

**FACTORS AFFECTING WOMEN FOOTBALL PERFORMANCE  
IN ADDIS ABABA CLUBS**

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Science

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Signed by Examining Committee

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## **ACKNOWLEDGEMENT**

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## ABSTRACT

*The reason why the researcher of the study chose this title is that she realized that the number of women football clubs in Addis Ababa city administration is less than that of men. In both delicate and clear ways, women face many barriers to participating in football, which prevent women and girls from blocking 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 six/6/ women's football clubs found in Addis Ababa city. These samples were selected by simple random technique. The subject of the study was 157 female football players, 6 coaches, and 1 football federation women development desk expert. . The information was obtained from sample respondents through questionnaires and interviews .the data were analyzed. 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.*

## **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

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of the Study

Football is one of team sport or ball game that is played by two (2) teams of eleven (11) players each. The aim of each team is to score in the opponents' goal and to prevent the other team from scoring. It is the most popular form of sport on the world, which is being played in every nation without exception of gender, race and age. In terms of participation and equality, women have made tremendous strides in the past few decades. Today it is common place to see females participating in all levels of the workforce, the political arena, and athletics. However, while it is generally accepted in many cultures that women can contribute in facets of life that were once considered male oriented, there are still many stigmas that surround females that chose to do so. This is especially obvious in the area of sports (Ozkan & Lajunen, 2005; Williams & Best, 1990). However, the game is playing without rule variation between both sexes, the acceptance of popularity for both sexes is different. Reports of women playing soccer during the Middle Ages are not as common as those referring to men.

Although, women football gets its popularity within a short period of time, according to the situation, one can safely say that women football lacks its popularity through time. May be it is dishonor to say women football is at the infancy level in relation to the time it started in our country but it is true that its development is too slow. The causes for these are organizational and that of the outlook of the people. As the leadership in sports lacked a popular base in this country, it has been undergoing a series of continuous reorganization. Women's in Ethiopia play football according to their environmental, social and economical status without the help of governmentally organized body.

The limited role of the community in women football, the decline of women football in schools, the shortage of facilities ,sport wear and equipment as well as the lack of trained personnel in the sphere have also made the problem more complex.

Based on the above complexity the researcher has observed the following factors as the main hindrances for the performance development of women football in Ethiopia. First, women football clubs have no public interest, second less media coverage, third poor practice of talent identification, fourth less coaching competence, fifth shortage of football equipments and facilities, sixth lack of family and stockholder support. These days the public expectation is very high in visualizing the future success. So, we cannot stay exclusively upon the past which has disappeared, however, we can only depend on what is being done nowadays for the future by working together in harmony with all stake holders. As it is reviled on the above, many clubs still have inadequate sports and changing indoor facilities. Modern, high-quality, well appointed changing rooms, including clean private shower areas and toilet facilities, and bright, attractive, safe areas for activities are essential for full and successful participation by girls. These requirements are relevant for males as well as females, but evidence suggests that they have a stronger impact on the take-up by females. In Ethiopia for long time men and women of all ages have been playing football. The game has become a favorite of fans who enthusiastically follow their favorite college, schools, clubs and national teams. The women football game grew in popularity among most of the schools. The task of identifying the prospects of women football, skills physical qualities, physiological capabilities, assimilation and perfection of the knowledge and habits of play form the basis for top-level performance. It is possible to find in literature considerations, theoretical models, and practical training observation that led to complex conception of the analysis of the Performance of a women football premier league. This study would therefore, attempt to describe the challenges and prospects of women football premier league of Ethiopia. The study aims to pursue information from the coaching community, players, society and expertise to appreciate their new role in

modifying the existing traditional approach, and the system of training in the country. It is expected that, this study would provide valuable support in improving the prospect of Ethiopian women football premier league and solving the current challenges.

## **2. Statement of the problem**

In this interesting and most popular factors affect women football performance Addis Ababa clubs. There is an increase public expectation from the sector forces to create changes in the sport to see women football performance games as men also to get popularity. By avoiding the old fashioned Philosophy and accommodating the new scientific method of working system to answer the need of the citizens and to be the part of this fast changing world. However, the increasing demands of achieving success by the entire stakeholder is larger as compared to successes resulted from other discipline. The researcher has had experience that is why; the researcher gets the chance to observe closely the factors which affects women football performance in Ethiopian in case of some selected women football club's in Addis Ababa. Through the idea mentioned above the researcher intended to the factors which affect the women football performance in Ethiopian in case of some selected women football club's in Addis Ababa; women football clubs have no public interest (role of clubs managers, supporters, trainees parent involvement), less media coverage, poor practice of talent identification, less coaching competence, shortage of football equipments and facilities.

