

THE MAJOR FACTORS AFFECTING WOMEN  
FOOTBALL PARTICIPATION; THE CASE OF SOME  
CLUBS IN ADDIS ABABA

BY: - BINIYAM ADDISU

ADDIS ABABA UNIVERSITY  
FACULTY OF LIFE SCIENCE  
DEPARTMENT OF SPORT SCIENCE

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## **Acronyms**

- WUSA: - Women's United Soccer Association
- FIFA:- Federation Of International Football Association
- E.C:- Ethiopian Calendar
- E.F.F:- Ethiopian Football Federation
- UEFA:- Union Of European Football Associations
- WPS:- Women Professional Soccer
- TI:- Talent Identification
- TID:- Talent Identification and Development

# Appendix

# Addis Ababa University

## Faculty of Life Science

### Department of Sport Science

These questioners are prepared for Addis Ababa University for the department of sport science, 2<sup>nd</sup> degree paper study. Therefore we kindly ask your permission as to fill out the question with the present information in current situation.

#### **Questionnaire filled by women athletes**

1. How much do you know about the two training methods (practical and theoretical)?
  - A. High
  - B. Moderate
  - C. Low
  - D. I have no idea
2. From day to day experiences for what do women football coaches give more emphasis on?
  - A. To develop players ability
  - B. To win the game
3. How much credit do women football coaches give for basic training process?
  - A. High
  - B. Moderate
  - C. Low
  - D. Never
4. Do you believe your feminine have a negative impact when you playing football?
  - A. High
  - B. Moderate
  - C. Low
  - D. Never
5. Do you believe all coaches are work with you friendly and respectfully?
  - A. A lot of time
  - B. Most of the time
  - C. A few time
  - D. Never
6. How much your knowledge about the components of football?
  - A. High
  - B. Moderate
  - C. Low
  - D. I have no idea

7. Do you believe female have get a chances to play football, to coach and as a manger?
  - A. High
  - B. Moderate
  - C. Low
  - D. Does not give a chance
8. Do you think the people who are responsible to search and identify talented female football players in the country?
  - A. High
  - B. Moderate
  - C. Low
  - D. Does not give emphasize
9. How much your team has gotten the chance to play a friendly match with domestic and foreign team?
  - A. A lot of time
  - B. Most of the time
  - C. A few time
  - D. Never
10. Does your team have supply and used enough equipment when you have training and match?
  - A. High
  - B. Moderate
  - C. Its limited
  - D. Not enough
11. When playing football that are more face to injury compare women than men?
  - A. High
  - B. Moderate
  - C. Low
  - D. Never
12. How to affect less number of clubs establishments on women football participation?
  - A. High
  - B. Moderate
  - C. Low
  - D. Never
13. Do you have enough awareness about benefits of psychological preparation in football?
  - A. High
  - B. Moderate
  - C. Low
  - D. I have no idea

14. Do you believe religion, culture and other social factors have a negative impact on your football participation?
- A. High
  - B. Moderate
  - C. Low
  - D. Does not have a negative impact
15. Do you believe all necessary things like nutritious food are being fulfilled and economically progress like men?
- A. High
  - B. Moderate
  - C. Low
  - D. Never
16. As a country do you believe the government and other concerned bodies are doing everything they can for the development of women football as they should?
- A. Yes
  - B. I do not think so
17. Do you have a chance to get counseling and guidance from your club?
- A. High
  - B. Moderate
  - C. Low
  - D. Never

### Questionnaire prepared for coaches

1. Do you prepare annual, monthly, weekly and daily plan?
  - A. Yes
  - B. no
2. Within the training process on which one is you more emphasize?
  - A. To develop players ability
  - B. To win the game
3. On your basic training process for much longer result of ethical values how much is it being emphasized?
  - A. High
  - B. Moderate
  - C. Low
  - D. I do not think so
4. Do you believe their feminine have a negative impact when they play football?
  - A. High
  - B. Moderate
  - C. Low
  - D. Does not have impact
5. When you are on coaching football how much of the professional coach of ethics do you implement?
  - A. High
  - B. Moderate
  - C. Low
  - D. I do not think so
6. For the development of women football, how is your knowledge about the physical fitness?
  - A. High
  - B. Moderate
  - C. Low
  - D. never
7. Do you believe female have get a chances to play football, to coach and as a manger?
  - A. High
  - B. Moderate
  - C. Low
  - D. Does not get a chance
8. Do you think the people who are responsible to search and identify talented female football players in the country?
  - A. High
  - B. Moderate

- C. Low
  - D. Does not give emphasize
9. Does the women football club under your coaching have gotten the chance to play a friendly match with local and foreign team to develop their experience?
- A. A lot of time
  - B. Most of the time
  - C. A few time
  - D. Never
10. Does your team have enough equipment that is team requires?
- A. High
  - B. Moderate
  - C. Its limited
  - D. Not enough
11. When playing football that are more face to injury compare women than men?
- A. High
  - B. Moderate
  - C. Low
  - D. Never
12. How do religion, culture and other social factors have a negative impact on women participating in football?
- A. High
  - B. Moderate
  - C. Low
  - D. Never
13. Are men and women having the same psychologically strong compared to each other?
- A. Yes
  - B. No
  - C. There is no difference
14. How much nearness of your team to get guidance and counseling for your players?
- A. High
  - B. Moderate
  - C. Low
  - D. Does not get
15. Do you give scientifically supported training and how often do you implement it?
- A. Always
  - B. Once a week
  - C. Once a month
  - D. Never use it

### **The interview question for clubs managers**

1. Do you believe women's football coaches have implemented the ethics and values of the game as it should, like other professionals do?
2. Do you believe female have get a chances to play football, to coach and as a manger? If not explain the reason?
3. Does the women football club under your coaching have gotten the chance to play a friendly match with local and foreign team to develop their experience? If not explain the reason?
4. Do you believe the club provides enough supplies needed for training and match?
5. As a country do you believe the government and other concerned bodies are doing everything they can for the development of women football as they should? If not what do you think should be done?
6. How do religion, culture and other social factors have a negative impact on women participating in football?
7. Do you believe women's football team necessities like nutritious food are being fulfilled like men's teams do economically? If not explain the reason
8. Do the women supported by clubs get the right training for leadership and catching they need?
9. How much nearness of your team to get guidance and counseling for your players to develop self esteem and confidence?

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## **ABSTRACT**

The reason why the researcher of the study chose this title is that he realized that the number of women football clubs in Addis Ababa city administration is less than that of men. In both subtle and explicit ways, women face many barriers to participating in football, which prevent women and girls from reaping the many benefits that can be gained from playing football and engaging in physical activity. Around the world, women encounter discrimination and stereotyping. Women athletes receive lower levels of media coverage, and are subjected to sexist and derogatory language in the media and from people in their communities.

The study employed a descriptive survey method and it was conducted in four/4/ women's football clubs found in Addis Ababa city administration. These samples were selected by simple random and purpose selected technique. The subject of the study was 20 female football players, 4 coaches, and 4 club managers. The information was obtained from sample respondents through questionnaires and interviews .the data were analyzed using percentage. In addition, information complementing the data obtained by means of questionnaires.

Depending on the finding of the study valuable recommendation were made for the stake holders and concerned bodies in order to work on solving those factors occurred.

# **CHAPTER ONE/1/**

## **INTRODUCTION**

This chapter deals with background of the study, statement of the problem, objectives of the study, significance of the study, delimitation, limitation of the study, organization of the study and operational of definition of terms.

### **1.1. Background of the study**

Women's soccer, although having a huge popularity in the last decades of the 20th century and today, was always shadowed by the men's soccer, but the ladies are determined to change this and come to equal standards with the boys. The first written document related to the history of soccer can be found in a 300 BC Chinese war manual, used by men to familiarize themselves with their ancient version of the sport, which included kicking a ball through a hole in a cloth tied up between two poles. Although there's no proof that women played this sport as well, there is a clear reference to this that is often used as the start-point of the history of women's soccer. The reference is depicted in a **(Han Dynasty Fresco)** believed to be created around 200 CE, which clearly shows two female figures playing with what is believed to be a leather ball. Reports of women playing soccer during the Middle Ages are not as common as those referring to men; however there are a few famous examples in the history of women's soccer: French women of the 12th century are believed to having played kicking games relating to soccer side by side with their husbands and Scottish women even had an annual competition going around in Mid-Lothian, Scotland.

One of the biggest problems in the history of women's soccer was that the sport was often violent, especially when played without a clear set of rules. Even today, with all the rulings and fair-play agreements going around, soccer is still not a sport for the weak. This often made it difficult for women to play, as men would "protect" them by not allowing them to get involved. It changed in 1863, when the English Football Association standardized a set of rules that prohibited violence on the pitch, making it easier for women to get into soccer. With the dust settling after the Football Association's decision, women's soccer became more and more popular and at some point, it was closing in to reaching the same level as men's soccer in England. Today,

most women's soccer teams tend to professionalize and the development is compared to what happened in late 19th century with English men soccer teams. Many rushed to state that women's soccer is 1 century behind men's soccer; however the recently organized women's soccer World Cups showed a lot of skilled players and drew important crowds.

The origin of women football in Ethiopia can be traced back to 1966 E.c when the game was introduced by military camp and school. After that there are three clubs are formed namely; Etu melameche, Babur, and Gohe sport but three/3/ years later in 1968 E.c forced due to the raise of derge military government revolution. After 26 year later in 1994 E.c the women football clubs are give emphasize for the establishment and development through some voluntary contributors like Alebachew teka, Abinet and others. In 1993, the Ethiopian women's national team had their first international match against Djibouti. In 2004, the team placed 4<sup>th</sup> in the African women's cup. Since the beginning of the year when the women's team, nicknamed Dinkinesh – the Amharic name for Lucy.

Now a day the women football competition held in two divisions. The higher division consists of 10 women football clubs and in first division eight clubs are contest. **(Addis Ababa football federation Unpublished material 2003)**

## 1.2. Statement of the problem

The reason why the researcher of the study chose this title is that he realized that the number of women football clubs in Addis Ababa city administration is less than that of men. In both subtle and explicit ways, women face many barriers to participating in football, which prevent women and girls from reaping the many benefits that can be gained from playing football and engaging in physical activity. Around the world, women encounter discrimination and stereotyping. Women athletes receive lower levels of media coverage, and are subjected to sexist and derogatory language in the media and from people in their communities. The sporting world epitomizes many of the gender stereotypes which persist around the world today, and has proved to be highly resistant to meaningful gender reform. By creating opportunities for women and girls to engage in sport, communities and societies empower women and girls on an individual level, by promoting self-confidence, leadership, teamwork skills and a sense of achievement. They also challenge existing gender norms and roles within society. Sport provides a space in which women can renegotiate concepts of femininity and masculinity, challenge stereotypes which label women as weak and inferior, and demonstrate to their communities what they are capable of achieving. As such, promoting girls' and women's involvement in sports is an important tool in gender equality and women's empowerment and, more broadly, in development and social change ([www.women soccer history.com](http://www.women-soccer-history.com)). Accordingly, the following research questions are raised to be answered in the course of the study:-

1. Do females believe their feminine have a negative impact to play football?
2. Do coaches prepare annual, monthly, weekly and daily training plan?
3. Does clubs have enough materials supply for women football team?
4. Do females have get a chance to play football, to coach and as a manager on clubs.
5. Does the concerned body work on women football?
6. What are the factors that affect women football participation?

### **1.3. Objectives of the study**

#### **General objectives**

The main objective of the study is, to assess the major factors affecting women football participation: the case of some clubs in Addis Ababa city, and comes with possible recommendations for further development.

#### **Specific objective**

**Thus, the specific objectives of the study are to:**

- To find out why women participation in football of those selected clubs is less
- Identify major problems prevailing during training and competition on women football clubs found in Addis Ababa city.
- Improve the practice of women training to enhance the level of competence and performance
- Suggest appropriate intervention and actions for joint effort, so as to bring solutions for those identified problems.

### **1.4. Significance of the study**

It is believed that the outcome of this study could play a vital role on providing possible solution by helping the concerned bodies of women football clubs and the Addis Ababa football federation as indicators of the problems and the importance of solving the actual problems for the developments of women football participation.

On the other hand, it may serve also as a base line work for further in depth investigation in Addis Ababa city administrator and at a national level on related matters.

### **1.5. Delimitation /scope/ of the study**

The researcher strongly believed that it would be better to conduct the study in large scale. Nevertheless due to constraints of time and finance the women football clubs in this study was limited to three premier leagues and one club in higher division competitive clubs. Namely dedbit women football club, defense women football club, Ethiopian commercial bank women football club and central university college women football club.

## 1.6. Limitation of the study

While conducting this research some constraints have been faced mainly in terms of collecting appropriate information and data from the concerned research participants.

The following are major challenges in the overall research process

- ❖ Time consuming data gathering due to delays of questionnaires delivery
- ❖ The problem of getting sufficient literature in the area of this study: especially the background of women football in Ethiopia.
- ❖ Informants not giving enough attention in responding to the questionnaire

## 1.7. Organization of the study

Concerning the organization of the study it contains five chapters. The first chapter deals with statements of the problem and its approach. The second chapter is related review of literature, the design and methodology of the study is in chapter three and finding and interpretation of data in chapter four. Lastly in chapter five the study comes up with research, summary, conclusion and recommendation.

## 1.8. Operational Definition of Terms

The following key terms were used throughout this document and to ensure clarity of meanings and usages the terms are defined below.

1. **Athlete** – a person who engages or involve in football
2. **Coach** – the person who takes care of the coaching and training of a team and who prepares them for good performance to achieve result.
3. **Competition-** is an event or context in which a team/club/ compete each other with purpose.
4. **Higher division** – it is a competition level below to the Ethiopian national league
5. **Tactic** - the art by which the players own technical and conditional skills are used as successfully as possible.
6. **Technique-** is a skill of being able to move with and without the ball economically and with purpose.
7. **Women** – an adult human female.

## **CHAPTER TWO/2/**

### **2. REVIEW OF RELATED LITERATURE**

#### **2.1. The history of Women's football**

Soccer is often considered a male-dominated sport in terms of both participation and support. This is partly due to the masculine imagine of sports generally and soccer in particular. Female participation, however, has existed nearly as long as soccer itself as noted by **Murray (1996), Williams (2002) and FIFA (2003)**. Although the English Soccer Association (FA) banned women from playing at all grounds it controlled until 1970, women's soccer leagues were formed in Italy and Germany in the 1930s, and the first women's national team was created in 1950 by Italy. In the subsequent 30 years, numerous countries, particularly in northern Europe, followed the Italian lead by forming their own amateur domestic leagues and international teams. Formal international competitions were begun in Europe in the early 1980s. In 1991, FIFA held the first Women's World Cup (nearly 60 years after the first Men's World Cup), followed by the first Olympic competition in 1996.

While the success of women's soccer cannot be said to rival that of the men's game worldwide, the game is not without its fans. The gold medal match of the 1996 Olympics was played in front of a sold-out crowd of 75,000 in Athens, Georgia. The 1999 Women's World Cup drew 658,000 fans to 17 matches in the United States. The average attendance of over 38,000 per game compared favorably to the attendance in the men's English Premier League which averaged just over 30,000 fans per game during the same year. The success of the United States' national team in the 1999 Women's World Cup propelled stars such as Mia Hamm and Brandi Chastain to national prominence, and the American victory in the championship match was watched by a live audience of 92,000 at the Rose Bowl, the largest crowd ever to witness a woman's sporting event. The television audience in the United States for the final exceeded 40 million viewers, the highest ratings for any soccer match ever shown on U.S. television and a number comparable to the television ratings for a typical World Series baseball game or National Basketball Association Finals game.

The 2011 Women's World Cup hosted by Germany was similarly successful, averaging over 26,000 fans per game and generating strong television ratings. The final between the U.S. and Japan was watched by 14.1 million and 10.1 million viewers in the two countries, respectively, and matches involving the host country averaged roughly 16 million viewers in Germany, nearly one-quarter of the country's population.

The popular success of the 1999 Women's World Cup led to the formation in 2001 of the Women's United Soccer Association (WUSA) in the U.S., the first fully professional women's soccer league in the world. The WUSA drew 8,300 fans per game in their inaugural season. Though this number is substantially lower than men's attendances in the world's major leagues, it is in the neighborhood of many teams in the smaller soccer playing nations or the average team in the lower divisions of larger countries. For example, 48 of the 72 teams in England's 1st, 2nd, and 3rd Divisions (representing, quirkily, the 2nd, 3rd and 4th highest divisions of play) averaged less than 8,300 fans per match in 1999-2000.

The WUSA collapsed after only three years in September 2003 (ironically during the U.S.-hosted World Cup tournament) due to "a shortfall in sponsorship revenue and insufficient revenue from other core areas of the business" **according to WUSA chairman John Hendricks (BBC, 2003)**. Other professional women's teams have followed in the footsteps of WUSA, however. The Union of Europe Football Associations (**UEFA**), the governing body for soccer in Europe, has sponsored a continent-wide women's club championship since 2000-01 and in 2009-10 rebranded the competition as the UEFA Women's Champions League which attracted 54 clubs from 46 nations in 2011-12. The clubs participating in this event range from fully amateur to professional. Women's Professional Soccer (**WPS**) resurrected professional women's soccer in the United States in 2009 and has attracted average attendances in the range of 3,500 to 4,500 per game with peak matches seeing as many as 15,000 fans.

