

**IMPROVING THE PERFORMANCE AND PARTICIPATION OF
FEMALE FOOTBALLERS: FOCUSING ON SOME PREMIER
LEAGUE CLUBS IN ADDIS ABABA**

BY

SHIFERAW GELAYE

**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE STUDIES OF
ADDIS ABABA UNIVERSITY IN PARTIAL FULFILLMENT OF THE
REQUIREMENT OF THE DEGREE OF MASTER OF SCIENCE IN
SPORT SCIENCE**

MAY, 2014

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ACRONOMIES

CFA=Chinese football association

CONCACAF Confederation of north Central America and Caribbean Association football

CONMEBOL= the first confederation of football association

EELPA= Ethiopian electric light and power authority

FA=football association

FIFA= federation international de football association

NCAA= national collegiate athletic association

SRS= simple random sampling

USA= United States of America

UEFA= union of European football association

WSL= women's super league

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ABSTRACT

This research is prepared to improve the performance and participation of female footballers focusing on some premier league clubs in Addis Ababa. The sample of the subject consists of purposive and simple random sampling techniques; the research is focused on some premier league clubs in Addis Ababa. The study populations are premier league coaches and female footballers who are playing in the league in Addis Ababa. The coaches of three premier leagues were selected purposefully; in addition 13 players of each premier league were also selected on the bases of simple random sampling. Even if there are seven female football clubs in Addis Ababa there is a problem to shine out through several reasons like cultural influence, shortage of spectators, and salary, gender disparity, and lack of facilities and so on. Therefore this research is tried to find out solutions;

Based on the findings the following recommendations were forwarded; In order to bring visible change in performance and participation of the female football players, the families, friends companions, spectators should support and motivate them, the mass media should give wide coverage about the female footballers in addition the training session should fit with mach days of the league for better performance of the female players. The other point which should be taken in consideration is all, stake holders mainly the government should create awareness among the people to minimize the negative attitude by using different mass media in order to improve the participation of the female football players in Addis Ababa.

Keyword: performance, club, footballers, premeir league, coaches

CHAPTER ONE

Introduction

1.1 Background of the study

Today, football is widely played in almost every country in the world. In most countries, it is the predominating sport enlisting a large number of participants and commanding a great popularity. It furnishes to the highest degree, team combination, discipline and excitement.(Wondimu 2004)

There are several information regarding to the origin of football. Diclementin wondimu 2004 reports that football originated in ancient Greece where the game was called Has-partum; here the ball was propelled by any possible means over lines, which were usually at opposite ends of a town and were defended by the opposing teams. According to the above author, the Romans soon began playing the game and used it for military training. As the Romans conquered other lands, the sport was introduced there.

Football attracts to the novice since the fundamental movements such that the beginner finds himself equipped to play the game thefirst time he/she tries it, but the prime request is the physical fitness and the mastery of basic techniques. Football is one of the safest conditioning sports because of the restrictions on the use of hands and the limited body contact, coordination and self control are developed. What makes the game more acceptable to schools, college, universities and organizations is the fact that little special equipment is required.

International matches had only been played between England and Scotland since 1872.nertheless,a group met in Paris in 1904 to form the federation international de football association(FIFA).at this time, France had played its first international match only 20 days earlier: Spain and Denmark had never fielded an international team, and three of the seven nations represented did not have a national football associations at all.(From Wondimu 2004)

The federation international de football association (FIFA) was formed on May 21 1904,in Paris by the national associations of seven countries. (France, Belgium, Denmark, Netherlands, Spain, Sweden and Uruguay).in Africa the first of the national associations was established in the

republic of South Africa. Egypt was first on the international scene. In 1924, only three years after forming a national football association, they defeated Hungary in the Olympic games in Paris.

The first confederation of football association was CONMEBOL, the South American confederation which was set up to organize a continental competition, the South American championships, in 1917. It was nearly half a century later when the demand arose elsewhere for continental tournaments, before another such confederation was established. Thus, the union of European football associations formed in 1954, the same year its Asian counterpart and two years before the African football confederation. CONCACAF, the Central and North American and Caribbean body, was launched in 1961. This body of world football, the Oceania football confederation was formed in 1966. (from Wondimu 2004)

Historically, in long ago, there were people who used to play a game that looks like football today in some parts of the world. According to Oglesby (2001), China and England were among the countries that started to play football. As to him, specially, in England the game was believed to have been played in the form of a competition in prehistoric period.

In relation to this, Martens, et al. (1981), stated that modern history of football was started in 1863. This was the period in which thirteen men representing football clubs from England and Scotland met to formally organize the game. However, this two groups did not agree on the use of hands and feet in the game. As a result, the two camps divided. Then, one founded Rugby Union football and the other established the Football Association (FA).

FA swiftly stipulated the first laws of the Football Association in 1863 and the sport of modern football began. The organization prepared knock-out competition in 1871, in 1872 "The Wanderers of London". Then the clubs of England joined together to form league competition in 1889. This competition spread throughout Europe.

Lately, an international conference had been held in Paris on May 21, 1904 in which representatives from France, Belgium, Holland, Denmark, Sweden, Switzerland and Spain took part and founded FIFA (Federation International De Footballs Association). Then after, an agreement was reached between the FA and FIFA in 1906.

In light of this, the first world cup competition organized by FIFA was had in Uruguay in 1930 and Uruguay won the first world cup. The world football cup held every four years organized by FIFA is still the most organized competition that drew the attention of all people old , young ,adult , in the modern world.

It seems apparent that football is presently the most popular sport throughout the world in terms of spectators and participants. In light of this, large number of people in the world spend their leisure time, and participate in football activity than any other games. Football is now played by both gender in many parts of the world. As to him, it is being played in Africa, Asia, Europe, USA and Latin America.

Now days, football is played by women in many parts of the world as males do. For example, in the continent of Africa, Ghana, Nigeria, Mozambique and Ethiopia are among the best girl's football teams. Globally, USA brought the idea of women's world cup championship to FIFA. Then after FIFA accepted the idea and assigned china to host the first women's international tournament in 1991. At that time, America had won china .In 1999; USA was the host country for world cup women's competition. In this tournament to African teams Nigeria and Ghana participated representing the continent. Lately, the number of women participating teams have increased with improved quality of football. (grade 10 student's text book)

This study would therefore, attempt to suggest some attainable alternatives of improving the performance and the participation of female footballers. the study aims to motivate the coaching community, and to appreciate their new role in modifying the existing traditional approach, and the system of training in the clubs. It is expected that, this study would provide valuable support in improving the performance and the participation of female footballers: focusing on the premier league clubs in Addis Ababa.

1.2 Statement of the problem

This research is entitled as: improving the performance and participation of female footballers focusing on premier league clubs in Addis Ababa. It seems true that boys and girls played football at younger age together in schools and villages in various cultures. Eventually, when they get matured, they started to form teams with their sex mates. This means that both gender have their own sexually orientation that is masculine or feminine .They assume that playing together (heterosexual) is to be sexually attracted to members of the opposite sex, while to be homosexual is to be sexually attracted to members of the same sex.

- i) Gender is rational rather than categorical
- ii) Gender is inextricably linked with race/ethnicity, class and other social identities
- iii) Gender and culture relations involve power and privilege
- iv) Feminism demands action

It is true that in our case, when we discuss football the focus is on male (Wallia National Team) not (Lucy National Team). Cethiniconversely when we discuss footballs of color, the focus is on males –about SaladinSeid, UmadUkuri, AdaneGirma,etc . As aresult , women of color frequently feel isolated and are treated as if their race and /or gender are non-issues, or at the very least have little relevance to this respective groups . Consequently, of women is football players in Ethiopia she is alienated or discriminated by the society due to the fact that she is assumed so cute.

Furthermore, in the past the practice in sport sector focused almost exclusively on a masculine perspective and utilized male participants to a large degree. This has changed a great deal in recent years as the existing government came in to power since 1991 .Broadly speaking , the feminist movement has served as an effective reminder to researchers and practitioners to avoid sexist practices or sexist language in all aspects of games . In this regard , Gill and Hall (2001) have presented influential framework theories and principles defining the obligations and duties of coach or sport leadership to improve women footballs. He/she should:

- a. Include males and females, people of color and people with diverse sexual orientations as participants.
- b. Include race and gender as categorical variables

- c. Included references that address race and gender and
- d. Include substantive discussions related to race and gender.
- e. Look at the female footballers through a multicultural lens (This means that acculturation must take place among the footballers and between footballers and coaches)

Therefore, this research has been done to explore the challenges and improve the performance and participation of female footballers focus on the premier league clubs in Addis Ababa.

Research Questions

1. Do coaches foster multiculturalism in female football teams?
2. What is the current level of gender disparity in participating premier league clubs in Addis Ababa?
3. What is the current level of performance of female footballers to meet international games?
4. What are the causes of physical, mental and behavioral readiness in training session?

1.6 Objective of the Study

General Objective of the Study:The general objective of this study is to improve the performance and participation of female footballers.

Specific Objectives of the study:The specific objectives of this study is:

- To find out the obstacles against improving the performance and participation of female footballers in premier league clubs in Addis Ababa.
- To explore the current level of gender disparity in participation of football in premier league clubs in Addis Ababa
- To identify the attitudes of the people towards female footballers and its impact on participating the league

1.3 Significance of the study

This study was expected to have the following significances:

- It helps to improve the performance and participation of women footballers in particular premier league clubs.
- It helps to know the obstacles against the performance and participation of women footballers in particular games.
- It helps to provide valuable suggestions for the football leadership or coaches on the implementation of multiculturalism.
- It might contribute to other stakeholders to gain deeper understanding of the main problems and to identify the relevant solutions for improving female participation in football games.
- This research may be used as a stepping stone for other research who have interest to engage on the same issue.

1.4 Limitation of the study

The researcher has certain limitations to undergo the performance of the players such as

- Financial problem:-during the data collection, there was lack of money, because money is vital during any activity in order to fulfill essential necessities.
- During data collection the club members were unwillingness to give necessary information.
- Lack of time during the research work:-there was scarcity of time.

1.5 Delimitation of the study

- The research was conducted to improve the performance and participation of female footballers focusing on premier league clubs in Addis Ababa. To keep the study in manageable size, the study was delimited to Addis Ababa that is seven premier league clubs which include St George , Buna, Dedebit, ELPA, Medihin, Mekelakeya, and Bank.