Hence, women football performance in Addis Ababa club's is declining and there should be a mechanism to restore the performance of the women football clubs. This research is attempted to investigate the factors affect women football performance in Addis Ababa club's in order to suggest possible solutions to fill the changes and gaps which will be identified in this paper.

Moreover, the purpose of this study is to deal with those problems that have will affect the prospects of women football and to indicate possible solutions.

This is historical background of football and methods of survey. The following basic research questions relevant for this study and listed dawn as follow;-

### **1.3. Research Questions of the Study**

The following research questions were developed for the investigation:

1. What are the major factors that hinder the prospects of Ethiopia women football premier league?
2. What factors affect the current development of women football premier league?
3. To what extent media affect the development of women football premier league?
4. Does facilities, coaches and essential equipments full filled during training?
5. What possible solution should be implemented to solve the problems?

### **1.4 Objective of the Study**

#### **General Objective**

The main objective of the study is, to assess the factors affecting women football performance in Addis Ababa clubs, and comes with possible recommendations for further development.

### **The specific objectives of the study are:**

- To find out why women performance in football of those selected Clubs is less.
- To identify major factors existing during training and competition on women football clubs.
- To improve the practice of women training to enhance the level of competence and performance.
- To suggest appropriate involvement and actions for joint effort, so as to bring solutions for those identified problems.

### **1.5 Significant of the study**

The findings of the study have the following significances:

- To gives insight for Ethiopian football federation, media, clubs', community and administrators to identify women football hindrance;
- To give suggests for officials, coaches and other stakeholders to have better knowledge of the core problems;
- It is believed that the outcome of this study could play a vital role on providing by helping the concerned bodies to minimize the factors affecting on women performance in football clubs as indicators of the problems and the importance of solving the actual problems for the developments of women football performance.
- On the other hand, it may serve also as a source of document for further in depth investigation on related topics.

### **1.6 Delimitation of the study**

The researcher strongly believed that it would be better to conduct the study in large scale. However due to constraints of time and finance the women football clubs in this study was limited to six premier league. Namely Dedbit women football club, S.t Goerge women football club, Ethiopian commercial bank women football club and, Ethiopia coffee football club, Addis Ababa city football club, Ethiopian youth academy football club.

## 1.7 Limitation of the Study

In conducting the study the researcher has faced the following limiting factors:

- Shortage of time
- Financial problem
- Shortage of specific literature documents and references

## 1.8 Definitions of Basic 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. **Motivation:-** is direction and intensity of one's effort
5. **Personality:-**Is a dynamic organization within the individual of these psychological systems that determine his/her unique adjustment to the environment.
6. **Higher division** – it is a competition level below to the Ethiopian national league
7. **Tactic** - the art by which the players own technical and conditional skills are used as successfully as possible.
8. **Technique-** is a skill of being able to move with and without the ball economically and with purpose.

## **1.9 Organization of the Study**

This study organized on five chapters those chapters and their contents' are: chapter one includes all the introduction parts(Background of the study, Statement of the problems, Research question of the study, Objective of the study, Significance of the study, Delimitation of the study, Limitation of the study, Definition of basic terms and Organization of the study). Chapter two includes the relative literature part). Chapter three takes the research design and methodology (Research design, Population of the study, Sample and sampling techniques, Instruments/tools for data collection, Procedures of data collection and Data organization and analysis). Chapter four includes the data presentation and interpretation part (data presentation, data interpretation and discussion). And chapter five includes summary, conclusion and recommendation parts.

## **CHAPTER TWO**

### **REVIEW OF RELATED LITERATURE**

This chapter discusses about factor influencing football performance, component of football training, football performance, talent identification in soccer, concept of training, elements of training and fitness and so on.

#### **2.1 Factors influencing Football Performance**

At the most general level, football performance is a function of physical and mental characteristics of the individual. In addition, peak performance is the product of a careful preparation where the competitive peak is the result of a well-planned training program. At a less general level, it is possible to demonstrate that, football performance is influenced by specific physical characteristics, which can be measured and described. These include variables such as strength, mobility, speed, and endurance, which are frequently classified as components of physical fitness. This, as well, is useful way of analyzing football performance, because it highlights variables, which can generally be improved through training.