Still, women's soccer has so far remained largely an amateur sport. According to FIFA, "soccer for young girls in many parts of the world is often considered a solely recreational activity owing to cultural barriers, social mores and the lack of any financial hope for a future in the game" (**FIFA, 2003**). As a result, one may expect different factors to drive international success in the women's game compared with men's international soccer.

## **2.2. Establishing a successful club program**

**(Charlie Slagle page 41-49:2004)**

A successful club program depends on five primary objectives. The first is to grow the game. The United States still lags behind much of the world in attracting and retaining the best soccer players. Although soccer has made great strides in becoming the starter sport for a certain segment of the population, another huge segment is still missing out. Clubs must reach out to the underserved soccer communities and take the game to them. Once clubs have attracted the children of these communities, they must retain them as they get older.

The second objective is to set standards of behavior that contribute to a child's personal development. Sport is a great way to instill values in our youth, and clubs must hold themselves to a high standard toward meeting this challenge. Positive values develop over time as children learn from their coaches and parents, referees, and other players. If clubs tolerate poor behavior, children learn that such behavior is acceptable. Third, clubs should develop the latent soccer abilities of all players. Soccer is a lifetime sport; many players continue to play the game into adulthood. It's the club's responsibility to work to develop all players to their potential, regardless of their abilities. Eventually, these young players become the parents, coaches, and referees of the next soccer generation. These future leaders need a background that promotes the continued growth of the game.

Fourth, clubs must take the responsibility to foster a love for the game. This entails providing opportunities for children and parents to enjoy the excitement of soccer. Such opportunities might include traveling to regional tournaments and attending high-level soccer matches as spectators.

Fifth, and most important, clubs must always remember the importance of allowing players to have fun. Soccer is a game, not a chore. If children are having fun, many for your other objectives are easier to achieve. Children want to have fun, and adults want them to have fun.

*From the above paragraph one can conclude that a successful club program depends on five primary objectives these objectives are more important for the development of football industry and increase the participant.*

### **2.2.1. Creating a full-service club**

Typically, the most successful soccer clubs are full-service clubs that provide opportunities for all ages and levels, including recreation, Challenge, Classic, and Adult soccer. Recreation soccer is important because it provides the building blocks of the game for young participants. As participants get older, Recreation leagues provide an outlet for less gifted or less committed players to continue to have fun and receive the physical benefits of the game. With research showing that young adults in the United States are becoming less physically fit, recreational soccer's value is increasing.

The Challenge program links the Recreation and classic programs. Challenge adds a higher level of competition than recreation soccer without equaling the commitment required for classic soccer. Clubs and associations must be careful not to begin this level too early because the tryout selection process can be very difficult for young players to handle.

Full-service clubs should also sponsor spectator opportunities in the local community and surrounding area. Young players should see higher levels of competition. A higher level of play might be found at a high school or older club game or, for older players, at a college or professional game. The value of watching the game of soccer is lost on many of our players in this country. Clubs should also reach outside their community to provide clinic opportunities. Clinics with high level players or college coaches bring a different focus to serious players. Clubs should offer camps or academies that provide excellent instruction. Such activities are needed to offer a different perspective to the game for young players.

Clubs should make an effort to include all groups. Outreach programs are needed in underserved or economically depressed areas. It's important to provide services in local neighborhoods so that communities begin to realize the positive impact organized soccer can have. It's equally important for clubs to reach out to the challenged individuals in the local community and provide opportunities for instruction and play in the game.

### **2.2.2. Player training**

Running a successful full service club requires a great deal of work in many areas. However, none of this matters if the club does not provide the proper training of its players at all levels. The development of players breaks into seven age categories: instruction age

bracket, transition age bracket, separation age bracket, decision age bracket, preparation state, continuation stage, and adult league.

### **2.2.3. Budgets and public relations**

Providing all of the programs discussed is a mammoth proposition compounded by the need to mesh all of these facets together. Whenever a club has more than one level of play, there will be people who assume they are not getting their money's worth. To neutralize this perception, clubs must be up front and publish timely financial reports. Clubs should not force members to support another level of the club. Recreation-league dollars need to be spent for recreation programs, Challenge dollars for challenge programs, and so on. In fact, each age bracket of every level must pay for itself and not be supported by another age bracket of that same level.

Clubs need to detail where each dollar is spent and establish fees accordingly. Some items, such as state association fees, payment of referees, and salaries of personnel who run that level of the club, are easily calculated. Other items, such as field us (including wear and tear to the field), shared expenses, including shared personnel expenses, and revenue production require assumptions to be made and clarified. The club should publish this data and be ready to justify it. By publishing their fiscal data, clubs keep their members informed and secure, with the hope they become more loyal to the organization.

### **2.2.4. Staffing**

A successful club's administrative staff includes registration, finance, scheduling, and support personnel. The staff should respond to members needs in a timely fashion.

The next group is the coaching staff. The primary purpose of the coaching staff is to train coaches at the various levels. A systematic coaching curriculum should be devised and implemented. Coaching various ages and levels of play requires different coaching talents, philosophies, and demeanors. These fundamentals need to be taught to the appropriate coaches at the time they are coaching that age bracket. This systematic approach allows for a continuum that enhances the club in both the short and long term. The coaching staff will also set basic coaching goals for each level of play.

Clubs should make sure that governing agencies at the state and national levels are doing what's best for the youth game. The goal of youth soccer, or any youth activity, should be personal development. If governing groups lose sight of this goal, the club should take the lead in taking corrective action.

Finally, clubs must remember that what they're doing is for the benefit of the youth in the community. This is a time in youths' lives when they should be enjoying activities. Clubs must ensure that their overriding pursuit has their youth's interests in mind. If anything undermines this pursuit, the club needs to step in and correct it.

## **2.3 Planning in soccer**

Planning is a process of thinking in advance what is to be done and how. It is anticipatory decision making, it involves selecting objectives and developing action programs for achieving them. Success becomes a matter of planning rather than physical and psychological challenges, this is because plans are predetermined actions. **(FIFA coaching manual 2001-2002)**

### **2.3.1 Perspective Plan**

**According to ass.prof Wondimu T.(2003:12 unpublished)**The perspective plan is a four year plan for a team (club) its content is determined by the task of and football aims available equipment and presence of sufficient cadre with in which the framework of the training process is also laid down. It is also the basic guiding line for working with perspective in football club. Interims of length this period is ideal for planning tasks which will ensure systematic increase in sport performance on the bases of increased exertion in training. At the same time, in this cycle the main tasks of general character in the yearly training cycle are determined.

*The above quotation indicates that plan is the significant part of all work especially to achieve something the coach must be lead by plan. Also the phase of each steps are important to the result*

### **Principle of planning**

There are five principle, these principles are the fundamental conception, the guiding light for the achievement of certain goal and they are the ever moving pointers to indicating the way to the desired ends.

1. Specific
2. Measurable
3. Accountability
4. Realistic
5. Time forward

### **The annual training plan**

The content of the yearly training cycle consists of all components of sport training; their mutual relationship changes in the course of the yearly cycle according to predetermined tasks.

Each period- preparatory, main and transitional has its own tasks and character. The decisive factor in the yearly training cycle is the level of exertion, of which quantity, intensity, complexity and content move up and down throughout the cycle. These changes are expressed in the proportion of the individual components in preparation, but also in the relationship between the means within the components.

### **Weekly training plan**

In the weekly training plan, further tasks in the training plan realized in concrete terms and certain tasks receive priority. Working out of the weekly training plan is very important as exercises are adjusted to meet the requirements of the next match. The significance of planning the content of the weekly training plan will be enhanced by gathering in a training camp.

### **The training session plan**

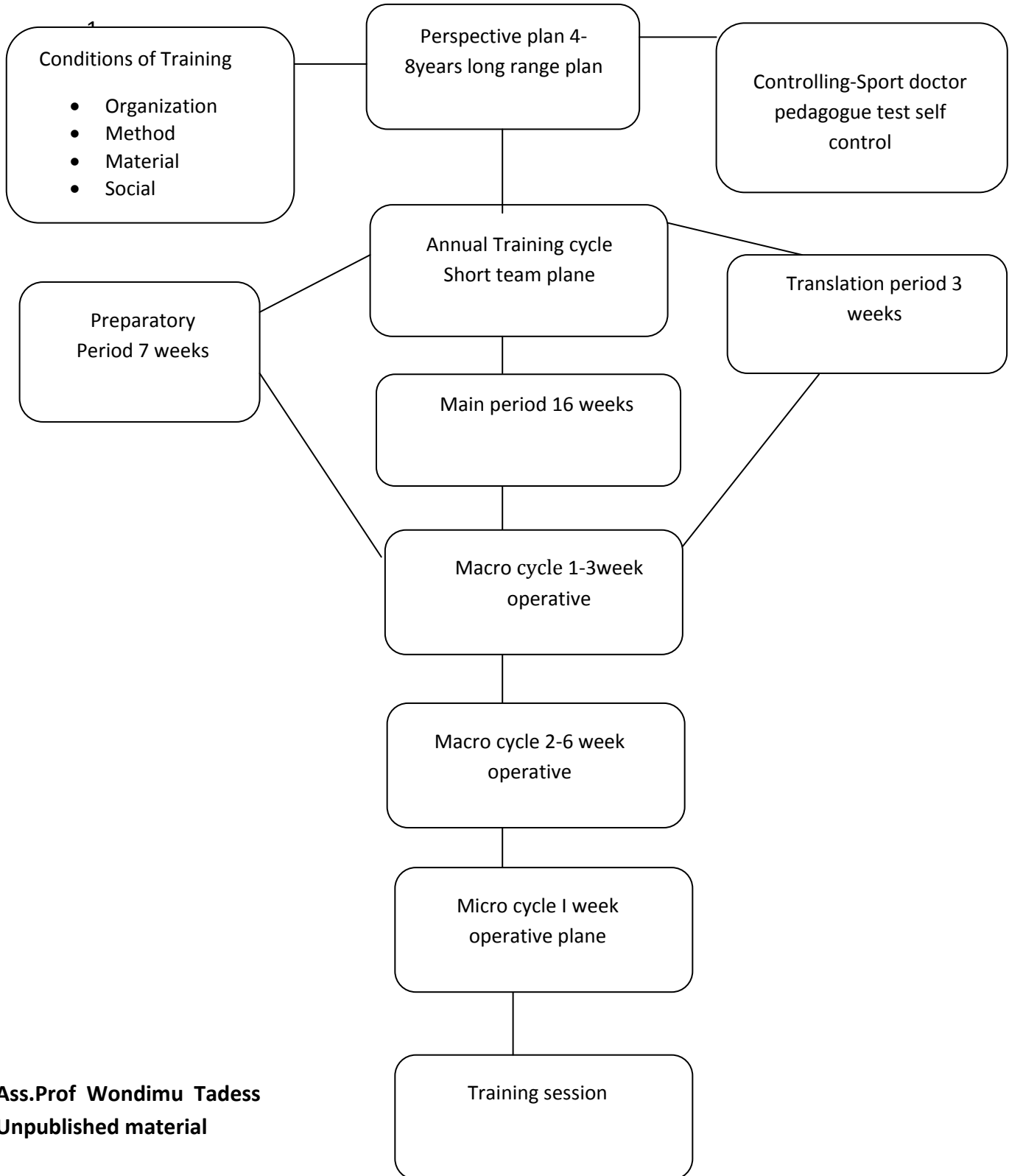
The training session is a basic organizational form in the total training process; the underling concepts DOVETAIL into each other. The signal training session reacts the most sensitively to the needs of the team and the individual players. Most training session is

collective, but in the training processes, we also make use of group and individual training which clearly enhances the effect of the training process.

In determining the structure of augmentation, it is a general rule that the physiological graph must not be stereotype, but variable and irregular as changeability of duration and intensity prepares the players of variability of the game itself. Here the rule grater the duration of exertion, the lower the intensity applies, vice versa too. The content of an individual training session can be very variable, dependant on age, performance of players, the phase of training, etc... the contents in terms of tasks of a training session is determined by the actual requirements.

## 2.3.2 Structure and planning of football training

Planning involves drawing up the future activities of trainer and players.



### **2.3.3 GENERAL TRAINING PRINCIPLES**

The following training principles are founded on and supported by scientific research and should be applied to training programmers to ensure continual improvement in performance. The training principles are applicable to cardiovascular, strength, and flexibility training.

#### **1. FITT Principle**

The FITT principle of training describes the frequency, intensity, time, and type of activity involved. All four components must be addressed when designing and progressing training programmers.

**Frequency:** - the number of times per week the athlete trains (e.g. three times per week).

**Intensity:** - the intensity of the training session (e.g. running pace).

Intensity can be accurately determined by monitoring heart rate and ratings of perceived exertion.

**Time:**-the total duration of the exercise (e.g.10 second sprint repeats; two hour cycle).

**Type:** - the mode of training incorporated (e.g. plyometric jump training).

#### **2. Overload and Progression**

To overload the body means to train the body at a higher level than normal. By training at a higher level than normal, the body adapts physiologically to the new level, and physical performance can be increased. The overload must be continually and gradually progressed as the athlete adapts to the current level. A progressive overload involves manipulating the FITT principle. This may include increasing either the frequency, intensity, time, or type of exercise, e.g. progressive overload in time: increasing a runner's total running duration by 10% every two weeks during their long runs; or progressive overload in intensity: using heavier weights on a bench press exercise.

It is not advisable to increase all aspects simultaneously, as this often overloads the athlete and may result in overtraining and/or overuse injuries. Similarly, if the overload is excessive, symptoms of overtraining appear and performance deteriorates.

### **3. Specificity**

Training sessions should be specific to the movement, muscles and energy systems of the sport.

Muscles respond specifically to stimuli placed upon them, so training and practice should be as closely related to the performance requirements as possible. For example, if a rugby back wants to become faster and more agile, they should perform maximal sprints and shuttles incorporating raw speed and change of direction. Completing 3km runs will train the aerobic system but will not train the rugby back for maximal speed and agility development. Some events, where the predominant energy system is anaerobic elastic, require an aerobic base, e.g. 400m runners. These athletes spend a large percentage of their training time doing aerobic work which underpins their performance on the track.

An exception to the rule of specificity is in the case of injury, where athletes are not able to train as specifically as they would like. For example, a runner with a stress fracture in the lower leg may resort to water running during rehabilitation. This form of activity is not as specific as running itself, but is the next best option while the athlete is unable to run.

### **4. Individual Differences**

Every athlete is unique, and will respond differently to physical training. Gender and genetic endowment account for a large portion of an athlete's ability, and will determine the training response to a programmer as well as the ceiling, or upper limit to their ability. Furthermore, some athletes are more prone to overuse injuries than others due to differences in training tolerance. You need to be aware of these differences when designing training programmes.

Athletes often neglect the principle of individual differences when they ask a better athlete what they do for training, then attempt to follow their programme, despite the differences between them in training background, work and emotional stresses, genetics, and body type. The individual must always be taken into account when designing or adapting training programmes. Junior athletes sometimes attempt to replicate what senior world champions are doing, rather than looking at what these people did as juniors and adapting it to their own needs.

## **5. Reversibility and Maintenance**

'Detraining' occurs fairly quickly when a person stops training, with reductions in physical ability seen after one to two weeks of no training. Fitness levels can be maintained by one to two training sessions per week. The maintenance sessions should be at a higher exercise intensity, but lesser duration than that used previously to build fitness.

The principles of detraining and maintenance are applicable to an injured athlete.

Many athletes sit out completely for four to six weeks, depending on the injury, and have a difficult time returning to their activity mid-season because of their loss of strength and fitness. You should arrange alternative training sessions for injured athletes to preserve as much strength and conditioning as possible.

## **6. Tapering**

Tapering is fine tuning performance so that the athlete or team arrives at their most important competitions in peak form. If the athletes have been training hard, the taper should start approximately two weeks prior to the main and most important event. The duration of the training gradually decreases, while the intensity stays up. If the season's schedule includes weekly games or events, the training should be hardest and longest at the beginning of the week and gradually decrease until the competition. Practices the day before events should be light, so as to prevent fatigue during the event.

## **7. Warm-Up**

A warm-up prepares the body for exercise, and is thought to decrease the risk of injury during training and performance. A warm-up increases blood flow to the active tissues, increases body temperature, and allows the cardiovascular system to gradually increase from a resting to an active state.

The warm-up should be specific for the intensity of the session to follow, and should include a gradual progression in exercise intensity, and mobilization of the muscles that will be used during the activity. A 10 minute warm-up is often enough for training, but warm-ups of up to 30 minutes are used prior to important games and events.

## **8. Cool-Down**

The cool-down is important after strenuous exercise to help circulate the blood through the active muscles to remove any lactic acid and other by-products that may have accumulated. A cool-down incorporates 5-10 minutes of the sport-specific activity (e.g. running, skating, swimming, x-country skiing) at a self-selected pace, and is often followed by a period of light stretching.

Some athletes take longer to recover from training and competition than others, particularly older athletes. Options should be provided for them, which may include an aerobic workout, massage, shower, and sauna. These options may also apply to cooling down. You need to remember that athletes need to cool down and recover both physically and mentally.

### **2.3.4 CONTINUOUS AND INTERVAL TRAINING**

**Continuous training** involves steady aerobic exercise performed over a sustained period of time. It is most applicable to aerobic performance, or to those wanting to increase their aerobic base to aid recovery from anaerobic activities, e.g. swimmer going to the pool and swimming a 1000m time trial.