1.8 Operational definitions of terms

Sport is an organized and competitive form of play

Play is essentially an activity used as amusement

Competition is an instrument or a means, which helps to arouse interest of the people and develop a positive attitude to sport activities.

Performance is an observable behavior of players in the play ground

Skill - the technique of football which should be mastered by trainees

Aerobic - exercises which are performed with the presence of oxygen

Agility - the ability to change quickly while maintaining control of the ball

Flexible - the ability to change or to suit new conditions or situation.

Tactic - the particular method you use to achieve

Technique - a method of achieving something or carrying something out, especially one requiring some skill or knowledge.

Coaching - is often used to cover a wide range of activities; usually to help someone prepare for something

Club - to join, as a number of individuals, to the same end; to contribute separate powers to one end, purpose, or effect; usually with together

1.7 Organization of the study

The content of the study was organized in to five chapters. The first chapter deals with background of the study, statement of the problem, objectives of the study, significance of the study, limitations, delimitation ,organization of the study and operational definition of terms. Chapter two briefly explains the review related literatures Chapter three explores the research design and methodology section. It also includes a brief description of the study area, Addis Ababa .The fourth chapter presents the data analysis and findings of the study the last chapter consists summary, conclusion and recommendation of the study .Finally, list of reference materials used for the study and sample data collection instruments are attached to the appendix of the study report.

CHAPETER TWO

REVIEW OF RELATED LITERATURE

2. Introduction

Football is presently the most popular sport throughout the world in terms of spectators and participants. In light of this, large number of people in the world spends their leisure time, and participate in football activity than any other games. Football is now played by both gender in many parts of the world. It is being played in china, England, USA, Africa and Ethiopia. The following points are about history of woman's football in each country which are listed above.

2.1 History of Chinese women's soccer

YONGCHUAN, Chongqing - China finally clinched a win by beating South Korea 2-0 in a women's soccer invitational event here, pleasing the Chinese fans but at the same time mirroring its downfall over a decade. China were placed third in the four-team event Wednesday with one win and two defeats, a mediocre result that can hardly remind people of the team's glorious past. "Chinateam have no stars," Said John Herdman, head coach of Canada, during the Four-Nation invatational event. "China used to have Han Duan, Li Jie. But in this team, I don't see any prominent players." China's head coach Hao Wei said, "The best players in China are already here. What can we do now? We can only train harder and harder, encourage and foster them so that they can become mature tactically and mentally."

In the past decade, China's women soccer has been suffering from the lack of talent, insufficient investment and little attention, despite the fact that women players won a silver in the 1996 Atlanta Olympic Games and then another silver in the 1999 World Cup. In 2001 women's Asian Cup, China's dethronement forced head coach Ma Yuanan to resign. And China's women's soccer began a nightmare, in which the team changed 11 coaches over only a decade. However, the team's performance was getting worse and worse. In 2010, China failed to reach the World Cup finals for the first time. In 2011, China failed to advance to the Olympics for the first time. In 2012, China settled for ninth place in the Algarve Cup, the worst result for the team in the tournament.

In the current team, there is 33-year-old Pu Wei who was a member of 1999 World Cup runner-up squad. She came back from retirement three months ago. "I want to help my team especially when it is still in a difficult time," said Pu. "There are four generations in our team. The youngest is 15 years younger than me." she added. Qi Jun, head of Competitions Department of Chinese Football Association (CFA), said: " We don't have many girl playing soccer." According to statistics by CFA, the United States have over 800,000 people who take up women's soccer. Germany have more than 350,000 people. Reigning world champions Japan have 35,000 registered women players. While China only have over 7,000 registered women players above the age of 12. "Besides the above problems, we don't have enough money to spend on women's soccer," added Qi. "Moreover, women's soccer can not get much exposure. So it can not develop to be as popular as in America in the near future." "What we can do now is to make the competition platform larger and more reasonable, attract more girls to get interested in the sport, and to make full use of social resources," said Qi. "The era of Steel Roses is already gone. We have to face the current situation and find solutions." "I think we are on the right track now. If we make painstaking efforts, China's women's soccer will be something one day." said Hao Wei. (from wikipedia)

2.2 History of Women's football in England

While women's football has been played in England for over a century, it has only been in the 1990s that the game has seen a large increase in female players, as well as in female spectators, culminating in England hosting the Women's European Championships in 2005. In the period from early in the First World War until the Football Association's ban on women playing football on the grounds of its affiliates in 1921 (which lasted for 50 years) women's football was very popular and a true rival to the men's game. One match featuring the Dick, Kerr's Ladies team from Preston, played at Goodison Park, Liverpool on Boxing Day 1920, attracted a crowd of 53,000 with another 10–15,000 reportedly turned away because the ground was full.

Today, the FA runs directly the top women's competitions. The most significant national competition is the national cup, the FA Women's Cup, followed by the top national league, the FA WSL (Women's Super League). Before the formation of the WSL in 2011, the top flight was the FA Women's Premier League National Division, which has now become the second-level

league. Originally, the Premier League champion was the only English representative allowed in Europe. When the UEFA Women's Cup was relaunched as the UEFA Women's Champions League for the 2009–10 season, England became one of eight nations with two Champions League places, a status it has retained ever since. In the first two seasons of the new Champions League, England's two places were filled by the Premier League champion and the FA Women's Cup winner. For 2011–12, the two finalists in the 2010–11 FA Women's Cup earned the Champions League places. Starting with the 2012–13 Champions League, the two berths were initially planned to go to the WSL and FA Women's Cup champions, but the FA chose instead to send the top two teams from the WSL. Women's football also has two significant secondary cup competitions. The FA WSL Continental Cup, contested by the WSL teams, is held after the league season. The Premier League Cup, limited to the teams in the Premier League and its regional third divisions, is held during the league season.

To promote women's football, the FA allows cup finals to be held at various men's Premier League/Football League stadia throughout the country (as opposed to men's finals which are usually held at the national stadiums). In the 2010–11 season, the FA Cup final was held at Coventry City's Ricoh Arena, the Continental Cup final at Burton Albion's Pirelli Stadium, and the League Cup final at Wycombe Wanderers' Adams Park.

The national league system in women's football in England is currently operated by The FA, with the WSL at the top. For its first three seasons (2011–2013), the WSL is operating on a licence system with no promotion or relegation, similar to the system used in rugby league's Super League. The WSL replaced the FA Women's Premier League at the top of the system. Its teams also compete for the Continental Cup.

The Premier League is split into two levels: the first is the former top flight, the FA Women's Premier League National Division, with relegation to two equal leagues below this: the FA Women's Premier League Northern Division and the FA Women's Premier League Southern Division. Teams in these three divisions compete in the Premier League Cup. Below the Premier League lie the four Combination Leagues, the South West, South East, Midland and Northern Combinations and below these are eight regional leagues. Below the regional leagues are the county leagues. As in the men's game, some Welsh women's football clubs compete in the

English pyramid. The most successful are Cardiff City and the now defunct Barry Town, both of which have played in the Women's Premiership.(Espn.go.com.retrived 2012-08-02)

2.3 History of Women's soccer in the United States

The first organized women's soccer matches in the United States were in the 1970s. The United States is now regarded as one of the top countries in the world for women's soccer, and it is currently ranked first in the FIFA rankings. Despite the consistent success of the national team, it has struggled to maintain fan interest outside of major tournaments, and several attempts at professional leagues have shut down in the face of financial issues. The lack of finances could be fixed if the team had a more consistent fan base during the regular season instead of just during their bigger games.

The women's national team was formed and played its first games in 1985. In its first years, it played in little more than friendly tournaments, primarily against European teams, as no competitions for women's national teams yet existed. After the United States was awarded the 1994 FIFA World Cup and the first FIFA Women's World Cup was announced for 1991, increased investment in both the men's and women's national teams by the USSF led to the United States' team rapidly improving and hosting the first women's World Cup. The popularity of the team exploded in the aftermath of the US 1999 FIFA Women's World Cup win as a result of penalty kicks in front of a sold-out Rose Bowl. The close win increased the tension, giving the team a more lively reputation as a sport.

Since then, the Americans have remained a force in international women's soccer, having finished third or better in every World Cup, reaching the championship game once again in 2011, as well as appearing in all five Olympic gold medal games, winning four, despite only 7 of the 18 players in the 2012 squad holding a professional contract and none playing professionally overseas. The national team also competes in other tournaments such as the annual Algarve Cup. The primary source of young players for the national team is NCAA College soccer, which feeds players to the U-20 national team and eventually the full senior team. Because the United States lacks a professional women's league, interest in the team only peaks around major tournaments and the team has historically struggled to maintain interest between said tournaments. Recently,

the United States has also faced increasingly competitive European national teams, many of which have well-established women's leagues in their countries from which to draw players.(Homepages.sover.net.2011-08-17)

2.4 History of Women's football in Africa

Women's football in Africa can be divided into distinct historical periods. Football is one of several sports played by women in Africa with the sport facing several challenges during development. Initially seen as a male participant sport women have long held leadership and support roles within football in Africa.

Peter Alegi, has identified distinct time periods with the development of Women's football in Africa including, "emergence and development (1970s–1980s), growth and transition (1990s), and institutionalization (2000–present)." During the 1960s and 1970s, male football administrators across Africa were largely uninterested in supporting the development women's football teams. Though in Nigeria women teams were playing during the 1940s with the matches being reported in the national newspaper *Nigerian Spokesman*. These games featured women playing in shorts and were attended by a number of spectators. In South Africa in the 1960s, women several tried to create women's football clubs including Jessie Maseko who tried to create a girls high school football club in 1962. In Cape Town a high school team called the **Mother City Girls** was created and played against boys' clubs. By the 1970s, regular matches were being played by women in Senegal and South Africa. During the late 1970s, the national football federation started to set up women's league across the country.

Football has had to compete with a number of sports that are more popular with women across the continent, including track and field, netball, basketball, team handball and other sports. The masculine nature of football has proved a deterrent to women's involvement in football in Africa. (Martha Seavordira June 2011)

Behind the scenes

While women were not always playing the game, they supported Footballs development by the 1920s women took on support roles that freed up time and resources which allowed men to

actively participate. During the 1960s in South Africa, women began to emerge as leaders in the sport, taking on leadership positions in fan clubs.