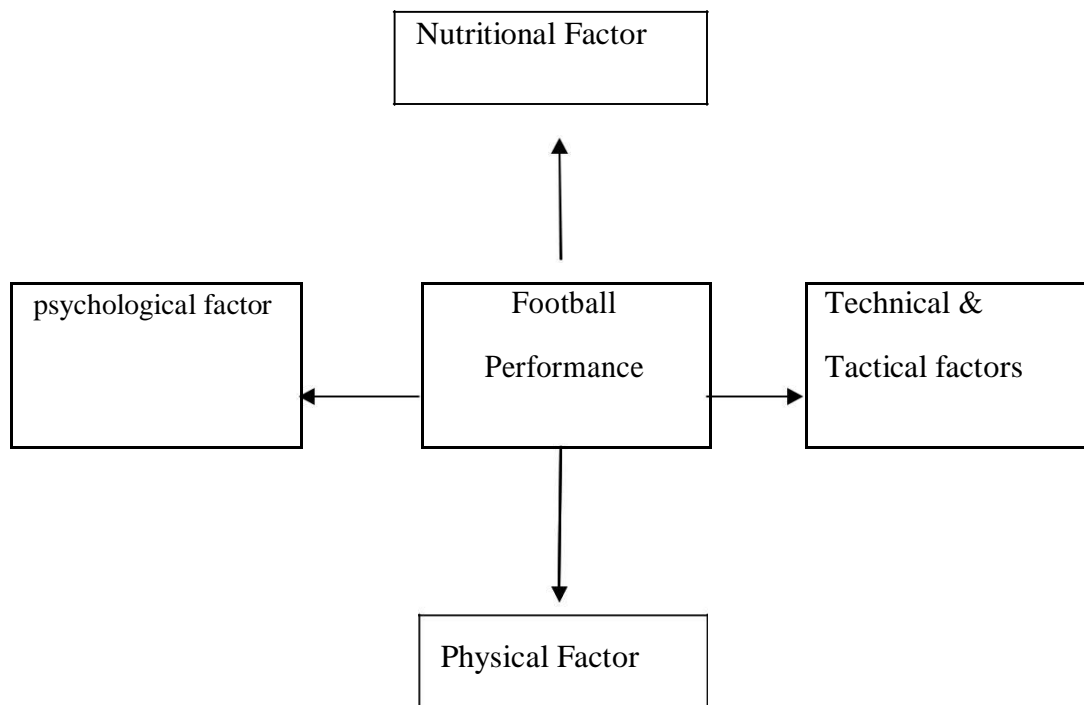
According to Kachany 1986 football performance is regarded as an actual manifestation of the efficiency of the player, it is a purposeful activity directed to the solution of a task determined by the principle of training and estimable achievement is a complex mixture of environmental influences and training. Attempting to reach any meaningful conclusions it is therefore useful to separate these two factors. Improvements in muscular and energy fitness take time. Setting training goals can be an effective way of sustaining players' interest toward fitness training.

In an ideal world, coaches and players should set these goals together agreeing on a reasonable rate of expected improvement. In addition, the key to

goal setting should always remain realistic. If players constantly face goals that are unobtainable, instead of stimulating greater effort, they become discouraged and quickly lose interest. Such lose of interest negatively contribute towards the development of performance. Helping players set weekly, monthly, seasonal, and even long-term training goals; the coach can keep a written records of player's progress and see if the goals may still be attainable. If they are attainable, they definitely contribute positively towards performance development. In this sense, football performance constitutes an integral system with a structure of its own.

A player's performance within the constraints of his ability is significantly related to his physiological functioning. It is true that players react to competitive situation differently, depending upon their own character, early life experiences, and level of training, competitive experiences. Table 2.1 shows the relationship among the factors.

**Table 2.1. Structure of Football performance (Adopted from coaching manual C license)**



Psychological: this is a lengthy, complex process and must be realized in conjunction with good physical education, and emphasizes the view varied and philosophical basis of the training process. The basis for influence on the player is philosophical, moral and willpower training. As regards to player's personality Kacany (1987:25) note the following:

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

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

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

As Kacany, in coaching manual indicated, we understand that in the course of one game defensive player cover 4000-5000 meters, midfielders 6500-7000 meters, and attackers 5000 – 5500 meters. In the course a game players pass a ball 29-46 times, the exact number depending on the function of the individual player. Another numerical in play with the ball: backs 43-47 times, midfielders 42-56 times, and wing forwards 34-40 times.