**Interval training** involves spacing work and rest times so that the training is discontinuous. Interval training can be used with aerobic and anaerobic energy systems. The intensity of the training determines the energy system required, and therefore, the time that the interval can be sustained. e.g. aerobic intervals: a cyclist completing four sets of three minute sprints with 1 1/2 minutes of easy cycling in between the sets, e.g. lactic acid interval training: a cyclist completing 10 sets of 30 second sprints with 1 1/2 minutes easy cycling between sets.

Both continuous and interval training have their merits. The nature of interval training allows a higher quality training session, because the rest allows recovery between sets so that each set can be done at a high intensity.

### **WORK/REST RATIO**

The work/rest ratio refers to determining the rest time taken between intervals when training the energy systems. The work time is the time to complete the interval or activity

(e.g. 40 seconds for a ladder drill, or 'suicide' in basketball), while the rest time is the time between intervals. Table 4 provides a brief description of the optimal work/rest times for the three energy systems.

The rest is usually referred to as active or passive rest. 'Active' rest would be continuing the activity at a self-selected easy pace between the higher intensity training. An example of active rest would be to jog slowly between 400m intervals.

Passive rest would be standing fairly stationary between the intervals. It is believed that active rest between lactic acid energy system intervals is important for flushing the lactic acid out of the muscle.

### **ANAEROBIC THRESHOLD**

Lactic acid begins to accumulate in the active muscles and the blood as athletes work at close to their maximum level. The intensity of effort at which the build-up begins to interfere with performance is termed the anaerobic threshold. Determining an individual's anaerobic threshold is an important step in helping to define their required training intensity. Training below anaerobic threshold will develop primarily

The aerobic energy system, while training above the anaerobic threshold will train primarily the anaerobic lactic acid system.

Intense exercise for longer than 10 seconds requires energy through the lactic acid system, and results in the formation of lactic acid. The lactic acid energy system buys time for the reformation of energy through ATP. If the intensity of the exercise decreases over time, there will be a decrease in the lactic acid formation, and the exercise will be able to continue. Light exercise will not cause an accumulation of lactic acid but moderate to heavy exercise will result in accumulation. Lactic acid will start to accumulate at approximately 55% of an untrained person's maximum aerobic capacity, and at approximately 70-85% of a trained person's maximum aerobic capacity.

The anaerobic threshold (onset of Blood Lactate Accumulation) is when the lactic acid accumulation exceeds the removal, and lactate begins to accumulate. It is often thought of as the threshold between where one is exercising aerobically (i.e. energy production through the aerobic energy system) and an anaerobically (i.e. energy production through the anaerobic systems). Aerobic training will allow the athlete to train and compete at a higher percentage of their maximum aerobic capacity before they reach their anaerobic threshold.

Anaerobic training will increase the ability of athletes to generate a lot of lactic acid, as well as increasing their tolerance of a high level of lactic acid accumulation.

### **2.3.5 DEVELOPING TRAINING PROGRAMMES**

In order to provide a good training programmer for your sport, it is essential that you are able to determine the importance of each energy system for the sport. This may simply require a trained eye to analyze the competitive situation, knowledge of the three energy systems, and knowledge of their contribution to each aspect of the sport. In some cases, you may need to refer to other coaches or specialist sport scientists for help. Good programming will cater for individual differences, and for the needs of different positions within a team.

Information gained from physiological tests may also be useful in monitoring performance throughout a season, and may give some indication as to whether the training programmers are working or not. The tests may also provide incentives when setting goals; refer to numerous tests have been devised to evaluate skill and agility, and muscular, aerobic, and anaerobic performance. For most coaches, field testing is a viable and less expensive alternative to the more sophisticated laboratory testing. Field testing allows athletes to be tested using the same mode of exercise, and in the same environment in which they would normally train and compete, e.g. swimmers swimming, sprinters sprinting etc. Field testing is economical in terms of expense and time, and therefore may be repeated on a regular basis. This enables you to build up a picture of each of your athletes and what is happening to them.**(coaching foundation in football assignment paper).**

*From the above all paragraph, we can understand that in football all coaches must be follow the principle of training and training programs to see the change his works. The coaches should know the giving training for the athletes. Because the coaches does not now the FITT principle the does not know the progress of each players and the team. And also the athletes are faced for injuries.*

## **2.4 TALENT IDENTIFICATION AND DEVELOPMENT**

**Talent identification** is a process that involves making a judgment about a performer's qualities and offering that individual an opportunity to do something for which he or she is suited; talented youngsters must be identified on their ability to be the best players in the future, not their current abilities. Talent is a marked innate ability defined as artistic accomplishment, natural endowment or an ability of a superior quality. Talent in sport can be defined as an individual's special aptitude that is above average for specific functions. Physical talents may be functional, expressive or athletic (**Peltola, 1992; Williams & Reilly, 2000**).

**Talent detection** refers to the detection of athletes who are not currently participating in the sport (**Williams and Reilly, 2000**). For example in judo, it may be possible to recruit athletes from wrestling, rugby, or gymnastics aged between 12 and 16 years and put these athletes into a specific development plan. This concept requires further investigation (relating to how sports interact, how this can be achieved, at which age etc) but this is beyond the scope of this booklet.

TID refers to the process of recognizing current participants with the potential to become elite players (**Williams and Reilly, 2000**). In British Judo this is done through entry onto the World Class Start Programme; the criteria for which is discussed below. TS would take the process a stage further. Players that have been identified as "talent" and are participating in the World Class Start Programme will be selected for various competitions and training camps based on physiological and performance criteria. This process is, in effect, choosing the top player in each weight group from a talent pool. TD should take place from the point of entry to World Class Start through to the highest level. According to **Williams and Reilly (2000)**, several researchers have suggested that there has been a shift in emphasis from Talent Detection to Talent Development in recent years. This is certainly possible in British sport as the focus moves from detection to development in the lead up to the 2012 London Olympics.

*As can be understood the above paragraph, talent identification and its approaches helps for the countries and clubs to get a future players or stars. When we see in our country these cultures are not begin. In these cases the national team and clubs are we see similar face. Its danger for the future to find the women players it is also similar in the men football players. The clubs should be to search youngster players and open youth football academy.*

#### **2.4.1 Talent Identification Approaches**

A number of different approaches and problems in Talent Identification (TI) were identified and the issues surrounding them are noted below.

##### **Physiological/Anthropometric**

This approach supports the idea that there are distinct profiles for individuals in different sports. This has led to the belief that profiling young people on these measures will enable the identification of individuals with the potential to be successful in specific sports events. As a result, many TI models have been underpinned by analyses of these characteristics. However, these are unstable during adolescence, they vary with age and recent studies have been inconclusive.

The assumption that the individual performing best at any one age group is the individual with the most talent is unfounded. Those that excel at strength sports tend to be early mature. It takes technical superiority for late matures to develop successfully but they are likely to surpass early matures' performances over time. (Often these early matures have not been required to develop technical skills rather relying on their strength.)

Models using this approach may eliminate prematurely many people who have potential. For example, late matures with talent are likely to be excluded before they have the opportunity to surpass early matures. Also, because of the emphasis on strength and size early matures are disadvantaged by not being required to develop technical skills until too late.

## **Performance Models**

There is a number of basic movement skills (fundamental motor abilities) required to participate in sport. They are seen as essential precursors to excellence in sport. They need to be developed by age 12 or 13 or success in sport is not possible.

These abilities do not develop automatically; they need quality teaching and regular opportunities to practice. Most young people in the world do not receive these opportunities. This approach will lead to individuals with relevant experiences being selected rather than those with potential. Therefore TI needs to be preceded by fundamental motor abilities programmers'.

In the UK recent schemes encourage the early specialization in sport with children being exposed to sport specific basic skills rather than generic motor abilities. This results in children dropping out if they do not have, or perceive they do not have, the skills required to participate. Also this early specialization leads to immature fundamental motor abilities being carried forward. Finally, because successful athletes often excel in a sport other than the one they are involved in initially so individuals need to develop a broad base of motor abilities to transfer successfully from one sport to another.

## **Psychological**

Research consistently has identified psychological determinants of sporting performance. Many researchers consider psychological factors to be the main determinants of individuals' potential in sport in terms of the development of skills, a continuing commitment to training and competing and consistent high performance and need to be incorporated into talent detection/identification models. However, the emphasis on psychological development in British sport is minimal.

### **2.4.2 Key factors in talent development**

- **Physical** e.g. height, weight, muscle girth, somatotype;
- **Physiological** e.g. aerobic endurance, anaerobic power;
- **Sociological** e.g. tangible parental support, intangible parental support, education, opportunities for deliberate practice, roles, skills and techniques of coaches;



- ❖ They have the nerve of a building bull fighter and are icy cool when in goal scoring positions.
- ❖ They gamble on getting in behind the opposing defense.
- ❖ They have on UN canny knack of thing runs to escape their markers.
- ❖ They can shoot accurately with either foot.
- ❖ They are headers of the ball. **Rees Roy (1997; 132).**

### **Criteria for selecting defensive players**

- ✓ Good readers of the game
- ✓ Intelligent with excellent analytical skills
- ✓ Well organized both on and off the field.
- ✓ Good communicators
- ✓ Have good ball skills.
- ✓ They can kick the ball well with either foot.
- ✓ They are good headers of the ball.
- ✓ They have good speed.
- ✓ One can concentrate on being goal side, inside and at a distance from their opened(s) where they will be first to every ball played behind them but close enough.
- ✓ To intercept any in accurate or under hit passes; then, if not possible.
- ✓ To challenge strongly for the ball; then, if not possible.
- ✓ To jockey, to delay the opponent, by retreating to take up the spaces between the opponent and the goal. **Rees Roy (1997; 132).**

### **Criteria for selecting a goal keeper**

- They are fearless.
- They relish body contact.
- They have quick reflexes or reactions.
- They are agile.
- They are above average in height.
- They have a dominant personality.
- They have good hand-eye coordination.
- A good communicator should have developed skills in the following areas;

- Positioning low shots, high shots, punching the ball, dealing with crosses and distributing the ball under arm roll, push pass, and over arm throw.
- Recovery movement. **Rees Roy (1997; 76).**

*From the above paragraph learn talent identification is the central point of sport training, which means different criteria for talent identification, helps clubs to lead and organize their team for effective and efficient results.*

## **2.5 PSYCHOLOGICAL FACTOR IN SOCCER**

Over the last few years, the role of Psychology in Professional Soccer coaching has risen in importance. The appointment of **Bill Be sick as Psychologist to Derby County FC** in the English Premier League has not only opened doors but has shown how this can help understand and improve player performance.

Testing the personality of the player may prove beneficial. The coach can have an idea of the differences in personality between players and thus learn how to better handle this issue. Tests have shown that successful footballers possess superior mental and emotional health (less anger, tension and more vigor) than others who may need psychological support/counseling.

Sports Psychologists can also measure motivational and attention levels. Studies on Australian football have shown that top teams scored highly in tests on factors such as drive, determination, leadership and mental toughness. Similarly, a player's performance can depend on his arousal levels which refer to the level of awareness, attention and alertness. As arousal levels increase so does the level of performance although there are optimal levels which should not be passed. Again a Sports Psychologist can help find and maintain a player mentally at these optimal levels.

Once a Sports Psychologist has discovered the personality, motivational and intentional styles of a group of players then improvements can be undertaken. Areas such as relaxation and mental imagery (where players picture themselves performing particular skills and actions during a game) can be used. Imagery self-hypnosis has been found to be useful as it allows players to narrow their attention and remove distractions. Goal setting, concentration and self-confidence sessions can also be implemented.

Studies have also focused on the coach-player relationship. Interestingly, Belgium trainers were found not to have sufficient understanding and a bad perception of the soccer player's personality. This could be due to the lack of effort to the psychological aspect of football in Belgium. Coaches have also been subject of studies measuring their stress levels. There is a close relationship between the game (greater heart rates at important moments) and high stress levels at certain moments in the season. Coaches like players must learn to evaluate and manage stress in order to ward off health problems.

**Davies J.H** (1969) who has worked with many Professional Australian women Footballers lists what he feels makes a good player psychologically...

- Slightly extroverted personally, slightly anxious
- His motivation is high to win, confidence, coach ability, conscientiousness and determination
- Incentive to achieve excellence & success, likes stressful situations, is aggressive and affinitive
- Mood profile is less tense, depressed, angry, fatigued & confused and shows more mental vigor
- He can process information, not overloaded and has high self-esteem
- He sets goals, practices relaxation, imagery and self hypnosis before a game.

A soccer coach or player should never feel any shame in calling in the services of a qualified Sports Psychologist. The line between success and failure is very thin and players who are mentally strong and have the will to win stand a greater chance of tasting success than those simply believing in their physical and technical ability.

### **2.5.1 MOTIVATION**

In soccer, nothing can affect performance as dramatically as a sudden loss of motivation. Without the motivation to succeed a player cannot survive 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. This article attempts to look at motivation and suggest ways to help improve the motivational capacities of players.

## **THE MOTIVATIONAL PROCESS**

In general we 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, expend excess energy & aggression, for self-fulfillment, to take risks, to satisfy curiosity, make use of the hunting and adventurous spirit...

***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.

### **2.5.2 STRESS**

**Stress** is described by the **crocker P.R.E (1989; 236-242)** as the "psycho-physiological responses of the individual to any influence which disturbs his inner-balance". These psycho-physiological changes do however depend on the individual's tolerance to stress. Stress as mentioned earlier can be due to many environmental factors although illness and nutrition can also play a role. The individual players' reaction to stress can involve aggression and anger or inversely, inhibition, regression and fear. Players are more at risk of injury when stressed due to their attention levels being disorientated.

**Sports Psychologists can measure stress levels** through specially designed questionnaires and by using measurements of heart rates to discover the psycho physiological stress levels. The body prepares for stress through the *fight-flight* reaction which is the response of the body preparing for action via increased heart and breathing rate and the secretion of adrenaline.

### **2.5.3 The 4C's**

Concentration, confidence, control and commitment (the 4C's) are generally considered the main mental qualities that are important for successful performance in most sports.

- **Concentration** - ability to maintain focus
- **Confidence** - believe in one's abilities
- **Control** - ability to maintain emotional control regardless of distraction
- **Commitment** - ability to continue working to agreed goals

The techniques of relaxation, centering and mental imagery can assist an athlete to achieve the 4C's.

#### **Concentration**

This is the mental quality to focus on the task in hand. If the athlete lacks concentration then their athletic abilities will not be effectively or efficiently applied to the task. Research has identified the following types of attention focus:

- **Broad Narrow continuum** - the athlete focuses on a large or small number of stimuli
- **Internal External continuum** - the athlete focuses on internal stimuli (feelings) or external stimuli (ball)

The demand for concentration varies with the sport:

- Sustained concentration - distance running, cycling, tennis, squash
- Short bursts of concentration - cricket, golf, shooting, athletic field events
- Intense concentration - sprinting events, bobsleigh, skiing

Athletes will develop a routine for competition that may include the night before, the morning, pre competition, competition and post competition routines. If these routines are appropriately structured then they can prove a useful aid to concentration.

### **Confidence**

Confidence results from the comparison an athlete makes between the goal and their ability. The athlete will have self-confidence if they believe they can achieve their goal. (Comes back to a quote of mine - "You only achieve what you believe").

When an athlete has self confidence they will tend to: persevere even when things are not going to plan, show enthusiasm, be positive in their approach and take their share of the responsibility in success and fail.

To improve their self confidence, an athlete can use mental imagery to:

- visualize previous good performance to remind them of the look and feel
- imagine various scenarios and how they will cope with them

Good goal setting (challenging yet realistic) can bring feelings of success. If athletes can see that they are achieving their short term goals and moving towards their long term goals then confidence grows.

Confidence is a positive state of mind and a belief that you can meet the challenge ahead - a feeling of being in control. It is not the situation that directly affects confidence; thoughts, assumptions and expectations can build or destroy confidence.

### **High self confidence**

- Thoughts - positive thoughts of success
- Feelings - excited, anticipation, calm, elation, prepared
- Focus - on self, on the task
- Behavior - give maximum effort and commitment, willing to take chances, positive reaction to setbacks, open to learning, take responsibility for outcomes

### **Low self confidence**

- Thoughts - negative, defeat or failure, doubt
- Feelings - tense, dread, fear. not wanting to take part
- Focus - on others, on less relevant factors (coach, umpire, conditions)
- Behavior - lack of effort, likely to give up, unwilling to take risks (rather play safe), blame others or conditions for outcome

### **Control**

Identifying when an athlete feels a particular emotion and understanding the reason for the feelings is an important stage of helping an athlete gain emotional control. An athlete's ability to maintain control of their emotions in the face of adversity and remain positive is essential to successful performance. Two emotions that are often associated with poor performance are anxiety and anger.

Anxiety comes in two forms - Physical (butterflies, sweating, and nausea, needing the toilet) and Mental (worry, negative thoughts, confusion, lack of concentration). Relaxation is a technique that can be used to reduce anxiety.