2.5 History of women's football in Ethiopia

The Ethiopia women national football team is the national women football team of Ethiopia and has been overseen by the Ethiopian Football Federation. As of December 2012 they are currently ranked 100th in the world. They are popularly known as Lucy and Dinknesh in reference to the Australopithecus fossil.

The Ethiopian national team made its debut in September 2002 in the 2002 African Championship's qualifiers, beating Uganda to progress to the final tournament, where it ended last in its group, only grasping a tie with Mali. It subsequently played the 2003 All-Africa Games, losing all three games.

In 2004 they again qualified for the African Championship, where they made it to the semifinals after beating South Africa and drawing with Zimbabwe. After being knocked out by Nigeria, they lost the bronze to Ghana on penalties. As of 2013 it remains Ethiopia's best performance in the competition.

Ethiopia withdrew from the 2006 African Championship, and it didn't take part in the 2008 edition either. However it did take part in the 2007 All-Africa Games, losing its two games. In its return to the African Championship in 2010 it was defeated in the qualifiers by Tanzania. On the other hand in the 2012 Summer Olympics qualifiers Ethiopia made it to the final round after knocking out Congo DR and Ghana, ultimately losing an spot in the Olympics to South Africa.

In 2012 the team qualified for the African Championship 8 years later, settling the score with Tanzania. It didn't manage to score, only grasping a draw with Cameroon.(BirhanuTeferra and ShiferawBekele,(2009))

2.6 Performance

One of the key factors that help to improve the performance of football is the effectiveness of coaches .The coach is the most important resource in a training system of modern society. He

plays a major role in the delivery of quality training. The essential condition for the development of football performance depends on the specific improvement on general physical preparation for the highest level. This is particularly an important requirement in the game of football, where their performance is excellent.

Sport has become a popular past time among youngsters in Ethiopia. Above all, interest in football has been growing in the country over the years. The rapidly increasing popularity of football has also created a demand of excellent performance. Therefore, training of football requires developing the physical fitness of the players and the technical skills in the game and understanding the principles of play and training.(Wondimu 2004)

According to Wondimu performance is an observable behavior of players in the play ground; an observable behavior comprises the fundamental skills of the game and the physical qualities of performing these skills appropriately. The skills of football could be developed through systematic methods of preparation and applying the scientific method of training. The scientific method of training refers to the knowledge of the frequency, intensity, and duration of training and considering the developmental stage of players.

Wondimu farther states that as training is a long and conscious educational process, its purpose is to contribute to the attainment of top performance. The research results of football performance prove that the necessary conditions for the development of football focuses on the specific training on general physical factors for the highest level. This is an important requirement in the game of football where the players would be expected to master different techniques. The task of improving the performance of a footballer consists of the development of technical skills, physical qualities, psychological capabilities plus the assimilation and perfection of the knowledge and habits of play, which form the basis for top level performance. It is possible to find in literature considerations, theoretical models, and practical tests that lead to a complex conception of the analysis of the performance of female premier league.

One means of improving the performance of footballers is by introducing new techniques of instructions as well as innovative methods of coaching .however, the need to raise the standard of football pauses the question of how to prepare youngsters at early ages, in their clubs, and before they join the premier league team and they are after.

2.7 Football performance

Players of any sport require a basic level of fitness including components of strength, endurance, speed, power, flexibility and agility (Jaques, 1994). Australian football requires all of these factors to compete safely and effectively. Fitness is possibly the greatest asset that players can have in minimizing their risk of injury (Harris, 1985). Correct fitness and skills training systematically prepares the athlete to sustain collisions and other physical demands of his /her chosen sport (McKeon, 1989). Poorly designed training programs can contain or lead to training errors which can overload the body, 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.

Defensive skills are the more contact-related activities such as tackling, shepherding, bumping, spoiling, knocking the ball on and smothering. It is believed that the higher the skill level of player, the less likely they are to sustain an injury.

Studies in the field indicate that changes in physical fitness, such as a decrease in body fat and an increase off the anaerobic threshold. It could be argued that because of the long preparation period, teams are more likely to have reached a higher fitness level than the other teams that have less time to prepare. The preparation period includes a hard fitness program, training camps, and numerous matches in preseason tournaments and friendly games, especially during the final 2 months before the season starts. This indicates that every team should have an optimal time to prepare for matches in order to record good performance. In addition to team performance from physical fitness other factors may be more important, for example, player technique, team tactics, psychological factors, or injuries. However, this does not mean that a team with superior fitness would not have a definite advantage when playing an opponent with less physically fit players. In accordance with the report of journal of sport science Jone Hoff (2005), If one team were to have 10% higher maximal O₂ than the other, it would nearly amount to having one player more on the pitch. Nevertheless, the ability to transform this fitness advantage to areal performance advantage would depend on a number of other factors, such as motivation, technical and tactical skill.

2.8 Organizational Form, means and methods of football Training (adopted from unpublished written handout)

A training session is the basic organizational form of the training process. The content of training session should be thoroughly prepared. So that the coach can avoid the formal structure of the content.

Now, the primary task is to increase the effectively of training sessions. In other words, making best use of the time available, the physiological effect of exercises is increased and special knowledge and skills are thought efficiently.

The organizational form of training: Organization forms in football consists of the organization of the training session, the organization of the cooperation between trainer and players, where by the content of the training and the circumstances which it takes place are determined good use of these organization forms enables us to make optimal use of the conditions for the fulfillment of tasks in the training sessions. The individual organization forms are suitable for fulfillment of certain tasks. If the training change too. We change forms of organization of training activity per training session as little as possible, as changes here cause considerable waste of time.

There are three types of organizational forms of training and five known means of training in football: this are individual form of training group and collective form of training .In addition , the manses of training in compasses continuous type of exercise, exercise with stations, winding exercise ,parallel exercise. And circular type of exercises. Organizational from of training and means of training are discussed below:

1. Individual organizational form of training: This is a form of training in which players fulfill their training tasks individually, while other players train together. Individual training stimulates the development of positive play activities, compensates players shortcoming has and leads to independence and the taking of initiative. A drawback to individual training is that it excludes the stimulating influence of other players.
2. Group Organizational Form of training: Group of players (formations) exercises independently. Fulfilling separate training tasks, Using various means and at various levels of

exertion. Group training is used for specialized preparation of players. (Forward. Mid-fielders, goalkeepers and backs). Dividing the players of the basic formation can be done according to the directedness of the training tasks between the players in the various formations. group training forms a good pre-condition for imitative and independence in the players

3. Collective organizational form of training: collective training is a form in which all players are busy with the same activity, lead by the trainer. The advantage of this form is the simple organization which provides a good overview with direct influence of the trainer on players plus standardization of exercises. However, it is not possible to treat players individually and their independence and initiative are not developed. The collective form of carrying out training activity is used effectively for warming up and in practicing individual play activities (starting, running, ball guidance passing, etc.)

Means of football Training

The following forms of exercises are distinguished:

1. Continuous type of exercises: this is an organization –methodological form, in which the players repeat the exercises in a per-determined order, rapidly and continuously. It is used especially for repeating technical aspect of play activities of the individual and improved performance in the exercises is achieved.
2. Exercises at fixed position: the players are organized in groups (two, three, or four). All of which have affixed position. At the individual positions, the players mostly work as improvement of selected play activities and after compilation of exercises changes positions. In exercises , to improve different aspects of play activities, we can introduce exercises directed towards development of mobility.e. g passing with foot heading , suppleness (agility) exercises ,shooting, and combination exercises,etc.
3. Winding exercises: the players form separate groups (two, three) and practice individual play activities, series of play activities or play combinations, moving with continual changes of position.
4. Parallel exercises: is an organization- methodological form of exercises, in which the players continually practice a series of play activities one after the other. This is done with two parallel groups who compete with each other in speed of execution this

exercises leaves room for positive motivation and develops an important. Capacity of the player, namely that of being able to compete. At the same time, it forms the precondition for improvement of number of characteristics like ambition, will power and militancy.

5. Exercises in circle: the players are divided into groups (also individually) on a number of delimited areas (6-12) which form a circle in which exercises of predetermined content and intensity are carried out. Usually these exercises are directed to development of mobility in the players, the players can complete the whole circle a number of times. Exercises must be so ordered that in turn all muscle groups be used. The continuous method (stamina), the interrupted method (strength) and the interval method (special stamina) are used with the circle.

The Contemporary Methods of Football Training:The theory covers 'what' should be taught and learnt to prepare the player for the requirement of the match. However, in the final analysis, the 'how' will always be the deciding factor over the success of the coach's and players' efforts. This 'how' is the systematic process by which the technical elements are strengthened and made automatic by means of practice and training. The process of forming and perfecting habits of play in order to resolve play situations through individual play activities and play combinations with a given play system is very complex.

Modern football training can be separated into three methods of instruction:

- The practice method;
- The game method; and
- The complex method.

The practice method: This method is oriented towards learning the technique of play activities and development of mobility. The training begins with explanation and demonstration followed by practical training in simple play situations. In the course of the training. Both will power and special mobility are developed. At this level of complexity practice of individual play activities corresponds to preparatory exercises in relatively in changing circumstances. The aim of exercise is to teach the technical aspects of play activities and this is gradually integrated into the series of play activities. Organization of the exercise must ensure repetition of play activities in

isolation from the game itself. This method denotes (signifies) that the players train in more or less rigid, artificial formations. The players repeat one particular aspect (e.g. dribbling the ball) following set methodical format repeatedly until they have mastered the correct sequence of movements.

The exercises get progressively more difficult first of all the technique is practiced from a standing position (basic form), then on the run (moving form), and finally against an appointment. This method has especially good effect on the sensory nerves: the player quickly assimilates the basic form of the technique and by repeated practice, the movement as a whole become exact and automatic.

The Game Method: This method involves technical and tactical exercises in the form of games. These movements are trained to near-match pitch by gradually increasing the difficulty of the exercises. The games are either framed within a set of rules, where the player's duties are changed continuously making the game increasingly more difficult or the games follow a general idea.

For example:

- Shooting goals and stopping goals, Building up attacks and stopping attacks.

In this case the player's duties are made more difficult by altering the rules, for example:

- Increasing or decreasing the number of players,
- Altering (changing) the size of the pitch
- Altering the width of the goal, and
- Four, six, eight goals instead of the usual two.

