				
4	Do coaches have plan during training?	Daily			
		Weekly			
		Annual			
5	Attendance				
6	Do coaches use note book during training?				
7	Feed back				
8	Do the clubs have enough amounts of cones?				
9	Does the trainees are disciplined during training?				
10	Does the environment around the field are compatible for the training?				

Appendix 6

የአቃቂ ማዞሪያ እግር ኳስ ቡድን የተጨዋቾች ቁመትና ርዝመት ምጥጥኖች መረጃ

ተ.ቁ	ተጨዋቾች	ጾታ	እድሜ	ቁመት	ክብደት	BMI	ምርመራ
1	ተጨዋቾች 1	ወ	20	1.78	72	22.7	
2	ተጨዋቾች 2	ወ	18	1.50	61	27.1	
3	ተጨዋቾች 3	ወ	19	1.63m	69	25.9	
4	ተጨዋቾች 4	ወ	19	1.62m	60	22.8	
5	ተጨዋቾች 5	ወ	24	1.55	54	22.5	
6	ተጨዋቾች 6	ወ	18	1.66	48	17.4	
7	ተጨዋቾች 7	ወ	23	1.80m	72	22.2	
8	ተጨዋቾች 8	ወ	19	1.70m	55	19.0	
9	ተጨዋቾች 9	ወ	22	1.59	52	20.6	
10	ተጨዋቾች 10	ወ	23	1.65m	68	24.9	
11	ተጨዋቾች 11	ወ	18	1.65	46	16.8	
12	ተጨዋቾች 12	ወ	18	1.50	52	23.1	
13	ተጨዋቾች 13	ወ	25	1.75m	71	23.2	
14	ተጨዋቾች 14	ወ	24	1.56	48	19.7	
15	ተጨዋቾች 15	ወ	20	1.68m	50	17.7	
16	ተጨዋቾች 16	ወ	21	1.64m	61	22.8	
17	ተጨዋቾች 17	ወ	19	1.56	56	23.0	
18	ተጨዋቾች 18	ወ	22	1.78m	53	16.7	
19	ተጨዋቾች 19	ወ	25	1.68	64	22.7	
20	ተጨዋቾች 20	ወ	20	1.76	52	16.8	
21	ተጨዋቾች 21	ወ	18	1.67	58	20.8	
22	ተጨዋቾች 22	ወ	23	1.54	65	27.4	
23	ተጨዋቾች 23	ወ	21	1.62	55	20.9	
24	ተጨዋቾች 24	ወ	22	1.58	60	24.0	
25	ተጨዋቾች 25	ወ	20	1.65	54	19.8	

Declaration

I, the undersigned, declare that this thesis is my original work done under the advice of Dr. Bezabeh Wolde and has not been presented for a degree in any other university, and that all sources of materials used for the thesis have been duly acknowledged

Name _____

Signature _____

Date: _____

This thesis has been submitted by my approval as a university advisor.

Name _____

Signature _____

Date: _____