### **Commitment**

Sports performance depends on the athlete being fully committed to numerous goals over many years. In competition with these goals the athlete will have many aspects of daily life to manage. The many competing interests and commitments include work, studies, family/partner, friends, social life and other hobbies/sports

Within the athlete's sport, commitment can be undermined by:

- a perceived lack of progress or improvement
- not being sufficiently involved in developing the training program
- not understanding the objectives of the training program
- injury
- lack of enjoyment
- anxiety about performance - competition
- becoming bored
- coach athlete not working as a team
- lack of commitment by other athletes

Setting goals with the athlete will raise their feelings of value, give them joint ownership of the goals and therefore become more committed to achieving them. All goals should be SMARTER.

Many people (coach, medical support team, manager, friends, etc) can contribute to an athlete's levels of commitment with appropriate levels of support and positive feedback, especially during times of injury, illness and poor performance.

#### **2.5.4 ANXIETY**

*Anxiety* involves a feeling of fear or a perception of threat and which may be specific to a particular situation. Possible symptoms are nausea, loss of composure, reduced motor coordination and aggression. Potential stressors are the climate - temperature/humidity, circadian body rhythms - maximum effort is harder in the morning, jet-lag, playing environment - stadium, spectators, surface, game officials and finally stress created by opponents or between players and the coach. The intensity of these influences on stress depends on the individual perception or inner experience of the player. **Bahrke M.W** and **Morgan W.P**(1978, 123-143)

#### **Performance Anxiety in Soccer players**

A great deal of the literature on the relationship between anxiety and performance in soccer players has come from a cognitive-behavioral perspective. This paper examines the relationship between the two constructs from a psychodynamic perspective. Included is a discussion of winning and the anxiety of separation from an object relations perspective, the dread of success, self psychology, Freudian instinct theory, and the secondary gain that is found in defeat. Suggestions for future directions in treatment of anxiety within the athletic context are offered as well as a postscript.

#### **Introduction**

From a review of the literature it is clear that the most popular conceptual paradigm in sport psychology is a cognitive-behavioral one. Texts used in undergraduate and graduate courses on sport psychology are slanted heavily toward a behavioral/ experimental model of intervention (**Murphy, 1994; Horn, 1992**). The standard sport psychology interventions include relaxation training, deep breathing, visualization, imagery, mental

practice, self-talk and goal-setting. Sport psychology has its roots in academic settings which have traditionally been behavioral in orientation. However, if one works full-time in the field of sport psychology, it becomes clear that cognitive-behavioral techniques will only take you so far. These methods have a hard time with issues such as resistance in the soccer player and more subtle effects such as shame, embarrassment and guilt when winning.

This paper will present a review in athletic performance. We will not discuss the areas of resistance and narcissism, two subjects that psychoanalysis is especially suited to explore. However we will cover the various aspects of sports anxiety in soccer players. Symptoms of anxiety as they relate to unconscious conflicts are psychoanalytic ideas. Both the motivation to compete in sports and conflicts about winning are largely unconscious and cognitive-behavioral interventions have little to contribute in the study of these areas. One of the very few psychoanalytic papers on the psychoanalysis of sports was written by nearly fifteen years ago. He introduced psychoanalytic thinking to the world of the soccer player, I will extend his introduction and focus on anxiety as a psychoanalyst views it. Criteria for diagnosing anxiety during athletic performance are from the DSM IV. Under the heading of general anxiety disorder are the symptoms of muscle soreness, trembling, restlessness, fatigue, shortness of breath, tachycardia, sweating, dizziness nausea and vomiting, being on edge, startle response, blank mind, poor sleep and irritability. The prevalence of anxiety disorders, simple phobias, obsessive compulsive disorders and post traumatic stress disorders are common in the general population and common in soccer players as well.

Shame and embarrassment are constant threats in sports because the game is usually played in front of people. **Gardner F.L (1991; 342)** has written about performance anxiety and shame from an object-relations perspective. He suggests that shame is a narcissistic disturbance that impacts many who perform in front of an audience. Success or winning in an soccer player can induce a feeling of separation from the family, the opponent or the crowd and this can produce considerable anxiety and shame. This shame and anxiety can inhibit performance. Conflicts that winning brings loss and separation derive from childhood when the child is given the message to stay close to the mother and never to leave her. Separation anxiety induced by winning or the threat of winning is exceedingly common. I was working with a professional female golfer who was leading a

tournament up the 71st hole. She proceeded to 4 putt 17 and triple bogey 18 to lose. When asked to free associate; to this collapse she reported that she still feels like a little kid (she is in her early

Performing in front of a crowd provides enormous exhibitionistic excitement. This can bring with it a sense of shame that one is indulging in a taboo. I had a patient who was an extremely attractive female tennis player. She developed a growing sense of dread the better she became. With improvement came an increase in the number of people who watched her play. She began to experience panic attacks in front of these crowds. Analysis revealed that during childhood she was expected to exhibit herself in front of her parents and their friends by showing off her body. This experience was both exciting for her and it also instilled shame. This early and latency age experience lay dormant and repressed until she began to achieve a measure of fame on the tennis courts whereupon she began to feel the same kind of shame over being watched. The adulation was a reminder of her childhood experiences and it produced a feeling that these crowds knew of her past abuse.

Some soccer players carry a dream of winning because it means that they are superior to others. Superiority, for some, means greed and selfishness. We all see this amply displayed by some professional soccer players. The dread of success is especially felt in female soccer players, some of whom are raised to think aggression is not nice. For many children raised religiously winning implies selfish striving which is considered sinful. Occasionally a child rose in the lower class who later becomes a star with great fame and wealth has a sense of dread that they are leaving their families behind. This explains why you so often hear professional soccer players say their true desire is to buy their mothers a home with the money they make.

Success can bring with it great guilt. The recent near disqualification of a pro golfer at a Tour event may have something to do with the dread of success. He had already won three tournaments this year. It was reported that before the tournament he had lost two close friends to sudden death. During the event he was nearly disqualified twice, once due to almost missing a tee time and once by marking his ball on the 72nd green a failing to replace it properly. If he had signed his scorecard without the score adjustment and the two shot penalty he would have been disqualified. A fan that he later called his "guardian angel" saved him from disqualification by telling him of the infraction in time. These very unusual mishaps were neither accident as most would do not think nor divine intervention

but may have had to do with the guilt over winning following the loss of his two friends. We saw similar accident proneness in Dave Jansen during his Olympic speed skating mishaps which came on the heels of his sister's death. Guilt over winning is an unconscious but powerful barrier.

### **Self Psychology and Sports**

Self psychology has emerged in the last few decades as an alternative to classical psychoanalytic instinct theory. **Krane.T.D (1996; 57)** moved the focus of psychoanalytic concern away from sexual and aggressive drives and onto self concepts. A cohesive sense of self esteem which is developed in childhood is thought to enable adults to cope with pressures inherent in sports. Conversely, a disordered self will fragment under extreme pressure.

The experience of being "flooded" with affect as one fight for the lead in a sporting event can be explained with the concept of the self and its collapse. The collapse of ego boundaries when under pressure produces disorganization in thinking and what is referred to as choking. Many soccer players unconsciously choose the effect of humiliation and depression over the effect of being flooded. As a result, mistakes and missed shots take on a new meaning in this light. Anything that gets them out of the pressure is a defensive maneuver used to remove the self from under pressure. Many of them say they try to "enjoy" themselves while under pressure to inhibit this overwhelming and psychosis producing emotion.

#### Freud and the Soccer player: Instinct Theory and Sports

Sports are clearly about aggression. If you work with soccer players you soon begin to realize just how much aggression they are capable of. The first time I met Keyshawn Johnson, wide receiver for the New York Jets, I recall that his size and power reminded me of a very large and dangerous locomotive. Boxers emanate power and grace as well thereby combining aggression and sexuality, the two basic drive states.

**Horner (1981)** has researched female inhibition of aggression. Women are often taught that aggression is unfeminine, not lady-like and are faced with the conflict of winning versus being seen as "unfeminine." This conflict has an impact on performance and brings us to a discussion of secondary gain over losing.

#### Secondary Gain Found In Defeat

Secondary gain is a standard psychoanalytic concept and is considered a reason that neurotic symptoms are so difficult to give up. The same unconscious dynamic holds for self-defeat in sports. Loss has the potential to produce enormous secondary gain. One need only recall Greg Norman's humiliating defeat by giving up a six stroke lead in the 1996 Masters which was witnessed by millions of television viewers. In the next few weeks he received thousands of sympathy letters as well as supportive articles in all the major newspapers around the world. This sympathy can be quite reinforcing and gives defeat an unconscious appeal to some individuals.

This brief review of a psychoanalytic approach to anxiety in soccer players should suggest that far from being an unnecessary afterthought in sports, psychoanalysis has the potential to provide a wide array of insights and interventions for the anxiety ridden soccer player. Psychoanalysis alone provides a long-term relationship with the soccer player which gives him or her space in which to explore the many areas of disturbance they suffer with. Post trauma due to injury or embarrassing defeat is extremely common and is remedied only in a slow and careful manner. Often the problems these soccer players have are deep-rooted and go untouched by standard cognitive-behavioral work. The hope for a quick fix that cognitive behavioral interventions often promise will usually lead to disappointment in all but the easiest cases. Soccer players that suffer with narcissistic personalities, low self-image, inhibitions with aggression, guilt, and shame or separation anxiety will usually require serious and delicate psychotherapy that psychoanalysis can provide. These conflicts can produce self-defeat that dynamics are largely unconscious.

*From the entire above paragraph, psychology is an important part in football. The research shows in football 65% of the results came on psychology. In our country the players does not develop their confidence through learning and practices in these reason most of the women players affected by these problems. The coaches do not have enough knowledge about how to encourage their players and does not solve their problems. The clubs also does not have the professional guidance and counselor.*

## **2.6 RISK FACTORS OF FEMALE FOOTBALL PLAYERS**

Stress fractures in female football players probably occur due to range of factors with the relative contribution of each varying among individuals. There are currently no prospective or even retrospective data establishing risk factors for stress fractures in female football players. Therefore, knowledge on this topic must be translated from data on other populations.

General risk factors for stress fractures in athletes have recently been reviewed. They were divided into two categories extrinsic and intrinsic. Extrinsic risk factors are factors in the environment or external to an individual that influence the likelihood of sustaining an injury. In terms of stress fractures in female football players, these include training program me, equipment and environmental factors. Extrinsic factors are critical in the development of stress fractures as some form of loading needs to be placed on a bone for damage to generate and accumulate. However, development of a stress fracture is also influenced by the ability of the body to respond to applied loads.

Intrinsic risk factors refer to characteristics within an individual, and how their body responds to loading and any damage it generates. The contribution of intrinsic risk factors in female football players is indicated by the fact that not all players will develop a stress fracture despite being exposed to equivalent extrinsic risk factors. Intrinsic risk factors for stress fractures in female football players include gender, endocrine, nutritional, physical fitness and neuromuscular skeletal factors.

### **2.6.1 Training program factors**

Intrinsic factors influence susceptibility to stress fracture by modifying how an individual responds to loading and the damage it generates. However, intrinsic factors are not capable of generating stress fractures in isolation. Extrinsic factors are critical in stress fracture development as some form of loading needs to be placed on a bone for damage to generate and accumulate. To this end, participating in a weight bearing athletic endeavor such as football raises the risk of stress fracture. Whether a stress fracture actually eventuates is influenced by extrinsic risk factors such as training program me, equipment and environmental factors.

Training program me factors seem critical in the development of stress fractures in female football players. Bone loading generates damage which serves as a stimulus for bone remodeling. Remodeling normally removes damage as fast as it occurs; however, the process is time dependent. The remodeling time required to reach a new equilibrium following a disturbance is in the order of one remodeling period, which is approximately three to four months.<sup>64 65</sup> Although a remodeling reserve exists that allows increased activation of remodeling units in response to increases in damage formation, an increase in the number of active remodeling units temporarily reduces local bone mass. This occurs because resorption precedes formation in the remodeling process so that an increase in the number of remodeling units is associated with an increase in bone porosity. This reduces the elastic modulus of the bone, which in turn increases strain and, subsequently, the rate of damage formation. Thus, from a biological perspective an alteration in the local mechanical environment of a bone via a change in a football training routine has the potential to contribute to stress fracture development in female football players.

Any changes in a football training routine that alter the magnitude or rate of bone strain at a particular site, such as a change in training intensity, may contribute to stress fracture development. Increasing the intensity of training (I.e, increasing speed) has the potential to increase the magnitude or rate of bone strain at a particular site. Similarly, a change in training by way of an increase in the number or duration of training sessions may also contribute to stress fracture generation. This increases the number of bone loading cycles, a factor that decreases bone fatigue life. These training changes have the potential to disturb the balance between damage formation and remodeling. Supporting this, surveys report that up to 86% of injured athletes could identify some change in their training prior to a stress fracture. However, it has not been established how many athletes do not develop a stress fracture following a change in their training program me. This is important as female football players often alter characteristics of their training program me without pathological consequences.

### **2.6.2 Equipment factors**

Equipment factors can influence the risk of stress fracture by altering the loading environment of the skeleton, with the most commonly implicated pieces of equipment in football players being shoes/boots. Shoes act as filters that theoretically attenuate ground impact forces. They also have the potential to influence foot and ankle motion, thereby altering mechanics proximally in the kinetic chain. By improving cushioning (decreasing bone strain) and modifying skeletal alignment (changing mechanics), shoes have been hypothesized as potential contributing factors in stress fracture development in football players. Although this contribution has logic, supportive scientific evidence is lacking.

Studies have not found appreciable differences between shoes of differing shock absorptive capacity on tibia peak strain or strain rates during running.<sup>69–71</sup> Similarly, studies using bone pin markers to assess skeletal mechanics have shown that differences in bone movements between barefoot and shod running are small and unsystematic (mean effects being less than 2°), compared with differences between subjects (up to 10°). Thus, bone strains and skeletal kinematics during running seem individually unique, and do not appear to be substantially influenced by shoe characteristics. This is supported by a general lack of clinical evidence for a role of shoes in the development of stress fracture.

One study found that military recruits who trained in a modified basketball shoe had a lower incidence of metatarsal stress fractures compared with those who trained in a standard infantry boot; however, there were no differences in the incidence of tibias or femoral stress fractures.<sup>74</sup> Also, there was no difference in the total number of stress fractures in the two groups. In contrast, Gardner et al<sup>75</sup> found that military recruits who started training in shoes of advanced age (an indicator of possible reduced shock absorptive capacity) were at a greater risk of developing a stress fracture. With regard to football boots, there is some evidence to suggest that peak pressures below the metatarsals vary according to the type of stud design used, thus potentially influencing metatarsal stress fracture risk. However, the overall contribution of football shoes/boots to stress fracture development in female football players currently remains uncertain.

### **2.6.3 Environmental factors**

The primary environmental factor in the etiology of stress fractures is training surface. Training surface has long been considered a contributor to stress fracture development, and has been implicated in the development of various injuries in football players. Running on less compliant surfaces may increase impact forces and the subsequent magnitude and rate of bone loading.

### **2.6.4 Conditional Factors**

#### **REGULATION OF BODY TEMPERATURE**

The temperature of the human body is regulated about a set point of 37°C. This value refers to temperature within the body's core and is measured usually as rectal temperature, tympanic or esophageal temperature. Oral temperature tends to be a little lower than these and is less reliable but the temperature within the gut can be reported as a viable alternative to rectal temperature during sport.

For thermoregulatory purposes the body can be considered as consisting of a core and a shell. There is a gradient of about 4°C from core to shell and so mean skin temperature is usually about 33°C. The temperature of the shell is more variable than the core and responsive to changes in environmental temperatures.

The usual temperature gradient from skin to the air facilitates loss of heat to the environment.

The human body exchanges heat with the environment in various ways to achieve equilibrium. The heat balance equation is expressed as:

$M - S = E \pm C \pm R \pm K$  where  $M$  is metabolic rate,  $S$  is heat storage,  $E$  is evaporation,  $C$  is convection,  $R$  is radiation, and  $K$  is conduction. Thermal equilibrium is attained by reaching a balance between heat loss and heat gain mechanisms. Heat is produced by metabolic processes, basal metabolic rate being about 1 kcal kg<sup>-1</sup> h<sup>-1</sup>. One kilocalorie (4.186 kJ) is the energy required to raise the temperature of 1 kilogram of water through 1°C. Energy expenditure during youth soccer might increase this by a factor of 15, with maybe only 20–25 per cent of the energy expended reflected in power output. (Children are different to adults here: less mechanically efficient, greater oxygen consumption per stride, etc. and therefore lower efficiency.) The rest is dissipated as heat within the active tissues and as a result heat storage in the body increases. In order to avoid overheating, the body is

equipped with mechanisms for losing heat. It also has built-in responses to safeguard the thermal state of the body in circumstances where heat might be lost too rapidly to the environment, for example in very cold conditions.

The body temperature is controlled by specialized nerve cells in the hypothalamus deep within the brain. Neurons in the anterior hypothalamus respond to a rise in body temperature whilst a fall is registered by cells in the posterior portion of the hypothalamus. The neurons in the anterior part constitute the heat loss centre since they trigger initiation of heat loss responses. Heat loss processes are affected by a redistribution of blood to the skin where it can be cooled, and stimulation of the sweat glands to secrete a solution on to the skin surface where evaporative cooling can take place. This process is less mature in young people.

Nerve cells within the hypothalamus are sensitive to the temperature of blood that bathes them, thereby controlling thermoregulatory responses. The cells also receive signals from heat and cold receptors located in the skin. In these ways, the heat loss and heat gain centers receive information about both the body's internal thermal state and environmental conditions.