During these games, the players will improve his technical until it is near match pitch and in so doing he will build up his knowledge of the game, his expertise and his experience. His ability to read the game and to remain calm under pressure will also improve. The players should enjoy

these games which should always take into account the difficult situations they will have to face during a game. Always remember, “The road leads straight from the little game to the big game”. The method: This method is suitable for beginners and players that are more advanced game.

The complex method: with the complex method, more than one skill is practiced simultaneously. Here large section of play activities is practiced. For example:

- Technique+ condition;
- Technique and tactical ;
- Technique, tactical and condition.(Wondimutadesse, unpublished material)

There are two groups of complex exercises:

1. Technical conditional complex exercises;
2. Technical tactical complex exercises;

Technical conditional complex exercises: the players follow a set route and resolve prescribed technical problems. With regard to condition, the type and length each exercise depends on what particular point needs to be improved such as:

- Speed (running at maximum speed, length of exercises up to 30 seconds only , rest 80-120 seconds)
- Staying power running at high speed , length of exercises’ 30-60 second)
- Pure endurance (running at medium speed , length of exercises’ 1-3 minutes ,rest period relatively short)

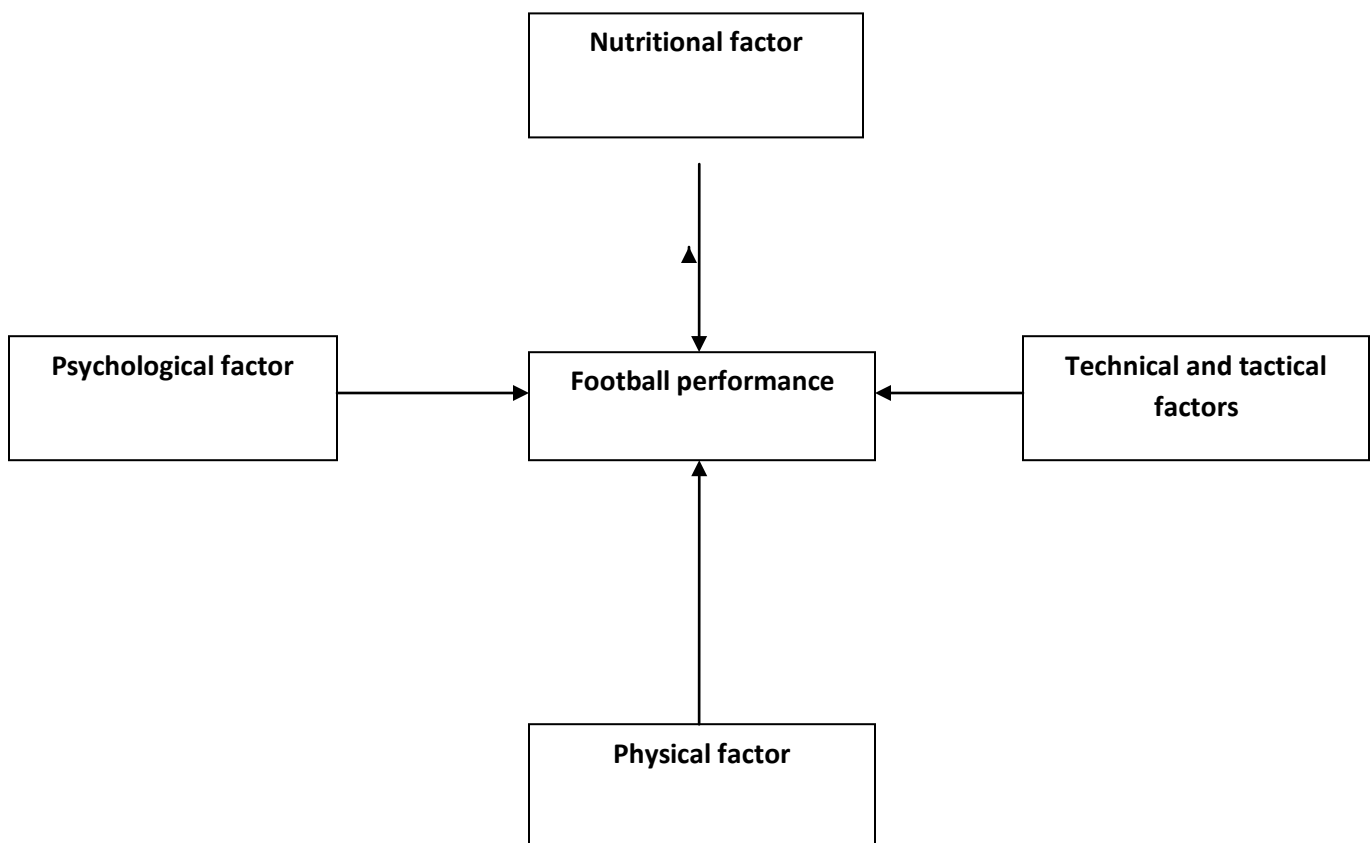
The regular change between exertion and rest is brought about by continually changing position (feeder runner). An exercises can be made more strenuous physically by sprinting between each contact with the ball, by starting to run from sitting from asitting or laying position, by jumping over hurdles or by carrying out certain gymnastic movement during exercise.

The author would like to emphasize that the importance of understanding, developing and using the tactical knowledge acquired by both coaches and players. Players have to learn through good training methods when and how best to use their tactical skills. The coach needs to know how to teach players these tactics as well as their implementation under real match conditions. Players

need to develop both technical and mental ability to succeed in their tactical play. This preparation consists of Teaching of special knowledge and skills. Practice and perfection of individual play activities and of play combinations and play systems.

Forming the basis for the individual's play activities: The most important task in this period is teaching the technical aspects of play activities. They are largely practiced in isolation from the game it self. The effect of training in this stage is increased by the use of training material .Practicing play activities of the individual and play combinations in this stage.

2.9 Structure of football performance(adopted from Wondimu Tadesse,2004)



Psychological:this is a lengthy, complex process and must be realized in conjunction with good physical education and emphasizes the view varied and philosophical bases of the training process. The basis for influence on the player is philosophical, moral and willpower training. As regards to player's personality Kacaniin wondimu(2004) not the following:

Ideological preparation must mould the player so that he achieves a broad overview, thereby enabling him to arrive at the right assessment of the aim of football activities. Ideological preparation forms the basis of judgment of his intellect together with other aspects of his personality at the same time it forms an important components in the regulation of the players' motivation, which in turn forms the basis for growth in football performance.

Kacani continues to state that moral preparation is directed to the development of characteristics such as the relationship to collective values, to work with fellow players, the coach and football activities in general. The level of moral characteristics is expressed in honest behavior, responsibility with respect to training and matches, maintenance of a disciplined life style and conscientious performance of daily duties. This is expressed in all stages of training in club social life.

Physical factor: the physical training of the player is a procedure designed to get well and steady the physical strength so that he can attempt top level performance. In addition, this preparation is a double task, that is, all round improvement of the player's condition plus the development of specialized characteristics of movement, which are in harmony with the demands of football.

From the work of kacani (1987:21) we understand that in the course of one game defensive player cover 4000-5000 meters, midfielders 6500-7000 meters, and attackers 5000-5500 meters. In the course of a game player pass a ball 29-46 times, the exact number depending on the function of the individual player. Another numerical indication of the level of exertion is the number of times the player is involved in play with the ball: backs 43-47 times, midfielders 42-56 times, and wing forwards 34-40 times.

Another basis for the qualitative characteristics of exertion is the intensity, expressed in the regular switch from components with high, average and low intensity. In planning strenuous training, it is important to know what distance will be covered high intensity. For backs, this is 1020 meter. Center back 710 meter. Midfielders 1450 meter, wing forward 1100 meter, and center forwards 980 meter. A qualitative indication of exertion is also the level of complexity.

The present researchers hold the position that, information obtained by analysis of the work load of the player during the game forms an objective basis for the training process. Not only enabling

the coach to determine the orientation of the training and its components, the correct balance and optimum composition, however in addition the correct apportioning of work load today, we can definitely say that the transfer of knowledge of this kind to football players in the course of training and their confrontation with this reality is necessary.

Technical and tactical factors: the two essentials to succeed in football are a mastery of the basic skills and having the strength to perform these skills constantly and effectively. Thus, players should therefore, become proficient in the technique (passing, dribbling and trapping). Other skills to be mastered include heading and tackling. When these fundamentals are learned, attention can be focused on field position, team play, and strategy.

Tactics denote the organization and execution of the sporting contest. In other words, tactics signifies the art, by which the players own technical and physical skills are used as successfully as possible. The tactical aspect of play activities comprises the choice and adaptation of technique in the given play situation. For this reason nit is impossible to treat tactical aspect separate from technique. Players learn to make a rapid and creative choice from the techniques they have been taught, selecting those that are most effective in the given situation. Practice and perfection of play combinations, cooperation between players is in effect the same as practice and perfection of individual in play activities. The climax of tactical preparation is the practice and perfection of the play system. The play system represents action at high level by the player as adapted to the needs and abilities of the entire team.

Nutritional factor: as food is a fuel for the biological machinery of the body well balanced diet in adequate amounts is necessary for the body to function optimally, and for providing a biological basis for top performance. Komadel(1988:85) note that, the body needs energy to function at any level and the more stress it is put under, in the form of exercise, then the more energy it requires. Taylor further discusses that, the body needs fuel to provide energy for all of its activities as well as to assist in the building and replacing of body tissues and nutrient is a substance essential for the well being of the human body. It is practical that the requirements for protein and certain minerals possibly somewhat increase in footballers during the training of muscular strength. Thus, the total food intake in footballer's undergoing such training is also increased. When discussing the dietary requirements of footballers, YeaglyJarry(1997:75) so notes :

It is necessary to distinguish between training of very short duration, which involve technique and muscular strength and which last only seconds or a minute or two at the most, on the one hand and a training program that lasts for a long period stay up to several hours, and which therefore, requires endurance. In the case of the endurance training also is necessary to distinguish between training programs lasting less than an hour and training programs of significantly longer duration.

Nancy Clark in Wondimu(1990:29) recommends that training glycogen depletion can be prevented by a carbohydrate-rich diet and periodic rest days to give the muscles time to rebuild their stores. Carbohydrate is essential for glycogen synthesis and should provide at least 60% of total calories. A diet containing 70% carbohydrate is recommended when the individual is exercising hard for several hours daily. If the individual is exercising for one hour or less, a diet of 60% carbohydrate is sufficient to replenish muscle glycogen stores. In addition to providing adequate carbohydrates for muscle glycogen stores, the player's diet may help prevent chronic diseases such cardiovascular disease and cancer. Both this objectives can be met by following the US dietary goals established by the senate select committee on nutrition and human needs in 1990. In this diet complex carbohydrates (starch) not more than 8%-12% of calories, protein 12% of calories, and fat not more than 30% of calories.