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

The present researchers hold the position that, information obtained by analysis of the workload of the player during the game forms an objective basis for the training process. Not only enabling the coach to determine the orientation of the training and its components, the correct balance and optimum composition, however in addition the correct apportioning of work –load today, we can definitely that the transfer of knowledge of this kind to football players in the course of training and their confrontation with this reality is necessary.

Technical and Tactical Factors: the two essentials to succeed in football are a mastery of the basic skills and having the strength to perform these skills constantly and effectively. Thus,

Players should therefore, become proficient in the technique (passing, dribbling and trapping). Other skills to be mastered include heading and tackling. When these fundamentals are learned, attention can be focused on field position, team play, and strategy.

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

Nutritional Factor: As food is a fuel for the biological machinery of the body a well-balanced diet in adequate amounts is necessary for the body to function optimally, and for providing a biological basis for top performance. Taylor (1992:85) notes that, the body needs energy to function at any level and the more stress it is put under, in the form of exercise, then the more energy it requires. Taylor father discusses that, the body needs fuel to provide energy for all of its activities as well as to assist in the building and replacing of body tissues and a nutrient is a substance essential for the well being of human body. It is practical that the requirements for protein and certain mineral possibly somewhat increased in footballers during the training of muscular strength.

Thus, the total food intake in footballer's undergoing such training is also increased. When discussing the dietary requirements of footballers, Yeagly Jarry 1997 so notes:

“it is necessary to distinguish between training of very short duration, which involve technique and muscular strength and which last only

seconds or a minute or two at the most, on the one hand and a training program that lasts for a long period stay up to several hours, and which therefore, requires endurance in the case of the endurance straining also it is necessary to distinguish between training programs lasting less than an hour and training programs of significantly longer duration”.

Nancy Clark 1990 recommends that training glycogen depletion can be prevented by a carbohydrate – rich diet and periodic rest days to give the muscles time to rebuild their stores. Carbohydrate is essential for glycogen synthesis and should provide at least 60% of total calories. A diet containing 70% carbohydrate is recommended when the individual is exercising hard for several hours daily. If the individual is exercising for 1 hour or less a diet of 60% carbohydrate is sufficient to replenish muscle glycogen stores, In addition to providing adequate carbohydrates for muscle glycogen stores. The player’s diet may help prevent chronic diseases such as cardiovascular disease and cancer. Both these objectives can be met by following the use dietary goals established by the senate select committee on nutrition and Human needs in 1990. In this diet, complex carbohydrates (starch) not more than 8% to 12% of calories, protein 12% of calories, and fat not more than 30% of calories.

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

Food requirements: the amount of food necessary each day depends upon a player’s energy needs. According to komadel 1989as wondimu and Damene the energy needs are directly related to: (1) periods of rapid growth (2) age and (3) physical activity. During the rapid growing years(12-22 years for boys and 12-18 years for girls). There is a gradual

increase in the minimal daily food requirements for example, sportspersons requiring 5000 calorie per day could have their menu divided as follows

- The six nutrients: - Food is more than just a bulk that stops hunger : it is a fuel composed of important nutrients essential for maintaining optimal performance there are six types of nutrients ; discussed as follow :
- Carbohydrates: are the primary energy sources when footballers are exercising hard. One should get 60% of his calories form the starches and sugars found in carbohydrate- rich food such as fruits, vegetables, breads , and grains .Calories should come from protein – rich foods such as fish , chicken , and dried beans .

## **2.2 Football performance**

As Wondimu and Damene (2004) state that, football performance is a function of physical and mental characteristic of the individual. In addition, peak performance is the product of a careful preparation where the competitive peak is the result or a well planned training program. Kachany (cited in Wondimu and Damene, 2004) football performance is regardless as an actual manifestation of the efficiency of the player, it is a purposeful activity directed to the solution of a task determined by the principle of training and estimable achievement is a complex mixture of environmental influences and training.

At a general level, Wondimu and Damene (2004) say it is possible to demonstrate that, football performance is influenced by specific physical characteristic, which can be measured and described. These include variable such as strength, mobility and endurance, which

are classified as component of physical fitness. This as well, is a useful way of analyzing football performance.