### **EXERCISE IN A HIGHER TEMPERATURE ENVIRONMENT**

When exercise is performed, the temperature within the active muscles is elevated and is soon followed by a rise in core temperature. Exercise carried out in hot conditions causes' skin temperature to rise. The hypothalamic response is represented by a diversion of cardiac output to the skin: the body surface can lose heat to the environment (by convection and radiation) due to the warm blood now being shunted through its subcutaneous layers. In strenuous exercise, such as intense competitive soccer, the cardiac output may be maximal or near it and this increased coetaneous blood flow may compromise blood supply to the active muscles. In such instances the soccer player will have to lower the exercise intensity, perhaps by taking longer recovery periods than normal or by less running 'off-the-ball'.

The distribution of blood to the skin is achieved by dilation of the peripheral blood vessels. There is a limit to the extent of vasodilatation that occurs in the regulation of body temperature. This limit is caused by increased vasodilatation which reduces peripheral resistance and so causes a fall in blood pressure. The kidney hormone, rennin, stimulates

angiotensin which is a powerful vasoconstrictor and this response corrects a drop in blood pressure.

As core temperature rises, the sweat glands are stimulated and loss of heat by evaporation of sweat becomes the major avenue by which heat is lost to the environment during intense exercise. Sweating rate is lower in children than in adults. The glands respond to stimulation by noradrenalin and secrete a dilute solution containing electrolytes and trace elements. Heat is lost only when the fluid is vaporized on the surface of the body, no heat being exchanged if sweat simply drops off or is wiped away. When heat is combined with high humidity, the possibility of losing heat by evaporation is reduced since the air is already highly saturated with water vapor. Consequently, hot humid conditions are detrimental to performance and increase the risk of heat injury.

The exchange of heat with the environment is a function of the body surface area relative to mass. The dimensional exponent for this relation is 0.67. The smaller the individual, the easier it is to exchange heat with the environment. Therefore, children gain and lose heat more quickly than adults, and children are more vulnerable than grown-ups in hot conditions. This principle applies to both boys and girls.

A consequence of sweating to avoid overheating is that fluid is lost from body water stores. Therefore hypo hydration may compound the effects of rising core temperatures in soccer players. The increase in core temperature at any level of hypo hydration is greater in children than in adults.

Children can maintain normal hydration status during intermittent exercise resembling soccer when made to drink every 15 minutes. An acceptable palatability is likely to affect the amount taken in and so individuals' preferences are important in promoting drinking. Sports drinks that are hypotonic are likely to suit young players, since children's sweat has a lower sodium and chloride content than that of adults

As the player continues to sweat and body water stores decline, the body water present in the cells, in the interstices and in plasma seems to fall in roughly equal proportion. The reduction in plasma volume compromises the supply of blood available to the active muscles and to the skin for cooling. The kidneys and endocrine glands attempt to conserve body water and electrolytes, but the needs of thermoregulation override these mechanisms and the athlete may become dangerously dehydrated through continued sweating. The main hormones involved in attempting to protect against dehydration are vasopressin,

produced by the pituitary gland, and aldosterone secreted by the adrenal cortex which stimulates the kidneys to conserve sodium.

### **Heat injury**

Hyperthermia (overheating) and loss of body water (hypo hydration) lead to abnormalities that are referred to as heat injury. Progressively they may be manifest as muscle cramps, heat exhaustion and heat stroke. They can occur in soccer matches or training sessions in the heat. A summary of heat-related disorders is provided in

Muscle cramps are associated with loss of body fluid, particularly in games players competing in intense heat. The body loses electrolytes in sweat, but such losses cannot adequately account for the occurrence of cramps. These seem to coincide with low energy stores as well as reduced body water levels. provided evidence that abnormal spinal reflex activity, secondary to local muscle fatigue, supplied the best explanation of muscle cramps occurring during exercise. Generally the muscles employed in the exercise are affected, but most vulnerable are the leg (upper or lower) and abdominal muscles. The cramp can usually be stopped by stretching the involved muscle which invokes the reverse stretch reflexes, and sometimes massage is effective.

A core temperature of about 40°C is characteristic of heat exhaustion. Associated with this state is a feeling of extreme tiredness, dizziness, breathlessness and tachycardia (increased heart rate). The symptoms may coincide with a reduced sweat loss but usually arise because the skin blood vessels are so dilated that blood flow to vital organs is reduced.

### **Heat acclimatization**

The body adapts to repeated exposures to hot environments and to living in warm climates. The adaptations to cope with the natural climate are referred to as acclimatization. Acclimation refers to physiological changes occurring in response to experimentally induced changes in one particular climatic factor, such as an exposure to laboratory-based environmental chambers.

Youth teams may experience unaccustomed hot conditions when playing overseas in international or friendly tournaments. They may also have opportunities for warm-weather training, when the climate at home is not conducive to training hard outdoors.

Besides the physiological adjustments that are acquired when playing in hot conditions, young players also gain experience in how to pace themselves appropriately for the heat.

The main features of heat acclimatization are an earlier onset of sweating (sweating produced at a lower rise in body temperature) and a more dilute solution from the sweat glands. The heat-acclimatized individual sweats more than a UN acclimatized counterpart at a given exercise intensity. There is also a better distribution of blood to the skin for more effective cooling after a period of acclimatization, although the acclimatized player depends more on evaporative sweat loss than on distribution of blood flow..

Heat acclimatization occurs relatively quickly and a good degree of adaptation takes place within 10–14 days of the initial exposure. Further adaptations will enhance the player's capability to perform in heat stress conditions. Ideally, therefore, the team should be exposed to the climate of the host country for at least ten days before the event. An alternative strategy is to have an acclimatization period of two weeks or so well before the event with subsequent shorter exposures nearer the contest. If these are not practicable in young players, attempts should be made at some degree of heat acclimatization before the athletes leave for the host country. This may be achieved by means of pre-acclimatization for which the following activities are suggested.

1 Physiological adaptation occurs on exposure to hot and humid environments, the players seeking out the hottest time of day to train at home.

2 If the conditions at home are too cool, players may seek access to an environmental chamber individually for periodic bouts of heat exposure.

### **ALTITUDE**

Young players unaccustomed to altitude will experience discomfort if competing or training there. The problem is presented by hypoxia caused by the fall in ambient pressure of the air. Whilst the proportion of oxygen in the air is similar to that at sea level, the reduced partial pressure means the air is less dense than normal. Less oxygen is inspired for a given volume of inspired air, leading to a decrease in the amount of oxygen delivered to the active tissues. [WWW.HumanKinetics.Com](http://WWW.HumanKinetics.Com)

## **2.7 THE MENSTRUAL CYCLE**

### **Menarche**

The first appearance of the menstrual (ovulatory) cycle in girls is known as menarche. It is recognized as menstrual bleeding and reflects the maturation of the reproductive system. Once menarche is evident, the girl is nubile and capable of child-bearing.

The age of menarche varies among individuals, reflecting other growth phenomena, and biological age is often dissociated from chronological age. There has been a secular trend of earlier menarche, attributed to improved material well-being, better nutrition and life-style factors. The variation between races and ethnic groups has also been linked with climatic factors, although these do not provide a consistent explanation of differences among countries with similar environmental temperatures. **WWW. Exercise and Menstrual cycle.com**

### **2.7.1 The physiology of the menstrual cycle**

The menstrual cycle incorporates cyclical changes in both the ovaries and the uterus with the production of ova as part of the reproductive process. A normal ovulatory cycle has a length of 28 days on average, and hence is referred to as a circa mensal biological rhythm. The length may vary between 23 and 33 days, and may be especially variable in young girls during the early years when its regulatory system is still maturing.

The menstrual cycle starts with menses (menstruation), a phase which lasts 4–5 days during which about 40 ml of blood is discharged along with the surface part

### **Mood changes**

The appearance of menarche may itself present emotional problems for a young girl. The extent of any emotional trauma may depend on her specific education.

Along with these new emotions, the cyclical hormonal milieu may give rise to mood changes to which she has not been accustomed. There may also be pain or discomfort associated with menstruation.

An appreciable proportion of women experience dysmenorrhea or painful menses and are unlikely to be able to concentrate on maximal exercise in such circumstances. Regular

exercise training appears to ameliorate the problem of abdominal cramps, probably due to lowering the levels of prostaglandins.

The mental predisposition for participating in sport and in soccer training is influenced by psychological entities such as attitude, motivation and a readiness for strenuous effort. In normal eumenorrhoeic women in their twenties, mood factors have been found to change consistently with menstrual cycle phase (**O'Reilly and Reilly, 1990**). Positive moods were pronounced in the follicular and post-ovulatory (early luteal) phases whereas more negative moods were evident preceding and during menses. Although moods are essentially labile, these variations should nevertheless be taken into account by mentors and coaches of young female players engaged in physical training programmers' and weekly matches.

## **SEX DIFFERENCES**

Up to the onset of puberty boys slightly outperform girls in the majority of gross motor skills. These differences are exacerbated during adolescence, when boys at a similar stage of maturation generally outperform girls in running, jumping and throwing activities. With the exception of flexibility, there are similar sex differences in health-related fitness measures of strength, local muscular endurance and cardio respiratory endurance. During puberty, females' greater relative increase in adiposity compared to males clearly disadvantages them in any task that involves the translocation of body mass. As females start puberty an average of 2 years before males, at this stage females have advantages in stature, body mass, absolute strength and flexibility over males.

Whereas some boys may be disadvantaged in age-group competitions by virtue of having a birth date late in the year, the extent of this bias in young female soccer players is unknown. If the same phenomenon exists it may be related to the high level of females dropping out in teenage years. Alternatively, early maturing girls are at a physiological disadvantage compared to their pre pubertal peers. Performance is negatively affected by change in body shape and an oestrogenic increase in fat mass. In contact sports where strength and size are important, such a bias may increase the risk of injury.

There is some evidence that women are more vulnerable to error during pre menses and this has been reflected in the incidence of injuries incurred by Swedish soccer players (**Moller-Nielsen and Hammar, 1989**). Oral contraceptives are used to regulate the cycle

by some sportswomen and the Swedish researchers found fewer traumatic injuries in those players using contraceptive pills to reduce premenstrual and menstrual symptoms of discomfort.

Women soccer players are more vulnerable to serious knee-joint injuries than are male players. Injuries to the anterior cruciate ligament (ACL) are a particular concern, being many times more likely to occur in a game than in training.

### **2.7.2 PHYSIOLOGICAL RESPONSES TO EXERCISE**

The changes in steroid hormones during the normal menstrual cycle can influence physiological responses to exercise. Whilst the majority of studies have been conducted on mature female athletes, the same mechanisms are likely to occur in teenage females after menarche.

Progesterone has a thermogenic effect and its activity is linked with a rise in core temperature after ovulation. It also elevates minute ventilation ( $\dot{V}E$ ) and is responsible for an increased  $\dot{V}E$  in response to continuous exercise during the luteal phase. The rise in  $\dot{V}E$  would cause an increased output of  $CO_2$ , without affecting oxygen consumption ( $\dot{V}O_2$ ). The consequence of a rise in  $\dot{V}E$  is an increased respiratory alkalosis, which has been linked with a higher rating of subjective exertion in the early luteal phase of the menstrual cycle (O'Reilly and Reilly, 1990).

### **2.7.3 INFLUENCE OF EXERCISE ON THE MENSTRUAL CYCLE**

Delayed menarche has been linked with the more advanced competitive levels in girls' running, but also with low body mass and low percentage body fat.

Menarche is markedly late in girls who start systematic training at an early age and whose training regimens entail very high overall energy expenditure. These females include ballet dancers and gymnasts, average age of menarche in these groups being 15.4 and 15.0 years, respectively. There is no evidence of any influence of playing soccer on the timing of menarche. The delay in menarche observed in some athletic girls, potentially caused by strenuous training, and has no subsequent adverse effect on female reproductive processes. Females engaged in strenuous athletic training programmes are known to

experience disruption of the normal menstrual cycle. One irregularity is a shortened luteal phase.

## **2.8 Injuries in football**

Football is considered a contact sport, and it puts many demands on the technical and tactical skills of the individual player. Because of the characteristics of football, injuries must be expected.

*Football injuries*, in general, are all types of physical damage to the body occurring in relation to football. *Football injury incidence* is mostly expressed as the number of new football injuries per 1000 hours of exposure in football. Risks may vary with position played or intensity and nature of activity during practice or games.

Various studies of the incidence of football injuries present different classifications of football injuries. Differences in classification could at least partly explain the differences in incidences found. **Engstrom B, Johansson C, Tornkvist H**

*As can see from the above quotation football is a challenged and competitive sport in this case most of the players are faced to injuries in several time because of these most players are stopped to play football. The risks are varying with position. In our country when the risk is happen it is difficult to treat and recovery easily like developed country.*

### **2.8.1 Traumatic and overuse injury**

A classification into acute or chronic traumatic and overuse injuries may be used since different mechanisms are involved in the aetiology of these injuries. An injury is defined as traumatic if it had a sudden onset associated with a trauma. An overuse injury is an injury where the symptoms had a gradually onset without any known trauma. Overuse injuries in football predominate during preseason but occur more frequently at the end of each competitive season<sup>49</sup>. Strains are generally considered to be acute overuse injury.

Two senior female football teams were studied prospectively during one year. Of the major injuries (n=12), 10 were due to trauma and 7 were knee ligament or meniscus tears. Traumatic injuries (72%) occurred mainly during games with predominance at the beginning of the competitive season. Almost 80% of all the traumatic injuries occurred

during physical contact with an opponent. Overuse injuries constituted 28% of all injuries and occurred mainly during preseason training and at the beginning and end of the competitive season<sup>49</sup>.

In a German study of 165 female players in the national league, 84% of all injuries were traumatic and 16% were owing to overuse<sup>51</sup>. A prospective study by Söderman et al. showed that 79% of the traumatic injuries occurred during games and 21% during practice. The overall injury incidence of traumatic injuries they reported was 4.4/1000 hours of football and for overuse injuries 6.8/1000 hours of football. Out of 11 major injuries, 9 were traumatic knee ligament injuries<sup>131</sup>. Overuse injuries constituted 24-34% of all injuries and the traumatic injuries (66-76%) occurred mainly during games.

Hyperextension of the knee joint, lower concentric hamstrings/quadriceps ratio, low postural sway of the lower extremities and higher exposure to football was found to significantly increase the risk for traumatic injuries of the lower extremities in female football players.

Poor flexibility, high training load and muscle tightness was identified as risk factors in male Football. **(Ostenberg A, Roos H)**

*The above quotation shows most of the research above 75% of the women football players are injured related to men football players. In our country there is no recorded researches regarding to women football player.*

### **2.8.2 Type of injury**

Classification of injuries implies that an evaluation by a medical qualified person has been performed. The following categories are generally used:

- Sprain (of joint capsule and ligaments)
- Strain (of muscle and tendon)
- Contusion (bruising)
- Dislocation or subluxation
- Fracture (of bone or tooth)
- Abrasion (graze)
- Laceration (open wound)

- Inflammation

## **2.9 SPORT NUTRITION**

**Williams, Melvin** (2001; 56-60)

Good nutrition is an important component of any successful training program. Food is the fuel of athletic performance. Though you cannot control the food your athletes eat, you can guide them toward healthy eating. To do so, you must be acquainted with the basics of proper nutrition. This chapter is a primer to help you address some of the nutritional demands and concerns faced by your athletes.

Though success in sports is determined primarily by athletic ability and proper training, nutrition affects the athlete in many ways.

Nutrition is important for normal growth and development and for maintaining good health. A healthy athlete feels better, trains harder, recovers more quickly and is less susceptible to illness.

As a coach, you can have a positive influence on your athletes' attitudes about nutrition as well as their eating habits. Young athletes, in particular, respect, admire and seek advice from their coaches.

The following sports nutrition information will help you guide your athletes toward better eating, and ultimately, better health and performance.

### **2.9.1 COMPONENTES OF SPORT NUTRITION**

#### **CARBOHYDRATES**

Carbohydrates, such as sugar and starch, are the most readily available source of food energy. During digestion and metabolism, all carbohydrates are eventually broken down to the simple sugar glucose for use as the body's principal energy source.

Glucose is stored in the muscles and liver as a substance called glycogen. A high-carbohydrate diet is necessary to maintain muscle glycogen – the primary fuel for most sports. When athletes do not eat enough carbohydrate, their glycogen stores quickly become depleted, resulting in fatigue or staleness.

Though the body uses both the sugars and starches for energy, a high-performance diet emphasizes nutrient-dense carbohydrates. Nutrient-dense carbohydrates such as whole grain breads and cereals, rice, beans, pasta, vegetables and fruit supply other nutrients

such as vitamins, minerals, protein and fiber. Sweet foods that are high in sugar (candy bars, donuts and cookies) supply carbohydrate, but they also contain a high amount of fat and only insignificant amounts of vitamins and minerals.

Fruit contains the sweetest of all simple sugars – fructose. Since fruit is mostly water, its sugar and calorie content are relatively low. Like starchy foods, most fruits are rich in nutrients and virtually fat free.

As with calories, carbohydrate needs vary among athletes, depending on the intensity and duration of training and body size. To determine how much an individual athlete needs, divide his or her weight by 2.2 to get the weight in kilograms. Then multiply the number by 6 to 8.