The present researchers agree, to a certain extent, that a footballer is a product of what he eats, and the nutritional value of the food that he used to build and maintain different cells, tissues and organs on his body. Therefore, it is essential to consider the quality and contents of the nutrition that constitutes the footballers daily diet. An adequate diet provides the necessary raw material to allow a good training to build and run the human body.

2.10 Factors that can affect the performance

Football is complex sport, and performance is assumed to depend on a number of factors, including psychological factors, player technique, team tactics, and physical fitness. Football (soccer) players require technical, tactical and physical skills to succeed. In part, professional soccer emphasizes selection between players as well as development of the players 'performance Jan Hoff(2004). 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 sequelae from previous injuries can also affect the players' ability to perform. Although the distance covered by different players in the same position varies, studies have shown that midfielders travel farther than defenders or attackers, probably because of their linking role in the team. Among the defensive players, the fullbacks usually cover more distance than center backs, since they are usually more involved during the attacking phase.

According to the findings of different studies there are a number of factors that are encountered with performance.

2.10.1 Injuries and performance

Injuries on key players would be expected to affect team performance. In individual sports, this relationship is simple; if you are unable to compete because of an injury, perhaps less obvious, because injured players can be replaced by substitutes or even by acquiring new players from other clubs. Here the crux of the matter is that kind of injury occurring on the most decisive and on the man of the team. In the other aspect injury that occurs during the match, would have its own impact on the performance of the team. In addition to these teams may face scarcity of resource to replace injured players for instances in Iceland soccer teams have limited resources replace injured players? In the major leagues in Europe, where teams are in a position to buy new quality players when need, it is possible that injuries can be seen to be more as financial issue and be less directly related to team performance on the pitch. Unfortunately I have not been able to find any previous studies where the relationship between injuries and performance has been studied systematically. (Dicker 1986)

Dicker et al (1986) reported the most common injuries for each body region rather than as a percentage of overall injuries. The most common injuries to the lower limb were thigh hematomas, hamstring strains, groin strains, medial ligament sprains of the knee and lateral ligament sprains of the ankle. Shoulder bruises and sprains, rotator cuff injuries, hand fractures and dislocations within the hand combined to form the most common upper limb injuries.

The mechanism of injury is essential information that is needed to guide injury prevention activities. Understanding the series of events that lead to injury enables potential areas of intervention for injury prevention to be identified. By understanding how the injury occurs, steps can be made to develop and implement appropriate strategies that could alter the chain of events and therefore potentially prevent injury.

Injuries occur predominately during competition, particularly within the second and third quarters of a match. According to different reports, centre and following players are at highest risk of injury and injuries predominately involve the lower limb.

2.10.2 Good Nutrition and performance:- As we know nutrition is vital for any type of exercise, the players have to use a balanced diet. In addition to genetics and physical training, adequate intake of nutrients is a critical determinant of athletic performance (Economies et al, 1993; Hawley et al, 1995). All footballers need to consume a well-balanced diet to sustain the demands of training and competition. The optimal diet combines adequate total energy supplied from carbohydrate, fat and protein, sufficient minerals and vitamins to maintain body functions, and adequate water to sustain fluid volumes. In theory, the food and nutrient needs of competitive athletes are different from the general population. Regular training and competition place considerable demands on the individual athlete to consume sufficient nutrients for energy metabolism, particularly carbohydrate. A significant contribution that nutrition makes to performance is an indirect effect on improving fitness (Williams, 1995) and reducing injury risk (Schlabach, 1994).

The combination of length of play and high-intensity activity can lead to fatigue and depletion of energy by the end of games. Knowing how to preserve and restore energy stores, particularly carbohydrate, is important in helping players cope with training and playing. The game also places considerable stress on the musculo-skeletal system, because of the repeated body contact and speed at which the game is played. Muscle damage and injury are sources of great concern (and interruption) to players' capacities to compete. The role of nutrition and

application of appropriate medical and recovery procedures are vital in enhancing performance and preventing injury.

Carbohydrate is critical energy substrate of prolonged, intermittent activity (McCommell, 1997). It is stored in two forms: as blood glucose and as glycogen in muscles and the liver. Carbohydrate contributes to aerobic metabolism and is the only fuel available for high-intensity anaerobic activity. Since carbohydrate stores in the body are quite small and variable (Coyle, 1991), depletion of glycogen stores during exercise leads to fatigue and declines in endurance (Costill, 1988; Costill & Hargreaves, 1992). Conversely, elevated pre-exercise glycogen levels will delay fatigue and prolong exercise duration and intensity (Bergstrom, 1967; Coyle, 1988). This improved endurance (Bergstrom et al, 1967; Hargreaves & Costill, 1992) may result in better performance (Karlsson & Saltin, 1971; Rauch et al, 1995). Preserving blood glucose and carbohydrate oxidation late in a game is critical to delaying fatigue and maintaining quality of performance in footballers. Accordingly, players are advised to maximize their pre-exercise muscle glycogen stores and to consume adequate carbohydrate during and after performance. This latter point is particularly important for injury prevention, where muscle fiber damage following exercise (and from soft tissue injury) has been shown to impair glycogen storage (Costill et al, 1990). Protein is essential to human structure and function and is found primarily in skeletal muscle. There are many different types of protein, each with its unique blend of amino acids. Only animal-derived foods (e.g. eggs, cheese, yoghurt, meat, poultry and fish), or alternatively, certain vegetable food combinations (e.g. beans on toast, lentils with rice, peanut butter on bread), provide all of the essential amino acids. This means the athlete must consume not only sufficient total protein, but also the appropriate food protein combinations in order to ensure an adequate intake of essential amino acids.

The value of protein to the athletic diet has long been debated. Current opinion suggests that strength and endurance athletes require more protein than the Recommended Dietary Allowance of 0.8 g/kg/body mass (Lemon, 1991; American Dietetic Association, 1993; Burke & Inge, 1996). With endurance exercise, protein is necessary to increase mitochondrial protein activity and serve as an auxiliary fuel supply (Lemon, 1992). On the other hand, protein requirements for strength training are to increase myofibrillar protein for development of muscle mass and strength (Lemon, 1992). Increase strength may lead to a greater power-weight ratio, which is

advantageous in contact sports like football (Burke, 1996). Extra protein may also be required for muscle repair and recovery following exhaustive exercise (Cerny&Haralambie).

The use of amino acid supplementation to build muscle mass, reduce fatigue and assist recovery is common among many athletes and is followed by some Australian footballers players. However, more investigation into such use is required. Whilst there may be a need for slightly elevated protein for individuals involved in heavy resistance training, supplementation of individual amino acids, either singly or in combination, is questionable (Lemon,1991). In general, protein requirements are usually met by eating a balanced diet with adequate total energy (Burke&Inge,1996). Good sources of protein are meat, eggs,poultry,fish, dairy products (milk, yoghurt, and cheese), nuts,legumes and grains.

Fat is located in adipose tissue as well as in muscle. Although this nutrient is an important energy source in endurance exercise, there is no evidence to suggest that athletes should increase their fat intake to improve performance(Williams,1995).

Iron is an essential mineral, playing a crucial role in oxygen transport (hemoglobin and myoglobin), and in aerobic metabolism. An inadequate iron status, arising from poor diet (low in total energy and nutrients), combined with exercise-induced iron loss (excretion and hemolytic), may result in iron deficiency anemia. Symptoms include fatigue, listlessness, loss of appetite and susceptibility to infection; and this condition will ultimately impair performance (Economos et al. 1993; Caldwell, 1996).Elite endurance athletes should have their blood checked periodically for iron status. However, performance is not enhanced by iron supplementation even among athletes who have minimal iron deficiencies (Clarkson, 1990).

2.10.3 Fluids and dehydration

Water is primary nutrient, comprising 50-70% of body mass ,and water deficiency has a moreimmediate effect on bodily function than all other nutrients(Lemon,1992). Large fluid losses result in almost-immediate disruptions to the circulatory and thermo-regulatory responses. During exercise, heat production increases and the body relies on sweating to avoid hyperthermia. Sweating allows evaporative cooling, but also results in dehydration and electrolyte loss.

Unfortunately, humans have a poor ability to re-hydrate after becoming dehydrated (Nadel, 1988). If water or fluids (e.g. sports drinks) are not consumed at a faster rate, dehydration occurs rapidly. Severe dehydrationis life threatening,but even low levels reduce performance by

adversely affecting endurance, strength, co-ordination and cognitive function. Significant sweat losses leading to dehydration occur even in cold weather.

Players must become accustomed to drinking before, during and after exercise. Fluid requirements depend on the individual's fitness status, the intensity of exercise and environmental conditions. Players must drink before they feel thirsty, because thirst is not a good indicator of fluid needs, and need to consume sufficient fluid during exercise, so that body mass remains relatively constant before and after exercise (American Dietetic Association 1993).

2.10.4 Equipment and performance

Goal Posts

Goalposts are constructed of rounded wood or iron piping (Harris, 1985) and can form a direct danger to players, field umpires and goal umpires. Players often contest the ball close to the posts and there is potential for contact with the posts to be made. Injuries can occur when players or umpires are accidentally pushed into the posts during tackles or contests for the ball. Similarly, when players are running to mark with their back to the goal posts, collisions with the goal posts can occur. Padding of goal posts is widely recommended to help prevent or reduce injuries (Kennedy & Fitzgerald; Seward, 1981).

2.10.5 The Age Factor and performance

Many investigators conclude that strength, speed, power, and size are all good indicators on the ability to start. It seems that a few studies are designed to show predictors on the ability to become a starter over a non-starter. The one variable that many of these studies do not take in consideration is the chronological age factor. Many of these studies are not designed to control for age. The literature that is being reviewed does not focus on this issue but age is a very important factor when discussing playing status. Age could possibly play an important role in playing status. Usually, the more physically mature athlete will score higher on power, strength, and speed tests, than the less physically mature athlete, these higher test scores may result in a starting position for the physically more mature athlete. The maturation of an athlete is a concept that might be overlooked in many studies. In a study by Barker and colleagues in 1993, they found that the "starters were stronger than non-starters. Therefore the strength differences between starters. Non-starters may be related to strength training experience and maturation" (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. The starters may have a greater understanding of the program and this understanding places them with the opportunity to start.