For expected improvement, coach and players should set a goals together agreeing on rate. The key to goal setting should always remain realistic. If players constantly face goals that are unattainable, instead of stimulating greater effort, they become discouraged and quickly lose interest. Such lose of interest negatively contributed toward the development of performance. Helping players set short and long term goal, the coach can keep a written records of player's progress and see if the goals may still be attainable. If they are attainable, they definitely contribute positively toward performance development. In this sense, football performance constitutes an integral system with a structure of its own (Wondinu and Damene, 2004). This structural form of football Performance contains physical, psychological, technical, tactical and nutritional factors.

**Physical factors;** Rees (cited in Wondimu and Damene, 2004) state that, if a football player is not physically fit, his technique will suffer, especially late in the match. Physical fitness has many other advantages. If fit, the player's vision, awareness, instinctive reaction, adaptability, inventiveness, composure, skill, confidence, decision making, and hardiness all benefit. In addition, a fit player is much less likely to be injured. All athletes, particularly football players, must develop physical fitness before anything factor. On the work of Kacany (cited in Wondimu and Damene, 2004) put, in the course of one game defensive player covers 4000-5000 meters, midfielders 6500-7000 meters, and attackers 5000-5500 meters. In the course of a game player pass a ball 29-46 times, the exact number depending on the function of the individual player. Another numerical

indication of the level of exertion is the number of times the player is involved in play with the ball: backs 43-47times, midfielders 42-56 times, and wing forward 34-40 times.

Another basis for the qualitative characteristics of exertion is the intensity, expressed in the irregular switch from components with, high, average and low intensity. In planning strenuous training, it is important to know what distance will be covered with high intensity. For a back is 1020 meters, centre back 710 meters, midfielders 1450 meters, wing forward 1100 meters and centers forward 980. All these numerical information point the fact that how much footballers need high physical preparation (Kacany, cited in Wondimu and Damene,2004).

**Technical and tactical factors;** Technique is evidently of fundamental importance. It forms the basis for possession of the ball, for keeping it under control in difficult match situations and for using it to good advantage. Good technical skill adapted to any particular situation, which enable a player to avoid losing the ball too frequently and then having to expended more energy in trying to recapture it. Unless a player has perfect ball control, he/she will never to be able to control a game.

Tactics teach players how to be organized, how they should be positioned, how the skill can best be implemented in competition and how all players have different roles to play on the play ground. The aim of good tactic is to put emphasis on the position. Moreover, a good choice of tactics helps to build up confidence within the team itself.

As Wondimu and Damene (2004 )state that, it is impossible to treat tactical aspect separate from technique. Players learn to make a reaped and creative choice from the technique they have been taught, selecting those that are most effective in the given situation. Practice and preparation of play combination, cooperation of individual in play activities. The climax of tactical preparation is the practice and perfection

of play system. The play system represents action at high level by the player as adapted to the needs and abilities of the entire team.

**Psychological factor;** this is a length, complex process and must be realized in the conjunction with good physical education, and emphasize the view varied and philosophical basis of the training process. The basis for influence on the player is philosophical, moral and willpower training (Wondimu and Damene, 2004) As regarding to player's personality Kacany (cited in Wondimu and Damene,2004) note the following, ideological preparation must mould the player so that they achieve a broad overview, thereby enabling them to arrive at the right assessment of the aim of football activities. Ideological preparation forms the basis of judgment of intellect together with other aspect of his personality. At the same time it forms an important component in the regulation of the player's motivation, which in continuously moral preparation is direct to the development of characteristic such as the relationship to collective value, to work with fellow players, the coach and football activities in general. The level of moral characteristic is expressed in honest behavior, responsibility with respect to training and match, maintenance of a disciplined life style and consciousness performance of daily duties.

**Nutritional factor;** Good nutrition is the function for physical performance and one of the most important variables in attaining a high level of fitness. Food fuels our systems and forms new tissue. Mc Eachen (2004) said that, muscle building was ten percent hard working ninety percent nutrition. Continuing state professional male soccer players must consume 3000-3600 calories to meet the energy demand of the sport. Upper level female players might need up to 2500 calories. The recommended ration is 60-70 percent carbohydrate, 15-20 Percent fat source. In addition, sufficient source of water, vitamin, and minerals must be part of the everyday diet.