## **PROTEIN**

Protein is a major structural component of all body tissues and is required for muscle growth and repair. Protein is not a significant energy source during rest or exercise.

Although athletes have slightly higher protein requirements than non-athletes, athletes usually consume enough protein unless they are not eating enough calories.

Protein requirements increase when calorie intake is inadequate because the protein is used for energy rather than for muscle growth and repair.

Current research on protein requirements suggests that athletes need about 1.2 to 1.7 grams of protein per kilogram of body weight daily. For a 154 pound (70 kilogram) athlete, this represents 84 to 119 grams of protein a day. This amount is adequate for athletes who are involved in both endurance and explosive events. Table 3 gives some examples of high protein foods.

The proteins in both animal and plant foods are composed of structural units called amino acids. Of the more than 20 amino acids that have been identified, nine must be provided by our diet and are called essential amino acids. Meat, fish, dairy products, eggs and poultry contain all nine essential amino acids and are called complete proteins. Vegetable proteins, such as beans and grains, are called incomplete proteins because they do not supply all of the essential amino acids.

The body can make complete proteins if a variety of plant foods – beans, grains, vegetables, fruits, nuts and seeds – and sufficient calories are eaten during the day.

Since the body utilizes amino acids from foods eaten at different meals, vegetarians don't need to combine specific foods within a meal to achieve complete proteins.

## **FAT**

Fats, or lipids, are the most concentrated source of food energy. One gram of fat supplies about nine calories, compared to the four calories per gram supplied by carbohydrate and protein. Fats are the body's only source of the essential fatty acids

Linoleum and linolenic acid those are required for growth, healthy skin and healthy hair.

Fat insulates and protects the body's organs against trauma and exposure to cold. Fats are also involved in the absorption and transport of the fat-soluble vitamins.

All athletes need a certain amount of fat in their diets and on their bodies. The challenge is eating a diet that provides the right amount. Most U.S. health agencies recommend consuming no more than 30 percent of calories from fat. Too much fat contributes excess calories in the diet, which can lead to weight gain. High fat diets can also increase the risk of heart disease and certain cancers. Also, athletes who eat too much fat often do not eat enough carbohydrate, which is detrimental to good health and optimum performance.

To lower fat intake, athletes should choose lean meat, fish, poultry and low-fat dairy products. Fats and oils should be used sparingly. Fried foods and high fat snacks should be limited.

## **VITAMINS**

Vitamins are metabolic regulators that help govern the processes of energy production, growth, maintenance and repair. Vitamins do not provide energy, although vitamins are important for the release of energy from carbohydrates, fats and proteins.

Vitamins are divided into two groups: water-soluble and fat-soluble. Fat-soluble vitamins include A, D, E and K. They are stored in body fat, principally in the liver.

Taking a greater amount of vitamins A and D than the body needs over a period of time can produce serious toxic effects. Vitamins C and the B complex are soluble in water and must be replaced on a regular basis. When athletes consume more water soluble vitamins than needed, the excess is eliminated in the urine. Though this increases the vitamin content of the urine, it does not help performance.

Athletes should try to consume the amount of a nutrient recommended by the Recommended Dietary Allowance (RDA) or Adequate Intake (AI). The RDA and AI are the amount of a nutrient that meets the estimated nutrient needs of most people.

To avoid toxicity, athletes should not exceed the Tolerable Upper Intake Level (UL) for a nutrient.

Generally, athletes who consume more than 1,800 calories a day get enough vitamins from their food. However, a vitamin/mineral supplement supplying 100 percent of the RDA or AI may be appropriate for athletes with extremely low calorie intakes or for those who avoid foods groups.

## **MINERALS**

Minerals serve a variety of important functions in the body. Some minerals, such as calcium and phosphorus, are used to build bones and teeth. Others are important components of hormones, such as iodine in thyroxin. Iron is crucial in the formation of hemoglobin, the oxygen carrier within red blood cells.

Minerals also contribute to a number of the body's regulatory functions. These include regulation of muscle contraction, conduction of nerve impulses, clotting of blood, and regulation of normal heart rhythm.

Minerals are classified into two groups based on the body's need. Major minerals, such as calcium, are needed in amounts greater than 100 milligrams per day. Minor minerals or trace elements, such as iron, are required in amounts less than 100 milligrams per day. Calcium and iron deserve special attention because of their importance in an athlete's diet. Iron is crucial for athletes because it assists in oxygen transport in the blood and utilization by the muscles. A lack of iron hurts performance by decreasing the capacity of the muscle to use oxygen. Young female athletes in particular are at risk of iron deficiency due to increased iron losses through menstruation and typically low iron intake. It is recommended that coaches see that their female athletes have hemoglobin levels checked at least once a year.

## **WATER**

Water is the most essential of all nutrients for athletes. At rest, athletes need at least two quarts of fluid daily. An adequate supply of water is necessary for control of body temperature during exercise, for energy production, and for elimination of waste products from metabolism. Dehydration – the loss of body water – impairs exercise performance and increases the risk of heat injury.

Consuming adequate fluid before, during and after exercise is vital for safeguarding health and optimizing athletic performance. Athletes should drink 14 to 22 ounces of fluid two to three hours before exercise. During exercise, athletes should drink 6 to 12 ounces of fluid every 15 to 20 minutes. Fluid intake should closely match the fluid loss from sweating to avoid the detrimental effects of dehydration. After exercise, athletes should drink at least 16 to 24 ounces of fluid to replace every pound of body weight lost during exercise.

Thirst is not an adequate guide to fluid replacement. Most athletes replace only 50 percent of their fluid losses during exercise. Encourage athletes to replace fluids by drinking according to a time schedule rather than in response to thirst.

Sports drinks containing carbohydrate and sodium are recommended during intense exercise lasting longer than an hour. The carbohydrate helps to delay fatigue, improve fluid absorption and replace glycogen following exercise. The sodium helps to stimulate thirst, increase voluntary fluid intake and enhance fluid retention.

### **2.9.2 NUTRITION BEFORE TRAINING**

**Berning JR, Steen SN (1998; 143- 154)**

The primary purpose of the pre-competition meal is to provide energy and fluid for the athlete during the game. Carbohydrate-rich foods provide the quickest and most efficient source of energy, and unlike fatty foods, are rapidly digested. Since many athletes experience abdominal discomfort if they have food in their stomachs during competition, the timing of the meal is important. To avoid potential gut distress, the calorie content of the meal should be reduced the closer to exercise the meal is consumed. A small meal of 300 to 400 calories is appropriate an hour before exercise, whereas a larger meal can be consumed four hours before exercise.

The athlete's foods and fluids should be well tolerated, familiar (tested in training) and palatable. Athletes may have to do some planning to ensure they have access to familiar foods before competition. They may need to bring their lunch/snacks in a small cooler rather than choosing from the school cafeteria's entrees or a restaurant menu. Encourage them to bring any foods that they believe will help them win.

Experimenting with a variety of pre-exercise meals in training helps athletes determine what foods they are most likely to handle before competition. Athletes should never try an untested food or fluid before competition. The result may be severe indigestion and impaired performance.

What an athlete consumes before, during and after exercise is important for comfort and performance during exercise. While eating soon before exercise doesn't provide the bulk of the fuel needed for the activity, it can prevent the distracting symptoms of hunger during exercise.

The major source of fuel for active muscles is carbohydrate which gets stored in the muscles as glycogen in the days before exercise. This is one reason that the post-exercise meal is critical to recovery and being ready for the next exercise session.

### **2.9.3 NUTRITION DURING TRAINING**

During tournaments or meets, athletes require fluids and carbohydrate throughout the day. Some athletes may be reluctant to eat and drink because they have to compete again. However, failing to refuel and replace fluid losses can cause their performance to deteriorate, particularly toward the end of the day. Bringing along a cooler packed with familiar high-carbohydrate, low-fat meals and snacks keeps athletes from then being dependent on the high-fat fare typical of concession stands.

Since everything an athlete eats before a competition may be considered a pre-event meal, it is important to consider the amount of time between competitions. If there is less than an hour between games or events, athletes can consume liquid meals, sports drinks, carbohydrate gels, fruit juices and water. When there is an hour or two between games or events, athletes can consume easily digestible carbohydrate-rich foods such as fruit, grain products (fig bars, bagels, graham crackers), low-fat yogurt and sports bars in addition to drinking fluids. When games or events are separated by three hours or more, the athlete can consume high-carbohydrate meals along with drinking fluids.

#### **2.9.4 NUTRITION AFTER TRAINING**

The timing and composition of the post competition or Post exercise meal or snack depend on the length and intensity of the exercise session (i.e., whether glycogen depletion occurred), and when the next intense workout will occur.

For example, most athletes will finish a marathon with depleted glycogen stores, whereas glycogen depletion would be much less marked following a 90-min training run.

However, most athletes competing in a marathon in the morning will not be doing another race or hard work out in the afternoon. Timing and composition of the post exercise meal are thus less critical for these athletes. Conversely, a tri athlete participating in a 90-min run in the morning and a 3-h cycling workout in the afternoon needs to maximize recovery between training sessions, and the post workout meal assumes considerable importance in meeting this goal.

Timing of post exercise carbohydrate intake affects glycogen synthesis over the short term. Consumption of carbohydrates beginning immediately after exercise (1.5 g carbohydrate/kg at 2-h intervals is often recommended) results in higher glycogen levels at 6 h post exercise than when ingestion is delayed for 2 h (69,70). The highest reported

Rates of post exercise glycogen synthesis occurred in individuals fed 0.4 g carbohydrate/kg every 15 min for 4 h after glycogen-depleting exercise (45). It should be noted that this represents a very high-energy load (almost 2,000 kcal for a 75-kg athlete) that may exceed the energy expended during the exercise session itself.

The above practices regarding timing of ingestion do not need to be adhered to by athletes who take one or more days between intense training sessions, because when sufficient carbohydrate is provided over a 24-h period, the timing of intake does not appear to affect the amount of glycogen stored (23). Nevertheless, consuming a meal or snack in close proximity to the end of exercise may be important for athletes to meet daily carbohydrate and energy goals.

The type of carbohydrate consumed can also affect post exercise glycogen synthesis. When comparing simple sugars, glucose and sucrose appear equally effective when consumed at a rate of 1.5 g/kg body weight for 2 h; fructose alone is less effective (18). With regard to whole foods, consumption of carbohydrates with a high glycerin index results in higher muscle glycogen levels 24 h after exercise as compared with the same amount of

carbohydrates provided as foods with a low glycemic index (25). The usefulness of these findings, however, must be considered in conjunction with the athlete's overall diet, and should likely be reserved for occasions when maximizing post exercise glycogen synthesis is critical.

### **2.9.5 Eating Disorders**

Losing weight to achieve the "ideal" weight, percent body fat, or appearance can become an all-consuming obsession for some athletes. As a result, athletes may develop eating disorders that jeopardize both performance and health. Although recognition of these life-threatening disorders is growing, appropriate intervention and treatment lag far behind the problem.

Eating disorders such as anorexia nervosa (self-imposed starvation) and bulimia nervosa (binge/purge syndrome) are defined as severe disturbances in eating behavior. Female athletes are at greater risk for eating disorders than are female non-athletes or males. Eating disorders are more prevalent in sports where appearance is judged, in weight-classification sports, and in sports that emphasize leanness to enhance performance.

Abnormal eating patterns do not always mean the athlete has an eating disorder.

There is, however, cause for concern if an athlete shows the following signs or behaviors:

- Dramatic weight loss or extreme fluctuations in weight
- Claims to feel fat at normal or below normal weight
- Mood swings
- Excessive exercise that is not part of training regimen.

*From the entire above paragraph indicates good nutrition is a significant for the athlete to maintain their diet before, during and after training or matches. But it's difficult in our current situation because the clubs are not well organized and also majority of the women players live in 3<sup>rd</sup> class it means poor family. So they do not get enough nutrients as much they need.*

## 2.10 Sponsorship

Professional soccer is truly an international sport and it has been growing into a large business, with an estimated market size of €12,6 billion. Over the last decades, worldwide interest in soccer sponsorship has increased dramatically in terms of media coverage, consumer interest, and corporate involvement. Most of the sport properties, mainly the soccer clubs, and their business partners view sport sponsorship as a positive medium for achieving marketing objectives. For sport properties there is increased pressure to seek corporate sponsorship support to ensure ongoing organizational viability and survival. This is certainly true in Hungarian soccer where, since the early 1990s, sponsorships have generated important revenues for clubs at all levels.

Professional soccer clubs generate a high amount of revenue through sport sponsorship. This is certainly true in Hungarian soccer where, since the late 1990s, sponsorships have generated important revenues for clubs at all levels. Since the Football

League in Hungary was professionalized and became business-orientated in 1998, recently in the first league 16 clubs are competing with each other and clubs have increasingly turned to sponsorship as a means of generating revenue. Unfortunately, there are no secure sources regarding the magnitude of the Hungarian Sponsorship market, but the Hungarian spending on sponsorship programs climbed to US\$200 million. All figures for the 2005/06 season have been translated at 30 November 2006 exchange rates (1\$=206 HUN forints and 1€=255 HUN forints). The price tag on a soccer league-title sponsorship has risen to more than US\$ 2 million per year. The sponsorship costs for a Hungarian soccer club runs as high as US\$0.3 million.

The sponsorship industry is continuing to grow at an extraordinary rate. Global sponsorship spending is forecast to hit an all time high US\$33.8 billion in 2006, a 10.8% increase on the \$30.5 billion of 2005.

Soccer sponsorship has become one of the most dynamic forms of marketing, with dual benefits for both the corporations and the sport property, because soccer clearly possesses attributes, which are attractive to corporate sponsors. In addition, the image of products, services, brands can be enhanced when a company aligns itself with the positive characteristics of a soccer event or a successful soccer club. Professional soccer is truly an

international sport and it has been growing into a large business, with an estimated market size of €11,6 billion. The 'big five' European Leagues – the top-tier leagues in England, France, Germany, Italy and Spain - generated revenues of €6.7 billion in 2005/06, an impressive 8% growth on the previous year, with these five leagues accounting for 53% of the € 12,6 billion European soccer market.

There are large differences between the East-European sport system (observing the principles of socialism) and Western-style businesses practice (focusing on profitability).

When Western-style corporations become involved in sponsoring Hungarian sport properties, mainly soccer clubs, their capitalistic (i.e., economic profit motives) attitude conflict with Hungarian's distinct socialism (i.e., social profit motives), because Western corporations traditionally have seen sponsorship as a marketing vehicle to differentiate brands or organizations. Hungarian sport and mainly soccer previously featured a government-budget orientation (i.e. all elite sport was government funded) and it will take time to transform the driving force into a more cooperative model integrating marketing into sport. For a long time, the industry-controlled environment, with a politically influenced climate, placed Hungarian soccer clubs in non-profit positions requiring no marketing skills. While western capitalism in

Hungary might seek to focus on profits; the sponsorship in Hungary must generate social gain. In fact, Hungarian soccer clubs currently are having difficulty finding new sponsors.

During Hungary's economic reform, however, sport organizations were redesigned to penetrate sport marketing and to play the roles of both non-profit organizations and business entities.

When Hungary began a nationwide economic reform after the early 1990's, sport sponsorship created an appropriate way for the business community to explore new areas of marketing and for sport properties to explore new sources of revenue. Thanks to these Reasons, some sport sponsorship arrangements probably are not compatible at the present time. The relatively negative attitude of corporations (based on philanthropy expectations and cost-ineffective experiences) offers two messages to soccer clubs. First, based on the ongoing changes in the marketing environment, clubs should focus more on cooperative strategy.

Second, cost-effectiveness is a critical factor in influencing the sponsors' decision-making process. In addition, cost-ineffective implementation can ruin the cooperation between sport organizations and commercial entities.

*As can be understood from the above statement to generate money through sponsorships is important for the development of football but when we see our country the clubs are supported by governmental and some volunteers. Companies and organizations are not interested to support and give money because most of the clubs does not have clubs structure. In these case they cannot get benefits from the clubs.*

# **CHAPTER THREE/3/**

## **3. RESEARCH DESIGN AND METHODOLOGY**

### **3.1. Research methodology**

The research methods selected and employed for this study were descriptive statistical analysis method. This helped the players and clubs researcher treated the current status of the problem.

### **3.2. Source of the data**

The data were collected from primary and secondary sources. To maximize the acceptance of the research out put it took primary data in every endeavor thus the primary data's was clubs found in Addis Ababa , athletes, coaches, regional football federation and clubs managers. In the process of obtaining pertinent data from secondary sources, the researcher assessed internets sources, relevant books, FIFA coaching manuals and unpublished materials that were relevant to the topic under study.

### **3.3. Sampling and sampling techniques**

By using probability sampling and non probability sampling the samples were obtain. Accordingly the first stage information was obtained from Ethiopian football federation and Addis Ababa football federation Technical stuff female athletes and coaches of Addis Ababa women higher division clubs. In the second stage important information were also attained from clubs managers. Finally, information was obtained from four Addis Ababa women league clubs. The four Addis Ababa women league clubs namely dedabit women football club, Ethiopia commercial bank women football club, defense women football club and central university college women football club taken as a sample were selected from 13 clubs using the methods of simple random sampling. The total population of the study was being 28 athletes and officials. First athlete /player/ was selected from the sampled football club. Accordingly, athletes /players/ selected from each club 5 players with total of 20 so, the total player taken a sample from four clubs were 20 players. The coaches selected as a sample were working in the selected clubs. The number of coaches

selected would be one/1/ from each club with a total of 4 based on purposive sampling. And 4 Manager were also taken from those selected clubs based on ten clubs purposive sampling.