Evaluating athletes by testing them on strength, power, speed, and endurance might render conclusions about an athlete's physical maturation.

2.10.6 Bodyweight and performance

There are many studies that are concerned with bodyweight and performance. Many studies direct their attention to the bodyweight issue. Bodyweight, in the sport of football is an interesting issue. The sizes of the players have always been discussed as an important issue. There is a lot of emphasis placed on bodyweight by the coaches and by the players themselves. Bodyweight is undoubtedly a very important measure to be evaluated by the coaches. However, how much emphasis should be placed on this measure alone? In a study by McDavid in 1977, the researcher investigated football playing potential tests. Bodyweight as used in a classification index was used to determine the relationship to the test criterion. "The investigator was surprised to note that the classification index item had a negative but non-significant relationship to the test criterion. This may cause a re-evaluation of the importance of size alone in football.

The issue of bodyweight has become a very important issue, with regard to its direct correlation to performance. Hence, 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 ea al., 1994; Mayhew et al.,1993)

2.10.7 Motivation and performance

In soccer, nothing can affect performance as dramatically as a sudden loss off motivation. Without the motivation to succeed a player cannot survice the challenges soccer can throw up. If the team or player is going through a bad patch then motivating your players becomes especially important. However, an overly motivated player may be nervous and take risks.

Motivation distinguish between, personal self- motivation(intrinsic)and motivation from the outside (extrinsic)by the coach, teammates, friends etc. By looking at the process of motivation, we can see how this influences performance. Human beings are motivated to do sport for several reasons;

A need to move & to play-to be active, excess energy& aggression, for self-fulfillment, to take risks, to satisfy curiosity, make use of the hunting and adventurous spirit.

2.10.8 Ambition & Recognition

Various motives are ambition (win competitions), outside recognition (from fans, family, teammates...), playing in front of an audience, sociability and social standing.

Overall, the motives and needs of players are guided by two basic factors, the hope of success and fear of failure with experience generally showing that the former plays the major role in motivating players.

Every player has a dream in soccer and some players pursue their dreams and expect to achieve them through renewed hard work and dedication. Obstacles are seen as a challenge and each setback as a call for more effort to improve and overcome these problems. This type of player is intrinsically self-motivated as their desire to succeed comes from within themselves.

However, many players, often technically and physically good enough to succeed, fall by the wayside due to a lack of self-belief to fulfill their dreams or the willingness to spend the necessary time on the pitch or in the gym.

Generally, it is easier to work with highly motivated players as they only need decent objectives, the environment and ability to concentrate as well as good technical, tactical and physical coaching. However, these players still need to be looked after as they may become frustrated and bored if they do not meet their goals or keep their performances up to expected standards. For players who are under motivated, the coach needs firstly to convince and motivate these athletes to believe they can succeed and secondly that only hard work will lead to success.

2.10.9 Motivating the Team/player

There is no perfect method for motivating players as this changes from individual to individual and can depend on the current situation, such as the team's position in the league. The following points suggest various ways to help motivate and sustain motivation in your players:

2.10.10 Balanced & interesting training

A disorganized and unbalanced training session can de-motivate players from giving their best. Plan well ahead and cater for the individual groups' and team's needs. Remember variety is the spice of life! Training should be both mentally and physically stimulating. For players who are often substitutes, keeping them motivated is difficult. Try for example to have a weekly game in

which the head coach works solely with the substitutes and an assistant coach works with the first-team but don't at any time put distance between the players.(Anteneh Melese 2013)

2.10.11 Setting objectives (Goal setting)

Setting objectives is useful as it allows players to have something to aim at through a predefined plan to compare their progress at different steps over a period of time. However, the effects of motivation depend on how attractive the goal is. Also objectives that are too easy will lead to players being either overconfident or careless or if too difficult. Players will approach them with low confidence and hesitancy. Try developing a goal setting plan with daily, medium and long-term goals. (Anteneh Melese 2013)

2.10.12 Be enthusiastic, positive, honest and supportive

Your enthusiasm and positivity will rub off on players. Mention the positive actions rather than the negative actions as often as possible. Be honest about performance and be firm when making appointments about areas that need improvement. Offer suggestions on how to improve. Do not embarrass your players but do tell them what you think! (Anteneh Melese 2013)

2.10.13 Encouragement

Encourage fun and hard work in the training or competition. Always encourage players when they are successful and unsuccessful and avoid complacency. (Anteneh Melese 2013)

2.10.14 Be supportive, confident and respectful

Remind them that they win as a team and lose as a team. Always be ready to listen to your player's worries and questions. Accept them for who they are and for what they give to the team. Respect your players and they will respect you. Give credit where it is due focusing mainly on the team as a whole and accept some responsibility for a loss. Remind them that we all make mistakes and will learn from them.

Get to know your players and speak to them individually on a regular basis. Compliment them on aspects of their game and mentioning areas they need to work in can help to further motivate them. (Anteneh Melese 2013)

2.10.15 Change off face

Players can get bored of the same old faces! Try bringing in new Coaches with fresh and different ideas, perhaps even on a short term basis. (Anteneh Melese 2013)

2.10.16 Imagery&Motivation

Players can use imagery to mentally rehearse variety of aspects, like focusing on overcoming technical weakness or mentally preparing for match. Relaxation helps as players are more motivated when they realize that they can control stress and anxiety. (Anteneh Melese 2013)

2.11 Confidence and performance

Any coach or player will tell you that one of the most important elements in successful soccer performance is the level of self- confidence. Vealey –an expert in sports psychology –describes confidence as “The belief or degree of certainty individuals possess about their ability to be successful in sport” When players are confident they can perform at their best level and it is rare for successful players to have a persistent lack of confidence. Developing a good general state of confidence is vital for withstanding and recovering from setbacks such as a defeat or a poor performance. There are many characteristics which reflect a player’s confidence and this can be observed during training and games through body language and verbal comments. (Anteneh Melese 2013)

The following is based on Beswick’s (psychologist in English professional soccer) work in top level soccer and lists the messages sent out by players who are high in confidence:-high self-belief –a real “I can do it” attitude, projecting a positive image through good body language, enjoying and having fun in competition and training, not unduly worried about losing or consequences, calm, collected, concentrated, and high self-control, don’t feel the need to impress others, accept themselves for the way they are whilst understanding their strength and weaknesses. These characteristics may be attained through good coaching and management of players and are essential for attaining success in soccer.

There are several methods to build up confidence in your players and team. One of the most influential sources of confidence is often past performance- success breeds confidence and vice

versa. Thus what we might call apposite confidence cycle can be developed and this is highly linked to the technique of “goal setting”

This technique involves planning and setting goals in training for a player to achieve. This can be short, medium or long term, must be challenging but obtainable. For example, too difficult goals will result in players becoming frustrated.

Coaches should try to make training both fun and enjoyable. They should also reward good performance with compliments and when failure occurs use praise/criticism techniques to advise the players, e.g. after a poor shot: praise the player: “Good power in the shot....”, Criticize the player: “But I think you can improve the ..”,praise the player :”I know you can do it..”

Verbal encouragement and treating players with equal respect can play an important part in attaining the right level of confidence, especially coming from experienced and respected coaches. Players can also encourage themselves through positive self-talk—remember Mohammed Ali’s “I am the Greatest!” Transforming thoughts such as “What if I miss the shot” into “I will get the next one in” or “I don’t think I am good enough” into “The coaches must think so and trust me as they picked me” will help remove inner doubt.

Another source of confidence can provide by channeling the nervous energy produced from the stress-response into positive thoughts. Feeling your heart beat strongly can be thought as “I am up for this” rather than “I am scared.” Players must also place total trust in their personal skills (as well as in others) to win and be able to screen out distractions. Another means of building up confidence is the observation and imitation of successful players. Coaches may want to organize demonstrations, videos and practices based on what players have seen. However, care must be taken to ensure that players feel they cannot match that player for skill of become frustrated through failure.

CHAPTER THREE

METHOD OF THE STUDY

3.1 Research design

This research used two types of paradigms this are: quantitative and qualitative, the qualitative method aim to gather an in depth understanding of the experience and feeling of the target group. It investigates the why and how decision making. The quantitative method is based on testing variables composed of measured with numbers and analyzed with statistical procedure.

3.2 Data Collection instrument

The data was collected using two methods of collecting data sources .They are primary data source and the secondary data source. The former provides first-hand information and the later provides second-hand information respectively. The primary data sources were included interviews and the premier league annual and semiannual reports on the challenges of improving female participation.

These primary data was be strengthened through interview and questionnaires.Secondary data was also used to strengthen the primary source during the data analysis procedure. This included different literatures and written documents such as annual abstracts and reports on female footballers.

Questionnaires

According to kumar(1996:110) questionnaire is a written list of questions, the answers to which are recorded by respondents. The aim of this research is to assess and improve the performance and participation of women footballers in premier league in Addis Ababa .The questionnaire were prepared for the footballers and their coaches.The questionnaire for the footballer was firstly prepared in English and then translated into Amharic for the purpose of the respondents convenience and easy understanding. This is because the problem would be clearly discussed and explained by the respondents. And the researcher had then translated it into English for actual

research presentation. Ten close- ended questions and two open – ended questions were prepared for student respondents.

Interview

Interview is a verbal questioning. It is a face –to-face communication between interviewer and interviewee. It is employed to gather information from coaches of each premier league. For coaches five Interview questions were prepared in English. At the end of the interview, the researcher interpreted and analyzed the interview for presentation. The type of the interview was structured interview which is pre- determined by the interviewer before hand

Observation

Observation is one way of collecting primary data. Observation is a purposeful, systematic and selective way of watching and listening to an interaction or phenomena as it takes place (kumar, 1996:105). It is also accurate watching and noting phenomena. The Observation focuses on the obstacles against the participation of women footballers on premier league clubs in Addis Ababa. To observe the obstacles that hinder the participation of women, the researcher prepared observation checklists that lead the researcher to collect enough information about the problem.