Mc Eachen (2004) carbohydrate is an important source of energy for aerobic exercise. They also provide the fuel used during intense anaerobic exercise. Athletes with diets high in carbohydrates perform significantly better than those with low-carbohydrate during the late stage of competition. Players who consume lower level of carbohydrate have lower glycogen levels and become stale and unable to perform. Increasing carbohydrate intake to 75 to 85 percent a few days before competition has been shown to improve performance. In soccer journal (2002) write that, the importance of taking a six to eight percent carbohydrate drink Just before competition and at half time to enhance performance. The carbohydrate-protein drink replenished energy electrolytes (Potassium, sodium and fluids; reduce muscle damage after competition and increased endurance at the next work out. As Mc Eachen (2004) state carbohydrate loading, which increases glycogen reserves, is a method intended to improve performance on game day. One method is a six day program in which players consume 50 percent of calories as carbohydrate for the first three days and 70 percent that last three days. turn forms the basis for growth in football performance. Kacany state a 90 minute workout decreases in intensity each day leading up to competition. Pre competition meals should be eaten three to four before the game and should contain protein to prevent large swings in insulin or glucose.

Protein has been considered a key nutrient for sporting success by athletes of all eras in all sports. Whereas ancient Olympians were reported to eat unusually large amount of meat, today's players are provided with a vast collection of protein and amino acid supplements to increase their protein intakes. Protein plays an important role in the response to exercise. Amino acids from proteins form building blocks for the manufacture of new tissue and including muscle, and the repair of old tissue. They are also the building blocks of hormones and enzymes that regulate metabolism and

other body function protein provides a small source of fuel for the exercising muscle (Soccer journal, 2004).

Strenuous or prolonged exercise and heavy training, particularly aerobic exercise, stress the body. Adequate intake of iron, copper, manganese, magnesium, selenium, sodium, zinc and vitamins A, C, E, B6 and B12 are particularly important to health and performance. These, as well as others, are best when obtained from varied diet based largely (Soccer journal, 2004).

Water is the most important fluid the human being puts into his system. It accounts for 40 to 60 percent of human body mass. Hydration is an everyday function that is critical for optimal performance. Most people should drink six glasses of water to maintain fluid balance, and athletes who lose fluids through sweat should consume more water (Mc Eachen, 2004).

### **2.3 Components of football training**

McArdle William (cited in Wondimu and Damene, 2004) defines training as a systematic process of repetitive, progressive exercise or working involving learning and acclimatization. Training is an act taken to improve and stabilize the quality of performance. A physical education process develops a complex football performance by means of contents, methods and organizational measures corresponding with objectives. The systematic aspect of training procedure is evident in training plans, training content, methods and objectives. Kacany (cited in Wondimu and Damene, 2004) states that, general social tasks of training are by means of systematic and highly demanding training activities directed by the coach to perform a player's collective. While the specific tasks of training sports consist of the development of physical and psychic qualities and capabilities plus the assimilation and perfection of the special knowledge and habits of plays, which form the basis for high-level performance in sport.

As Gareth (2004) state that football coaches should be aware of the gradual process performance development. They do not just start training and expect instant result but it takes several years, until footballers achieve a high standard of performance in order to make a farther increase in performance level. In order to achieve permanent improvement and to make training as effective as possible, certain stages and fundamental as technical, tactical, physical and psychological components must be distinguished. Each of these components includes tasks of great significance for the perfection on play. The relationship between the components of the sport training varies in proportion to the level of performance of the players, the length of the training period and the shortcoming established. The preparation of football training has to contain the following:

**Technical Preparation;** Technical preparation is obviously known as fundamentally important. It forms the basis for possession of the ball, for keeping it under control in different play situation and for using it to good advantage. Moreover, good technical skill adapted to any situation which enable a player to avoid losing the ball too frequently and then having to expend more energy in trying to regain it unless a player has perfect ball control, he will never really be able to control a game and also preparation is a natural starting point; good technique is essentially if a payers are their potential, and especially so if they want to play a pass and move game. He continuing a coach, to nurture player's technical ability as well as improving general play such as passing and moving. Technical work is something no player and preset challenges that will stretch him but not push him beyond his capabilities; in general, the more gifted the player, the more he should be challenged. If is up to the coach to assess individual pushing the players who have the capability to understand the work and performance the particular skill (Tony, 1997).

As Michaela (1996) shown that he coach is responsible for building a solid technical foundation for each player in these basic skills. Without the proper knowledge and capabilities to perform these skills, consistency and achievement during game situation will be limited. The technical preparation of an athlete is a process of control in acquiring knowledge and skills (in this case of knowledge related to the technique of motor action). The specific of the sports and technical training are determined by the fact that they are based on the requirements of attaining mastery in the selected sport.