### **3.4. Data Gathering Instruments**

As it had been stated earlier, the principal objective of this research undertaken was to assess and show women football participation of those selected clubs and identifying the major influencing factors for the development of women football participation. Hence the researcher used questionnaire and interview to collect the appropriate information for the study. All information obtained through different instruments were organized and framed to suit analysis, finding and conclusion

### **3.5. Procedure of data collection**

While conducting the study the following relevant procedures in collecting data were in use. First relevant data were assessing to get information from what have been done in relation to the problem. Secondly, before distributing the prepared questionnaire to respondents it would present to advisor, professional and expertise to validate the questionnaire through comments, it were be translated to Amharic to make respondents understand the issue and responded it correctly then questionnaire was distribute to respondents of the football clubs This helped again the player researcher to see the validity of each question item in terms of appropriateness an language clarity then the questionnaire were revised and administered depending up on suggestion collected during the try out from the concerned respondents.

In administering the questionnaire research assistant had the necessary orientation on how to distribute and collect questionnaire to be use prior contacts were made with respondents to ensure willingness to participate in the study and to maximize the return rate of questionnaire. Interview were held at the respondent's work place or venue by researcher himself

### **3.6. Method of data Analysis**

The data collected using the aforementioned instruments were tabulated, analyzed and interpreted using descriptive statistical analysis. Especially frequency table with percentage, and cross tabulation were dominantly used. Accordingly data were interpreted to write up to findings and conclusions.

## CHAPTER FOUR/4/

### 4. ANALYSIS AND INTERPRETATION OF DATA

The purpose of this study is to investigate factors that affect the women football participation in the case of some clubs in Addis Ababa city administration. So in this chapter, after the information has been gathered, general characteristics of the respondents analysis and interpretation of the research data are treated. The analysis is based on the data gathered from questionnaire and interview filled by athletes, coaches and managers.

#### 4.1. Background of the respondents (players and coaches)

No	ITEMS	NUMBER OF PLAYER		NUMBER OF COACHES	
		Number	percentage	Number	percentage
1	<b>SEX</b> A. male	-	-	3	75%
	B. female	20	100%	1	25%
2	<b>EDUCATIONAL LEVEL</b>				
	❖ 10 <sup>th</sup> completed	8	40%	-	-
	❖ 10 <sup>th</sup> +2	6	30%	3	75%
	❖ Diploma	5	25%	1	25%
	❖ 1 <sup>st</sup> degree	1	5%	-	-
3	<b>COACHING LEVEL</b>				
	❖ C license	-	-	2	50%
	❖ C equivalence	-	-	1	25%
	❖ Junior instructor	-	-	1	25%
	❖ Higher coach	-	-	-	-
4	<b>EXPERIENCE IN COACHING</b>				
	❖ 1-5 Years	-	-	1	25%
	❖ 6-10 years	-	-	3	75%
	❖ 11-15 years	-	-	-	-
5	<b>EXPERIENCE IN PLAYING</b>				
	❖ 1-3 Years	8	40%	-	-
	❖ 4-6 years	6	30%	-	-
	❖ 7-10 years	6	30%	-	-

## 4.2. The respond of women players

**Table I**

No	Question	Item	Respondents	
			number	Percent (%)
1	How much do you know about the two training methods (practical and theoretical)?			
		high	7	35%
		moderate	8	40%
		low	4	20%
		I have no idea	1	5%
2	From day to day experiences for what do women football coaches give more emphasis on?	To develop players ability	6	30%
		To win the game	14	70%
3	How much credit do women football coaches give for basic training process?	high	4	20%
		moderate	9	45%
		low	5	25%
		never	2	10%
4	Do you believe your feminine have a negative impact when you playing football?	high	3	15%
		moderate	3	15%
		low	6	30%
		never	8	40%

As question 1 of table I, shows 7(35%) of the players replied that “high” whereas 8(40%) of the respondents said that “moderate”, 4(20%) of the athlete’s reported that “low” and the rest 1(5%) of the players response that “I have no idea”

When I see some players they don’t have understand the two words (theoretical and practical) and they say the coaches most of the time focused on the practical session. To these reason most of the players does not understand to implement the give drills. Some coaches have not sufficient knowledge to teach the theoretical pars, it affects the progress of the team because the coaches and players not understand the objectives and benefits of the training.

As question 2 of table I, indicates 6(30%) of the players replied that “to develop players ability” the rest 14 (70%) of the respondents said that “to win the game”

According of the above results shows the majority of the coaches more emphasis on to win the game. It has a problem to the women’s players to develop their skill and performance and also there problems affect the game because the players does not master the skill and have not self confidence to implement a given task from the coaches.

As question 3 of table I, shows 4(20%) of the players replied that “high” whereas 9(45%) of the respondents said that “moderate”, 5(25%) of the athlete’s reported that “low” and the rest 2(10%) of the players response that “I do not think so”.

The above result indicates that coaches do give focus for basic training is well. But when we see the women’s football players they don’t start as a grass root, at this level it is difficult for the coach to develop their skill but he gives what he know.

As question 4 of table I, indicates 3(15%) of the players replied that “high” whereas 3(15%) of the respondents said that “moderate”, 6(30%) of the athlete’s reported that “low” and the rest 8(40%) of the players response that “does not affect”.

The above result shows most of the players their feminine does not have a negative impact to playing football it shows their confidence and its good but when we see the fact it have a negative impact on women participation on football.

The reason is the society does not believe on football has a women game and have not benefits in terms of money. I agree in this sentence because in our country the women football has not given emphasize to develop. But the current situation shows that the women national team result and progress are well than men national team. The other problems are the concerned bodies do not give media coverage, promotes and announce the benefits to the society.

**Table II**

No	Question	Item	Respondents	
			number	Percent (%)
1	Do you believe all coaches are work with you friendly and respectively?			
		A lot of time	10	50%
		Most of the time	7	35%
		A few time	3	15%
		never	-	-
2	How much your knowledge about the components of football?	high	4	20%
		moderate	6	30%
		low	8	40%
		I have no idea	2	10%
3	Do you believe female have get a chances to play football, to coach and as a manger?	high	1	5%
		moderate	3	15%
		low	6	30%
		Does not give a chance	10	50%
4	Do you think the people who are responsible to search and identify talented female football players in the country?	high	-	-
		moderate	2	10%
		low	5	25%
		Does not give emphasize	13	65%

As question 1 of table II, shows 10(50%) of the players replied that “high” whereas 7(35%) of the respondents said that “moderate”, 3(15%) of the athlete’s reported that “low”.

The result shows that the coaches and players have good relationship. It is good to create team spirit. **According to ass.prof Wondimu Taddesse (unpublished materials 2003)** the role of the coach is a teacher, a trainer, a role model, a facilitator etc. the most important role of the coach is that of teacher. A teacher prepared students for a certain tasks or tests. In this case, the subject matter is the fundamental of football and the test is the game.

So the coaches and players work respectively and friendly to get the results.

As question 2 of table II, indicates 4(20%) of the players replied that “high” whereas 6(30%) of the respondents said that “moderate”, 8(40%) of the athlete’s reported that “low” and the rest 2(10%) of the players response that “I have no idea”.

The above result indicates that the majority of women football players have some idea on the components of football. It shows the women football players are interested to know these pillars by means of reading, and sharing their knowledge one to others. And also half of the respondents do not have awareness on the components of football. Knowledge is a basic tool to do something. Football is a science and an art so the player should be know the components and their benefits of on football.

As question 3 of table II, shows 1(5%) of the players replied that “high” whereas 3(15%) of the respondents said that “moderate”, 6(30%) of the athlete’s reported that “low” and the rest 10(50%) of the players response that “women does not get a chance”.

The above result shows that half of the respondents said women have not get a chance to play, to coach and to manage a club. The respondents are right women have not getting opportunity and access. Because of two reason the first one is they are not believe on themselves have not the capacity to struggle with men and does not have a role model. The second reason is the concerned bodies are not give more emphasize to develop women participation, less of media coverage to promote and announce their progress and the attitude of the society.

As question 4 of table II, shows 2(10%) of the respondents said that “moderate”, 5(25%) of the athlete’s reported that “low” and the rest 13(65%) of the players response that “does not give emphasize”.

The above result shows most of the respondents said that the responsible people does not work on talent identification and scouting of women youngster football players in the country. But there is an academy found in Ambo established by FIFA but the academy does not work functionally because the federation and clubs do not work cooperatively to develop youth women. The reason is the family does not give permission for their daughter to play football and women football players have not vision to play football. Some are play for fun, other play because of their friends, so the attitude should be change to develop women participation on football.

**Table III**

No	Question	Item	Respondents	
			number	Percent (%)
1	How much your team has gotten the chance to play a friendly match with domestic and foreign team?			
		A lot of time	2	10%
		Most of the time	5	25%
		A few time	5	25%
		never	8	40%
2	Does your team have supply and used enough equipment when you have training and match?	high	6	30%
		Some times	7	35%
		A few time	2	10%
		Does not used	5	25%
3	When playing football that are more face to injury compare women than men?	high	10	50%
		moderate	3	15%
		low	4	20%
		never	3	15%
4	How to affect less number of clubs establishments on women football participation?	high	18	90%
		moderate	2	10%
		low	-	-
		never	-	-

As question 1 of table III, shows 2(10%) of the players replied that “a lot of time” whereas 5(25%) of the respondents said that “most of the time”, 5(25%) of the athlete’s reported that “a few time” and the rest 8(40%) of the players response that “never”.

The above result indicates that most of the clubs have not planned to play a friendly match with domestic and foreign team. It is very hard for the players to develop their game experience and self confidence. And the coaches also do not know the players or team strong part and weak part.

So all clubs or coaches should be focus on a friendly match to know what to be prepared and to develop players game experience.

As question 2 of table III, indicate 6(30%) of the players replied that “high” whereas 7(35%) of the respondents said that “sometime”, 2(10%) of the athlete’s reported that “a few time” and the rest 5(25%) of the players response that “does not use”.

The above result shows that half of the respondents replied that the clubs supply and uses enough materials when it have training and matches.

In football it is true that the effective use of coaching facilities and materials quite very important for achieving the goals. It is hardly necessary to can attention to the fact that planning must be done in terms an available facility it not possible to play football when there is no place to do it effectiveness to large extent up on ability of planners to facilities **(Clyde knapp and E. Partical Hngman 1963:92)**

So the clubs and coaches give more emphasis equipments and materials to be done their task.

As question 3 of table III, shows 10(50%) of the players replied that “high” whereas 3(15%) of the respondents said that “moderate”, 4(20%) of the athlete’s reported that “low” and the rest 3(15%) of the players response that “I have no idea”.

The above result indicates most of women football players are more faced to injury relation to men football players.

In a German study of 165 female players in the national league, 84% of all injuries were traumatic and 16% were owing to overuse<sup>51</sup>. A prospective study by Söderman et al. showed that 79% of the traumatic injuries occurred during games and 21% during practice. The overall injury incidence of traumatic injuries they reported was 4.4/1000 hours of football and for overuse injuries 6.8/1000 hours of football. Out of 11 major injuries, 9 were traumatic knee ligament injuries<sup>131</sup>. Overuse injuries constituted 24-34% of all injuries and the traumatic injuries (66-76%) occurred mainly during games.

Hyperextension of the knee joint, lower concentric hamstrings/quadriceps ratio, low postural sway of the lower extremities and higher exposure to football was found to significantly increase the risk for traumatic injuries of the lower extremities in female football players.

Poor flexibility, high training load and muscle tightness was identified as risk factors in female Football.

As question 4 of table III, shows 18(90%) of the players replied that “high” and the rest 2(10%) of the players response that “moderate”.

The above result shows that most of the respondents replied that the less number of clubs found is affected women football participation. It limit the opportunity numbers of youngster women players and affect the development of women football.

A successful club program depends on five primary objectives. The first is to grow the game. The United States still lags behind much of the world in attracting and retaining the best soccer players. Although soccer has made great strides in becoming the starter sport for a certain segment of the population, another huge segment is still missing out. Clubs must reach out to the underserved soccer communities and take the game to them. Once clubs have attracted the children of these communities, they must retain them as they get older.

The second objective is to set standards of behavior that contribute to a child’s personal development. Sport is a great way to instill values in our youth, and clubs must hold themselves to a high standard toward meeting this challenge. Positive values develop over time as children learn from their coaches and parents, referees, and other players. If clubs tolerate poor behavior, children learn that such behavior is acceptable. Third, clubs should

develop the latent soccer abilities of all players. Soccer is a lifetime sport; many players continue to play the game into adulthood. It's the club's responsibility to work to develop all players to their potential, regardless of their abilities. Eventually, these young players become the parents, coaches, and referees of the next soccer generation. These future leaders need a background that promotes the continued growth of the game.

Fourth, clubs must take the responsibility to foster a love for the game. This entails providing opportunities for children and parents to enjoy the excitement of soccer. Such opportunities might include traveling to regional tournaments and attending high-level soccer matches as spectators.

Fifth, and most important, clubs must always remember the importance of allowing players to have fun. Soccer is a game, not a chore. If children are having fun, many of your other objectives are easier to achieve. Children want to have fun, and adults want them to have fun. But too often adults unwittingly emphasize success or another objective over enjoyment. It's the club's responsibility to create a fun, healthy environment for playing this great game.**(Charlie Slagle:41-42)**

**Table IV**

No	Question	Item	Respondents	
			number	Percent (%)
1	Do you have enough awareness about benefits of psychological preparation in football?			
		high	3	15%
		moderate	7	35%
		low	5	25%
		I have no idea	5	25%
2	Do you believe religion, culture and other social factors have a negative impact on your football participation?	high	6	30%
		moderate	8	40%
		Low	3	15%
		Does not have a negative impact	3	15%
3	Do you believe all necessary things like nutritious food are being fulfilled and economically progress like men?	high	-	-
		moderate	2	10%
		low	3	15%
		never	15	75%
4	As a country do you believe the government and other concerned bodies are doing everything they can for the development of women football as they should?	yes	2	10%
		I do not think so	18	90%
5	Do you have a chance to get counseling and guidance from your club?	High	3	15%
		Moderate	1	5%
		Low	10	50%
		Never	6	30%

As question 1 of table IV, shows 3(15%) of the players replied that “high” whereas 7(35%) of the respondents said that “moderate”, 5(25%) of the athlete’s reported that “low” and the rest 5(25%) of the players response that “I have no idea”.

The above result shows the majority of the respondents have awareness on psychological preparation but they do not have enough knowledge.

**According to Dr. Tessfaye Asgedom(unpublished material 2004),** psychology is a science which study about man behavior and objectives are to understand the effect of psychological factor(stress, anxiety) on the motor and physical performance of elite athlete, and also to understand the effect of participating in physical activity on psychological development, health and well being.

So the coaches are given more emphasize to psychological preparation.

As question 2 of table IV, shows 6(30%) of the players replied that “high” whereas 8(40%) of the respondents said that “moderate”, 3(15%) of the athlete’s reported that “low” and the rest 3(15%) of the players response that “does not have a negative impact”.

The majority of above result shows religion, culture and other social factors have a negative impact on women participation. In my opinion, in our country there are different culture and social background for this reason women participation is affected. The reason is in some culture women’s are dependent on men. So they believe women are house holder. And the other reason is economical background. Most of the player found in lower class of the society. In these case football does not generate own incomes and not changes our life. So it affected their participation.

As question 3 of table IV, indicate 2(10%) of the respondents said that “moderate”, 3(15%) of the athlete’s reported that “low” and the rest 15(75%) of the players response that “never”.

The above result indicates most of the players have not enough money to lead their own life because the clubs does not pay attractive salary, and the women players does not get a transfer money like men’s. Some clubs are not providing a food after the training or match.

In this case women have stopped playing football. Economical factor is not only affecting women player, it has a problem of women football coaches.

As question 4 of table IV, shows 2(10%) of the players replied that “yes” and the rest 18(90%) of the players response that “I do not think so”.

The above result shows the government and concerned bodies does not work the development of women football participation. It is a serious issue to answer the stakeholders because to develop women participation the concerned bodies have to work co operatively. When we see the progress women football is good relation to men football. Especially in Addis Ababa there are women football clubs. It creates an opportunity for women’s to achieve their dreams. So the stake holders have to give attention to develop women participation.

As question 5 of table IV, shows 3(15%) of the players replied that “high” whereas 1(5%) of the respondents said that “moderate”, 10(50%) of the athlete’s reported that “low” and the rest 6(30%) of the players response that “never”.

The above result shows that the players have not get a chance to counseling and guidance from the clubs. To assisting athletes and coaches in coping with various emotional concerns which may inhabit their opportunity to perform athletic functions including symptoms of depression, anxiety management and substance abuse of particular interest to many are the various techniques optimum performance of those in the athletic area. Major area of interest **(Silva and Welnberg, 1984)** which help in the accomplishment of these athletic goals including issues related to anxiety, arousal and performance.

So the clubs does prepared counseling and guidance to solve player’s problems.