3.3 Sampling Techniques

According to kumar (1996; 148) sampling is the process of selecting a few(sample) from a bigger group (the sampling population) to become the basis for estimating or predicting a fact, situation or overcome regarding the bigger group. A sample is a sub group of the population you are interested in on the basis of this definition, to conduct the research; the researcher used two sampling techniques. These are purposive and simple random sampling (SRS) techniques.

The research is focused on premier league clubs in Addis Ababa in focus. The selection is purposive because of the proximity of league and the researcher's expectation of availability of important information to collect data. The premier league communities are familiar and the researcher expects to gather primary information from them with ease.

The study populations are premier league coaches and female footballers who are playing in the league in Addis Ababa. The coaches of three premier leagues were selected purposefully because these three premier league coaches are working in the top teams like Bank, Dedebit and Buna and the rest four premier league coaches were selected in simple random method. In addition 13

players of each premier league were also selected on the basis of simple random sampling. In line with the definition of randomization, whereby each element in the population is given an equal and independent chance of selection, a simple random sampling is selected by the following procedure:

- i) Identify by a number all elements or sampling units in the population.
- ii) Decide on the sample size (n)

Select (n) using either fish bow draw (the table of random numbers) or a computer

3.4 Subjects of the study

Footballers

As it is explained earlier, footballers sample was selected by simple random sampling. In the target leagues, from the total numbers of 105 female footballers. The researcher had also selected some players as a sample size out of the total population. In this selection, the researcher believed that this percentage was able to represent the total population and would help to find full information about the problem from the selected samples out of the whole population.

Coaches

From the existing female premier league clubs in Addis Ababa, the researcher target fully selected the coaches who are coaching in seven premier league clubs in Addis Ababa based on their experience. They provided primary information via personal interview.

3.5 Procedure

After the data are collected through the above mentioned methods they grouped in their own categories and tried to analyze each information which are gathered before.

3.6 Method of data analysis

The data analysis had been done after systematically arranging and organizing the data collected through observation, questionnaire, and interview and then analyzed in the form of frequency table analysis.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.1 Findings and interpretation of data

In this section of the study findings and interpretation of data gathered from the players of the team, the coach through Questionnaires on the performance and participation of female football players are described and have been synthesized

Analysis of players' response data collected through questionnaires

Table 1 Players response for the questioner how often do you have training session in a week?

No	Item	Alternatives	Number of respondents	Percentage
1	How often do you have been training session in a week?	Once	-	0%
		Twice	-	0%
		Three times	20	55%
		Five times	16	44.44%
		Total	36	100%

According to the above table 55.56% of the respondents respond that trainings are given three day per week whereas the remaining 44.44% respondent that they have a training session of five time per a week. From the above respondents we conclude that most of female football player clubs in Addis Ababa giving training session 3 days per a week where as some of the clubs give five days of training for the players per a week. Form the above data most of the Addis Ababa female football player clubs are not giving enough training for the players. As we know training is one of the instrument to develop different skills such as technique, tactic, endurance, confidence. In general training develops the performance and participation of the players.

Table 2 Response of the players for how often do you have training in a day.

No	Item	Alternatives	Number of respondents	Percentage
2	How often do you have training in a day?	Once	30	83.33%
		Twice	6	16.67%
		Total	36	100%

According to the above table 83.33% of the respondents responded that they have a training program twice per a day which is given ones per a week in the regular training program where as 16.67% of the respondents responded that they have a regular training program twice per a day which is usually given two times per a week, this shows that most of the clubs are not practicing a training program of giving twice per a day.

Table 3 *Response of the players to what extent is the environment conducive for training session.*

No	Item	Alternatives	Number of respondent	Percentage
3	To what extent is the environment conducive for training session?	To limited extent	20	55.56%
		To a great extent	-	-
		To some extent	6	16.66
		Not conducive at all	10	27.78
		Total	36	100

According to the above table, 55.56% of the respondent are responded that the environment is conducive to a limited extent, 16.66% of the respondent responded that the environment is conducive to some extent where as 27.78% of the respondent responded that the environment is not conducive for training. This shows that has a greater influence on the performance and participation of player's achievement

Table 4 *Players response on the required equipment and facilities.*

No	Item	Alternatives	Number of respondents	Percentage
4	Do you think that all required equipment and facilities are fulfilled?	To limited extent	20	55.56%
		To a great extent	-	-
		To some extent	16	44.44%
		Total	36	100%

According to the above table, 55.56% of the respondents are responded that all required equipment and facilities are fulfilled to a limited extent where as 44.44% of the remaining respondent are responded that all required equipment and facilities are fulfilled to some extent. This shows that the fulfillment of the required equipment, these are necessary and basic to the team do have a greater influence on the performance and participation. As we know the fulfillment of the necessary material in the clubs are one of the motivational factors for the players to develop performance or to perform well in the club.

Table 5: The response of the players to the questioner whether they are interested or not in their clubs

No	Item	Alternatives	Number	Percentage
5	Are you interested in playing in your club?	Yes	6	16.67%
		No	30	83.33%
		Total	36	100%

From the above table, 83.33% the respondents responded that they are not interested in their clubs whereas 16.67% of respondents responded that they are interested. This shows that in every players interest has a great influence in the performance of players. Those players who are more interested in their clubs are become more enthusiast to do more trainings and accomplish the given tasks and responsibility as well. From the above data we understand that most of players are not interested to play in their clubs this is due to salary payment, lack of conducive atmosphere coaching style and so on.

Table 6: The responses of the players for the questionnaire what coaching style does your coach follow.

No	Item	Alternatives	Number of respondents	Percentage
6	what coaching style does your coach follow	Democrat	20	55.56%
		Dictator	4	11.11%
		Leisusfair	8	22.22%
		All	4	11.11%
		Total	36	100%

From the above table, 55.56% of the respondents responded that the coaching style of the coach is democrat, 11.11% of the respondents are responded that coaching style of the coach is dictator, 22.22% of the respondents responded that the coaching style of the coach is leisusfair and 11.11% of the respondents responded that the coaching style of the coach is democrat, dictators and leisusfair. This shows that democratic coaching style is more convenient than other coaching style

Table 7: The responses of the players on the method of coaching

No	Item	Alternatives	Number of respondents	Percentage
7	What method is followed when you are being coached ?	modern	30	83.33%
		Traditional	6	16.67%
		Total	36	100%

According to the above table, 83.33% of the respondents are responded that the method of coaching when they coached is modern. Whereas 16.67% of the respondents responded that the method is traditional. This shows that the modern method of coaching has a great value for the development of the performance and the participation of the players.

Table 8: The players' responses on the questionnaires of monthly salary of the players.

No	Item	Alternatives	Number of respondents	Percentage
8	How is your monthly salary?	Very poor	2	55.56%
		Poor	30	83.33%
		Fair	4	11.11%
		Satisfactory	-	0%
		Total	36	100%

According to the above table, 55.55% of the respondent are responded that the amount of salary they paid is very poor 83.33% of the respondent responded that the amount of salary they paid is poor where as 11.11% of the respondent are responded that fair and no respondents are responded satisfactory. This shows that most clubs salary payment or salary scale for the players in the clubs is poor or low. so most of the players in the clubs are unsatisfied by the salary they paid lack of satisfaction by the salary can reduce their interest to play in the clubs, this intern can affect the performance and participation of the players in the clubs.

Table 9: The players responses for the participation of female footballer at the current time.

No	Item	Alternatives	Number of respondents	Percentage
9	Do you think that the participation of female footballer has increased at the current time?	Yes	16	44.44%
		No	20	55.56%
		Total	36	100%

According to the above table, 44.44% of the respondent are responded that the participation of female footballers at the current time is increased while 55.56% of the respondent are responded that the participation of female students at the current time has not been increased. The above table shows that some player think that there has been more participation of female footballers however most players argued that there is no that much participation of female footballers at the current time due to lack of sufficient training, lack of motivation.lack of spectator and poor salary payment according to the respondents reason.

Table 10: The s respondent response to the questionnaires what is your future plan in the club?

No	Item	Alternatives	Number of respondents	Percentage
10	What is your future plan in the club?	To stay in this club	11	30.56%
		To switch to another club	25	69.44%
		Total	36	100%

According to the above table, 30.56% of the respondent responded that the future plan in their club is to stay in the club when as 69.44% of the respondent responded that they need to switch to another clubs.

Table 11: The s respondent response to the questionnaires did the coach couldn't treat and motivate the trainers during training session?

No	Item	Alternatives	Number of respondents	Percentage
12	Did the coach couldn't treat and motivate the trainers during training session?	Yes, he had	28	77.78%
		No he doesn't	8	22.22%
		Total	36	100%

From the above table, 77.78% of the respondents responded that the coach treat and motivate the players where as 22.22% of the respondents responded that the coach dose not encourage and motivate the players in the club. What I conclude from the above table is that motivation and encouragement has a major role in improving the players performances and enhancing the participation of the players too.

Table 12: The cause for the current level disparity of genders participation in premier league clubs in Addis Ababa.

No	Item	Alternatives	Number of respondents	Percentage
13	The cause for the current level disparity of genders participation in premier league clubs in Addis Ababa.	Culture	10	27.78%
		Religion	8	22.22%
		Lack of motivation	15	41.67%%
		Negative attitude	3	8.33
		Total	36	100%

From the above table, 27.78% of the respondents responded that the cause for current level disparity genders participation in premier league clubs in Addis Ababa is culture, 22.22% of the respondents responded that religion is also the cause. 44.67% of the respondents said that lack of motivation is also the major factor and very few respondents responded that the cause for current level disparity of genders participation in premier league clubs in Addis Ababa is the negative attitude of the people. So that I can conclude from the above table culture, Religion lack of motivation and negative attitude have their own influence for the current level disparity of genders participation depending their degree differences.

Table 13: The respondent response to the factors that negatively influence female footballers' performance.

No	Item	Alternatives	Number of respondents	Percentage
14	What are the major factors that can negatively influence female footballers' performance?	Lack of commitment	10	27.78%
		Lack of training	8	22.22%
		Lack of motivation	8	22.22%
		Lack of qualified coach	10	27.78%
		Total	36	100%

From the above table, 27.78% of the respondents responded that Lack of commitment can negatively influence the performance and participation of female football players, 22.22% of the respondent said that Lack of training can also be the major factor that can negatively influence the performance and participation of the female footballers 22.2% of the respondents also responded that lack of motivation can be the major factor that negatively influence the performance and participation of the female footballers whereas the rest 27.78% of the respondents said that Lack of qualified coaches is also one of the major factor that negatively influence the female footballers performance and participation. This shows that lack of commitment, lack of training or insufficient training, lack of motivation and lack of qualified coaches are one of the major factors that negatively influence the participation and performances of female footballers.

Table 14: The respondent response for the questionnaire whether the coaches use visual aids such as video for skill training purposes.

No	Item	Alternatives	Number of respondents	Percentage
15	Do your team use visual aids /equipment/ such as videos for skill training purposes?	Yes	16	44.44%
		No	20	55.56%
		Total	36	100%

According to the above table 44.44% of the respondents replied/said/ that the coaches use in the team visual aids or equipment such as videos for skill training purposes where as 55.56% of the respondent responded that the coaches do not use visual aids /equipment/ in the team for skill training purpose. Those respondents who said ‘yes’ reasoned that watching videos helps the players to acquire different knowhow about tactic, technique and also to acquire different skills.

Table 15: Is the time of coaching and days of coaching suitable to you?

No	Item	Alternatives	Number of respondents	Percentage
16	Is the time of coaching and days of coaching suitable to you?	Yes	6	16.67%
		No	30	83.33%
		Total	36	100%

From the above table most of the respondent (83.33%) of the players said that the time of coaching and the coaching days are not comfortable or suitable for training purpose. However, few respondents responded that the time of coaching and days of coaching are suitable for training. The players who said NO reasoned that the training and competition time are not fitting each other because they said that they usually do training during morning time. However, the time of matches of the league are usually in the afternoon. This shows the training and match days must correlate to get excellent performance during each match days as expected from the players in the clubs.

Findings and interpretation of data for the open ended questions of the players

According to the players’ response: the measurements should be taken in to consideration to improve the performance and the participation of female footballers are the followings. According to the respondents there should be motivation of the players, sufficient training times, and friendly matches must be conducted, building of different club academies to develop young players. The players also emphasized that the mass media and government should actively involve in creating awareness within the community to develop positive attitude towards the female footballers. Which is also enhanced to reduce some cultural influence that exist within the community that hinders the performance and participation of female footballers. Finally all the

players agreed that there should be awards which reinforce the players got involved from different parts of the country.

It is not common to see many spectators during female football match in Addis Ababa stadium, according to the respondents the main reasons not to have many spectators in the match days are lack of wide media coverage before and after the match days, uncomfortable match day schedule. Because, usually the female football matches are taking place during working days rather than weekends. They also reasoned that most spectators develop wrong beliefs because they think that the female football matches are not as such attractive when they compared with male football matches and they also believe that female footballers do not show different tactics and techniques like that of male footballers that attracts spectators.

4.2. Findings of respondents' data collected from focus group discussion

According to the responses of the focus groups or coaches they agreed that YES, social factors greatly influence the performance participation of female footballers. From the responses some of the social factors which negatively influence the performances are: pressure by family, friends funs or the media can have a great influence on the players performance and participation. According to the respondents geographical environment mainly high lands and low lands are one of the influential factors that affect the performance of the players. Because the players in the clubs come from different parts of the country until they cope up with the new environment they face difficulty to perform when in the matches. Therefore they must adopt different weather conditions by having different training at different parts of the country for the improvement of their performance.

From the responses of the focused groups or coaches they said the following points must be considered to improve the performance and participation of female footballers as a club level, these are: giving enough or sufficient physical, technical, tactical trainings to the players, creating conducive and attractive environment for the players, creating motivation by increasing the salary, giving awards, appreciations not only these things but also full filling necessary materials such as shoes, t-shirts, balls etc. giving psychological treatments to develop confidence. Advising not to lose concentrations before and during the matches, these also help in improving the performance and participation of the players.

Introducing unity among the players and resolving unnecessary conflicts if there is in the club, therefore to improve the performance and participation of female footballers, the above points should be taken in to account according to the coaches.

The cause for the current level disparity of genders participation in premier league clubs in Addis Ababa according to the coaches responses are unequal treatment or biases. They also said that negative attitude of the community towards the female footballers and lack of awareness abot gender equality among the people. Culture and religion are also one of the factors that aggravate the disparity of gender participation in the premier league clubs in Addis Ababa.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 Summary

- With regard to this research most female football clubs do not give sufficient trainings to the players in their clubs. In order to develop different skills and performances, trainings are the key instrument. If more training seasons are not set in the clubs, the players will not perform as expected. It does not mean that excessive trainings are needed, rather moderate training session should be programed to achieve better performance.
- The environment has great influence in determining the performance level and the participation of the individual players. When we mean environment, we are saying the weather condition, humidity, temperature and the altitude. In fact high altitude facilitates anaerobic respiration which in turn causes to increase the muscle lactic acid level of the player, which can cause the muscle sickness that can hinder the players from performing different exercises well. Adaptation to different altitudes together with balanced diet can enhance in reducing adverse effects of altitude.
- The social factors such as pressure by family, friends and the mass media may have a negative influence on players. Although, family and friends as well must become good role models and must provide encouragement or be companions of the players. Therefore cope up with the existing social pressure is very important in order to improve the performance and participation of the female players.
- With regard to salary scale, most female football club's payment for the players is not satisfactory. In fact, money brings satisfaction because it improves living status of the players. This can also have a great importance to develop interest to play in the clubs and become joyful with their work and improve performance and participation of the players.
- Regarding the psychological aspect of the players, areas such as motivation, confidence, concentration and wining mentality to win all matches should be separately considered. Because wish to win all matches can develop undesirable tension on the player, which may become one cause for losing a game. Therefore the motivational factors used to motivate the players must be scientific and logical for better performance and participation of the players.

5.2 conclusion

Based on the findings of the research the following points are concluded: The annual training session is not enough for the trainers. From this research it is founded that the environment has a great influence on the performance and participation of the player. However, in most clubs the training place or the environment is not appropriate to most players. Most of the players are not interested in the clubs due to several reasons such as salary, lack of conducive environment, coaching style. In addition Culture, religion, lack of motivation, negative attitudes are the major factors for current level disparity of gender participation in premier league in Addis Ababa.

According to the findings of this research, in most clubs the coaches use democratic coaching style which is taken as a positive side of the clubs. With regarding to the findings of the research the clubs are not using visual aids, or in short there is no habit of using an organized visual aids that can assist the players. The salary scale of most female football clubs in Addis Ababa is poor.

In this finding, the coaches use modernized coaching method to train the players, which is the positive side. According to the research finding most of the coaches motivate the players. The coaches not only motivate the player but also treat when the players are injured, encounter some personal problems, and also when the players are at high performance level or low performance level. The current level participation of the female football players is limited due to several reasons such as; absence of many role model players, lack of motivation, and poor salary. With regard to this research findings the time of coaching and days of coaching are not suitable for the players.

5.3 Recommendations

In the light of the problems identified and data gathered from this study, the following objective recommendations are forwarded:

- In order to bring visible change in participation and performance of the female football players, the families, friends or companions, and spectators should support and motivate them.
- The mass media should give a wide coverage about the female footballers.
- In order to attract most of the players and improve the participation of the female footballers in the clubs, the clubs should improve the salary scale.
- The training session should fit with match days of the league for better performances of the players.
- It is true that the environment affects the performance and participation of the players. Therefore, the players must adopt different environmental conditions such as highlands and low lands for a better performance.
- All the stake holders, mainly the government, should create awareness among the people to minimize the negative attitude by using different mass media in order to improve the participation of the female football players.
- In order to develop the players' interest in the clubs, the clubs must use different motivational means.
- In order to improve the performance and participation of the players, the clubs have to use different visual aids.
- It is better to schedule the matches on the weekends.

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APPENDIX

ADDIS ABABA UNIVERSITY

SCHOOL OF GRADUATE STUDIES

FACULTY OF LIFE SCIENCE

DEPARTEMENT OF SPORT SCIENCE

SPECIALIZATION IN COACHING IN FOOTBALL

QUESTIONNAIRE FOR FEMALE FOOTBALLERS AND COACHES

Dear female players of this club, a research which is being conducted on the title of improving the performance and participation of female footballers in some premier league clubs in Addis Ababa, so you are kindly requested to respond the questions by marking(✓)mark .

1. How often do you have training session in a week?

- Once twice
Three times five times

2. How often do you have train in a day?

- Twice once

3. To what extent is the environment conducive for training session?

- To limited extent to some extent
 To great extent not conducive at all

4. Do you think that all required equipments and facilities are fulfilled?

- To limited extent to some extent
 To great extent

5. Are you interested in playing in your club?

Yes

No

For the above question, if your answer is no, what is your reason?

6. What coaching style does your coach follow?

Democrat

dictator

leisusfair

All

7. What method is followed when you are being coached?

Modern

traditional

8. How is your monthly salary?

Very poor

poor

fair

satisfactory

9. Do you think that the participation of female footballers has increased at the current time?

yes

No

10. For questions no 12,if your answer is no, why?_____

11. What is your future plan in the club?

stay in this club to itch to another club

12. Did the coach couldn't treat and motivate the trainers during training session?

Yes he did

no he doesn't

13. What is the cause for the current level disparity of genders participation in premier league clubs in Addis Ababa?

Culture Religion Lack of motivation Negative attitude

14. What are the major factors that can influence female footballers' performance?

Lack of commitment Lack of motivation

Lack of training Lack of qualified coach

15. Do your team use visual equipments such as video for skill training purposes?

Yes No

If your answer to question no 15 is yes, how effective do you think they are? _____

16. Is the time of coaching and day of coaching suitable to you?

Yes No

If your answer to question no 21 is no, state the reasons.

Open ended questions

1. What measures should be taken in to consideration in order to improve the participation of female footballers?

2. What are the reasons of female footballers not to have more spectators?

Questions Prepared For the Focus Group or Coaches

1. Do you think social factors can negatively affect player's performance and participation?_

2. What is the effect of environment on the performance and participation players in Addis Ababa?_____

3. How can you improve the performance and participation of female footballers as a club level?_____

4. What is the cause for the current level disparity of genders participation in premier league clubs in Addis Ababa?_____

DECLARATION

I, the undersigned, declare that this thesis is my original work 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: ShiferawGelaye

Signature _____

Date _____

This thesis has been submitted for examination with my approval as a university advisor.

Advisor: WondimuTadesse (Ass. Prof.)

Signature _____

Date _____