### 4.3. The respond of the coaches

**Table V**

No	Question	Item	Respondents	
			Number	Percent (%)
1	Do you prepare annual, monthly, weekly and daily plan?			
		yes	2	50%
		no	2	50%
2	Within the training process on which one is you more emphasize?	To develop player ability	2	50%
		To win a game	2	50%
3	On your basic training process for much longer result of ethical values how much is it being emphasized?	high	3	75%
		moderate	1	25%
		low	-	-
		I don't think so	-	-
4	Do you believe their feminine have a negative impact when they play football?	high	3	75%
		moderate	-	-
		low	-	-
		Does not have a negative impact	1	25%

As question 1 of table V, indicates 2(50%) of the respondent said that “yes” and the rest 2(50%) of the coaches replied that “no”.

Planning is a process of thinking in advance what is to be done and how. It is anticipatory decision making, it involves selecting objectives and developing action programs for achieving them. Success becomes a matter of planning rather than physical and psychological challenges, this is because plans are predetermined actions. **(FIFA coaching manual 2001-2002)**

So the coaches must prepared daily, weekly, monthly and yearly plan to achieve their goals. Without plan there is no progress and results.

As question 2 of table V, indicates 2(50%) of the coaches replied that the coaches are more focus” on the development of players ability” the rest 2(50%) of the respondents response the coaches are more emphasized” to win the game”.

In my opinion the coaches should be emphasize on the development of the players ability because it’s a basic mechanism to get achievement/result/. But in our country it’s difficult to emphasize on the player ability because of the coaches does not have secured for their job. So the coaches more focus the results.

As question 3 of table V, shows 3(75%) of the respondent said that “high” and the rest 1(25%) of the coaches replied that “moderate”.

It’s not true in my opinion the coaches does not emphasize on basic training process and ethical value. The reasons are the clubs does not have sufficient material to apply the process and the coaches do not have enough awareness, knowledge and access to apply modern way of coaching.

As question 4 of table V, indicates 3(75%) of the coaches said that “high” and the rest 1(25%) of the respondents replied that “does not have a negative impact”.

I agree the most of the coach’s response because in our country there is a bad attitude reflects on the women. They believe women are not equal with the men to done something because they are weak. So it’s difficult to women to participate in any type of sport activity

especially in football. Now a day there is some changes but not enough to develop the participation of women on football.

**Table VI**

No	Question	Item	Respondents	
			number	Percent (%)
1	When you are on coaching football how much of the professional coach of ethics do you implement?			
		high	-	-
		moderate	2	50%
		low	1	25%
		I don't think so	1	25%
2	For the development of women football, how is your knowledge about the physical fitness?	high	-	-
		moderate	1	25%
		low	2	50%
		never	1	25%
3	Do you believe female have get a chances to play football, to coach and as a manger?	high	-	-
		moderate	-	-
		low	1	25%
		Does not get a chance	3	75%
4	Do you think the people who are responsible to search and identify talented female football players in the country?	high	-	-
		moderate	-	-
		low	1	25%
		Does not give emphasize	3	75%

As question 1 of table VI, indicates 2(50%) of the respondent said that “moderate” as whereas 1(25%) of the coaches response that “no” and the rest 1(25%) of the coaches replied that “I don’t think so”.

In my opinion most of a women football coach’s not implement the professional coach of ethics in this situation because the league is amateur and women football are not popular and does not give focus like men football. Also in Addis Ababa city the numbers of clubs established are not enough and the coach’s are not professional, in this case they do not implement.

As question 2 of table VI, indicates 1(25%) of the respondent said that “moderate” whereas 2(50%) of the coaches response that “low” and the rest 1(25%) of the coaches replied that “never”.

The above result shows the coach’s have not sufficient knowledge regarding to physical fitness. It is the core of football to be done technical and tactical aspects. The players does not fit they do not implement the given task from the coach’s. so the coach’s must know and be focus on physical fitness components and the benefits.

As question 3 of table VI, shows 1(25%) of the respondent said that “low” and the rest 3(75%) of the coaches replied that “does not get a chance”.

In my opinion that is right the women does not get a chance to play football, to coach and administrating. The reason is the women believe football is the men game and it’s difficult and more dangerous than other sport activity. On the other hand the concerned bodies and the government does not give emphasize like athletics and men football.

As question 4 of table VI, shows 1(25%) of the coach’s said that “low” and the rest 3(75%) of the coaches replied that “does not give emphasize to search and identify talented youngster female football players”.

The above result indicates that the federation and clubs do not work co-operatively on these areas. Talent identification is a process that involves making a judgment about a performer’s qualities and offering that individual an opportunity to do something for which

he or she is suited; talented youngsters must be identified on their ability to be the best players in the future, not their current abilities (*Davids, Lees & Burtwitz, 2000*).

In developed countries have give more emphasize for talent scouting and have youth academy. It helps for the national team and clubs. Because the youngster female football players develop their ability and self-confidence in the academy. When we see the clubs no one have second or third team it affects the national team.

**Table VII**

No	Question	Item	Respondents	
			number	Percent (%)
1	Does the women football club under your coaching have gotten the chance to play a friendly match with local and foreign team to develop their experience?	A lot of time	-	-
		Most of the time	1	25%
		A few time	1	25%
		never	2	50%
2	Does your team have enough equipment that is team requires?	high	-	-
		moderate	2	50%
		Its limited	2	50%
		Not enough	-	-
3	When playing football that are more face to injury compare women than men?	high	2	50%
		moderate	-	-
		low	1	25%
		never	1	25%
4	How do religion, culture and other social factors have a negative impact on women participating in football?	high	2	50%
		moderate	1	25%
		low	1	25%
		never	-	-

As question 1 of table VII, indicates 1(25%) of the respondent said that “most of the time they play friendly match” as whereas 1(25%) of the coaches response that “a few time” and the rest 2(50%) of the coaches replied that “never”.

The result shows most of the women football clubs does not play a friendly match with domestic and foreign team. It affects the women players to develop their game experience and self confidence. Also the coach’s does not know the strongest and weakness part of the team.

As question 2 of table VII, shows 2(50%) of the respondent said that “moderate” and the rest 2(50%) of the coaches replied that “it’s limited”.

In my opinion its reverse of the above results because most of the clubs does not prepared enough material and equipments for training and match. These problems also happen on the men premier league clubs. The reason is the clubs have not own income to generate, they supported by governmental organization and some volunteers.

As question 3 of table VII, indicates 2(50%) of the respondent said that “highly” as whereas 1(25%) of the coaches response that “low” and the rest 1(25%) of the coaches replied that “never”.

Football is considered a contact sport, and it puts many demands on the technical and tactical skills of the individual player. Because of the characteristics of football, injuries must be expected.

*Football injuries*, in general, are all types of physical damage to the body occurring in relation to football. *Football injury incidence* is mostly expressed as the number of new football injuries per 1000 hours of exposure in football. Risks may vary with position played or intensity and nature of activity during practice or games.

Various studies of the incidence of football injuries present different classifications of football injuries. Differences in classification could at least partly explain the differences in incidences found.

So that women football players highly injured compared with men.

As question 4 of table VII, indicates 2(50%) of the respondent said that “high” as whereas 1(25%) of the coaches response that “moderate” and the rest 1(25%) of the coaches replied that “low”.

The above result shows religion, culture and other social factors have a negative impact on women participation in football not only our country its affects over the entire world. When we see the Muslim religion have to limit their wearing style, the girl does not show her hair. And also they believe football is a game of men, so women do not participate in this activity. Economical factor is one of the big problem on women to participate because of the salary is not attractive and have a responsibility on their family to manage. In this case they don't believe to get money by participating on football.

**Table VIII**

No	Question	Item	Respondents	
			Number	Percent (%)
1	Are men and women having the same psychologically strong compared to each other?			
		yes	1	25%
		no	2	50%
		There is no difference	1	25%
2	How much nearness of your team to get guidance and counseling for your players?	high	-	-
		moderate	1	25%
		low	1	25%
		Does not get	2	50%
3	Do you give scientifically supported training and how often do you implement it?	always	1	25%
		Once a week	1	25%
		Once a month	2	50%
		Never use it	-	-

As question 1 of table VIII, indicates 1(25%) of the respondent said that “yes” as whereas 2(50%) of the coaches response that “no” and the rest 1(25%) of the coaches replied that “there is no difference”

Psychology is one of the pillar (components) of football. So it is important for the players and coaches. In my opinion in our country the women does not believe by itself. Motivation is also a key factor in successful athletic competition both external and internal motivation are important consideration in achieving athletic goals. So there is a difference between men and women psychological preparation give for training and games.

As question 2 of table VIII, shows 1(25%) of the respondent said that “moderate” as whereas 1(25%) of the coaches response that “low” and the rest 2(50%) of the coaches replied that “does not get counseling and guidance”.

Counseling and guidance is also one parts of psychology. Both are important to solve and share player’s problem and to give a solution by professional person. It helps the players to show and apply their performance on the pitch with confidence. In our country some clubs have their counselor and guidance, in the other way most of the clubs does not include this stuff in the structure of clubs.

As question 3 of table VIII, indicates 1(25%) of the respondent said that “always” as whereas 1(25%) of the coaches response that “once a week” and the rest 2(50%) of the coaches replied that “once a month”.

The above result indicates all coaches have awareness on scientifically supported training session but they don’t apply in daily training session because of shortage of materials and equipments, most of are not prepared a daily, weekly, monthly and yearly plan it affects their progress and last achievement.

#### **4.4. The respondents of the manager (interview part).**

As question 1 of the interviews indicates all the managers replied similar response. They do not believe the coach does not implement professional coach of ethics and conducts. Knowledge is a basic, in our current situation the coaches are not well fitted intellectually, they are amateur that mean they are doing their job as a part time work. Also the structure and organizational arrangement of the clubs is not well organized. Lack of supply of materials and equipment is another problem. The coaches are not equipped by a modern scientific training by this case just as any other professional football coaches in the world; they are not implementing the ethics conducts and training method.

As question 2 of the interview the respondents replied that it's hard to say women have got the opportunity in to play football, coaching and administration staff in relation with men. They are undermining with the women influence of the culture. Also women are abandoned from this field because of their inferiority ideology. So that men are superior and are controlling the coaching and managing stuff. It is serious issue to give attention to women participation by all society especially stake holders.

As question 3 of the interview half of the respondents said that I our club after we finished the preparation period we would play a friendly match with domestic clubs. At this time we are not having match with foreign clubs there are case for this problems financial problem is a basic one because most of the clubs does not generate their incomes they supported by governmental and some club managed by privacy organization.

Half of the respondent said that we do not have an opportunity to play a friendly match because we do not have a playing field and budget.

As question 4 of the interview half of the respondents replied that the clubs supply and uses enough materials when it has training and matches. The rest of the respondent said that it is difficult to supply enough materials because the clubs supported by one person and now a day the materials are very coasty so we prepare some materials for training and games.

As question 5 of the interview the respondents said the government and concerned bodies does not work the development of women football participation. It is a serious issue to

answer the stakeholders because to develop women participation the concerned bodies have to work co operatively. When we see the progress women football is good relation to men football. Especially in Addis Ababa there are women football clubs. It creates an opportunity for women's to achieve their dreams. So the stake holders have to give attention to develop women participation.

As question 6 of the interview the respondents response that religion, culture and other social factors have a negative impact on women participation in football not only our country its affects over the entire world. When we see the Muslim religion have to limit their wearing style, the girl does not show her hair. And also they believe football is a game of men, so women do not participate in this activity. Economical factor is one of the big problem on women to participate because of the salary is not attractive and have a responsibility on their family to manage. In this case they don't believe to get money by participating on football.

As question 7 of the interview the respondents response that in current situation its difficult for women to live a comfortable life relation to men because the women football does not get media coverage and the structure is not apply on all the country but the activity is good in Addis Ababa relation to other country. The clubs does not pay an attractive salary.

As question 8 of the interview one of the respondent's response that we prepare counseling and guidance and educational support for the player because the organization is educational center in this case we give a time for these purpose. Other respondents said it is not actively but we give the counseling and guidance program by coaches.

As question 9 of the interview most of the respondents response that the clubs are established in this year because of these we do not fulfilled all players need but by gradually the need of each players to become satisfy. The rest one club manager said that we give a scholar ship for all players to study by their interest and give incentive for home rent.

## **CHAPTER FIVE/5/**

### **SUMMERY, CONCLUSION AND RECOMMENDATION**

This chapter deals with summarizing the overall activities of the study and concluding the result obtained from the analysis and interpretation part. Finally, based on the finding of the study recommendation was forwarded to alleviate the problems.

#### **5.1. Summary**

As it was explained under chapter I the purpose of this study is to investigate the major factors affecting women's football participation: the case of some clubs in Addis Ababa city administration.

In order to examine of the factors of women participation in football, the researcher of this study tried to use the ideas of different intellectual as a theoretical base under review of literature of chapter II. At the end, the study tries to answer the following basic research question.

The study employed a descriptive survey method and it was conducted in four/4/ women's football clubs found in Addis Ababa city administration. These samples were selected by simple random and purpose selected technique. The subject of the study was 20 female football players, 4 coaches, and 4 club managers. The information was obtained from sample respondents through questionnaires and interviews .the data were analyzed using percentage. In addition, information complementing the data obtained by means of questionnaires.

**Based on the data analyzing the following major finding were obtained.**

- Most of the respondents witness that women's get less opportunity to participate in playing football, to coach and in the position of administration.
- Almost all the respondents witness that the chance of getting experience sharing and degree of preparedness is less and insufficient.

- The stake holder do not required intensive theoretical base to give attention to recruited women talented youngster players.
- Women's football players and their coaches believes high emphasize is given to training principles but the concerned and responsible bodies believe as less emphasis given this area.
- None of either the women's players or their coaches is qualified in sport affairs; however most of them consider themselves as the one who possessed higher conceptual knowledge.
- The coaches give first priority to win the game not to players ability and skill, but the women players and their coaches view as first priority is being given to both the players skill and to win the game equally.
- The emphasis given to women football players improvement is less
- The chance of women getting injury is known that women's are susceptible to injuries in relation men.
- The psychological aspects such as self confidence and self-esteem that women have less in relation to men.

## **5.2. Conclusion**

Based on the previously mentioned finding the following conclusion points are reached at

- ❖ One of the research results shows that the coaches don't have distinctively prepared long and short term plan.
- ❖ The chance of getting females that mark training goals in accordance with their time spans getting experience sharing and degree of preparedness given to female football players is almost weak and insufficient.
- ❖ It is proved that all the concerned bodies don't work collaborative with one another solving problems and developing female player's skill.
- ❖ It is understood that the dominance of male coach has its own negative impact to the promotion of both the participation and performance of female football players.
- ❖ The female football players as well as their coaches don't have sufficient knowledge in relation to training and coaching
- ❖ It is proved that concerning the philosophy and principle of training and coaching the first priority is given to win the game not to players ability and skill but they should be focus on the development of players ability and skill.
- ❖ The research result shows that some of the concerned bodies don't know as females are susceptible to injuries in relation with male.
- ❖ It is found out that female football players and their coaches don't have sufficient awareness of periodization in training it is also understood that there is some sort of education gap between the sport experts and female football players as well as their coaches, besides they don't have enough knowledge regarding the roles and code of ethics expected from a professional coach.
- ❖ Females get less opportunity to participate in playing football, to coach and administrating.
- ❖ It is possible to perceives that no attention given to recruit talented female youngsters football players.
- ❖ Most of the sponsors give more attention to male when it is compared with females in organizing different female football clubs.
- ❖ It is found out that there is less emphasize given to female football players empowerment.

### **5.3. Recommendation**

Based on the finding of this research paper of the following solution ideas are forwarded as a recommendation

- ❖ Further training should be given to the coaches in order to promote their academic understanding of training and coaching
- ❖ If concerned bodies give first priority to players ability and the second attention should be given to win the game.
- ❖ If training is given periodical in process following the necessary procedures in training principles
- ❖ If the concerned bodies give more attention to talent identification and recruits the naturally gifted female youngsters in football
- ❖ If the female football club arrange different competition programs against both domestic and foreign in order to share experience from others well experienced clubs
- ❖ If the delegated bodies give the necessary emphasis for the empowerment of female football players and coaches
- ❖ The necessary cares should be given to female football players in order to reduce the injuries that may face.
- ❖ If the necessary guidance and counseling is given in order to develop female players self-confidence, self-esteem and motivation
- ❖ The concerned bodies should be find different possible mechanisms such as the way to enhance finical capacities and how to get proper nutrition
- ❖ As a general, if the above mentioned points are taken in to practices the researcher believes that the participation of female football players.

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**THE MAJOR FACTORS AFFECTING WOMEN FOOTBALL  
PARTICIPATION; THE CASE OF SOME CLUBS IN  
ADDIS ABABA**

**BY: - BINIYAM ADDISU**

**A THESIS PRESENTED TO THE SCHOOL OF GRADUATE STUDIES  
OF ADDIS ABABA UNIVERSITY IN PARTIAL FULFILLMENT OF THE  
REQUIREMENT FOR THE DEGREE OF MASTERS OF SCIENCE IN  
SPORT SCIENCE IN FOOTBALL**

**APRIL 2012**

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## Thesis Declaration

This thesis my original work, has not been presented for a degree in only other university and that all sources of material used for the thesis have been duly acknowledged.

_____	_____	_____
Student	signature	date

Approved by:-

_____	_____	_____
Advisor	signature	date