**Tactical Preparation:-** As Yeagley (cited in Wondimu and Damene, 2004) describes that, the tactical aspect of play activities comprises the choice and adaptation of technique in the given play situation. For this reason, it is impossible to treat tactical aspect separate from technique. Players learn to make a rapid and creative choice from the techniques they have been taught, selecting those that are most effective in the given situation. Practice and perfection of play combinations, cooperation between players is in effect the same as practice and perfection of individual play activities. The climax of tactical preparation is the practice and perfection of the play system. The play system represents action at high level by the player, adapted to the needs and abilities of the entire team.

Kacani (cited in Wondimu and Damene, 2004) describes that, the number of choices and possibilities faced by a player when simply receiving the ball are enormous, he should dribble then pass, simply dribble and try to beat the player, or pass directly. If he passes directly, is the receiver moving and at what speed, should he hit the pass along the ground etc, ... do players, which can help us understand how the learning process acquired by a player has been put to use often, face a tactical match situation. Initially, the player's actions are always based up on the position of the ball on the field and the specific match situation. The detailed phases involved in this

tactical situation are described as situation analysis, comparison, anticipation, planning, decision, implementation and memorization.

In addition to matching situation Michaela (1996) elaborates, as different factors influencing the choice of tactics include the long-term strategy of the team and its current form/position, match type/objective (cup, force replay...), where the game is played, weather conditions, match type/objective (cup, force replay...), where the game is played, weather conditions, players available and the quality of the opponents. Factors that affect performance includes match type, pitch size, motivation and climate have an effect on performance. Tactical actions are based on tactical knowledge, tactical skills and tactical abilities. Mental skills such as motivation, attitude, anticipation, composure, intellectual ability and courage play a part as well as physical factors such as speed, agility and co-ordination. Skills and techniques allow a player to perform a certain play, but tactics define the action and its effect on all players. The tactical learning processes involved in game situations are perception, anticipation, choice of action and feedback. Varied, realistic systematic practice along with the player's own ability to learn must be combined with good instructional methods to enhance the learning process. The tactics practiced and learned in training should be applied in competitive games.

**Physical Preparation:-** physical fitness for the football player helps to play better football. Too many times fitness takes the form of running that has nothing to do with the modern demands of the game. Fitness must be designed to help a player's self-assertion when controlling the ball against tacking opposing players throughout the duration of the game. All physical elements must be balances in order to become a complete player. Physical fitness preparation has to include:

**Endurance:-** As Wondimu and Damen (2004)define, endurance as the ability to carry out mobile activity for long period at relatively high

intensity at a given optimal level. The ability of players commits themselves diligently throughout the game in attack and defense with no sign of fatigue or impaired ball control. That player must constantly be running into open spaces demanding the ball or pulling and committing opposing players to create openings. Even though this is also a tactical commitment, it will only be successful if you have the endurance capabilities to run for the duration of the game. The coach will be examining your physical exertion as you are being exposed to tactical problems you are trying to solve in the game.

**Speed:-** As German football manual (2008) state that, speed is the ability to overcome distance in the shortest possible time. The deciding factor in speed is the use of a high, up to the maximum movement of velocity. Speed as the ability to accelerate quickly and maintain that acceleration of the various lengths that player's position demands. As an example, the forward need acceleration with changes of speed over three to twenty yards. The increase of speed training is considerably limited and its limitation depends on the genetic structure of muscles. Speed training in football is different from the speed of the track and field events. The speed in track and field is a cyclic movement while that of the game of football is a-cycle movement.

**Agility:-** Mc Eachen (2004) says that agility is the ability to change directions quickly. Twisting, turning while dribbling, readjusting your body to control an awkwardly bouncing ball, and getting up quickly after a tackle are a few examples. In addition he states that, agility is the body's ability to move and react quickly in difficult situations. Efficiency and coordination make these tasks look effortless. Agile athletes have a definite edge in decreasing the risk of injury because agility allows athletes to instantly adjust their bodies to changes that arise in a game. This area is enhanced by flexibility exercises such as stretching, ball gymnastics, and skill training with the ball.

Conditioning training must be combined with skill and tactical training.

**Strength and Power:-** Mc Eachen (2004) muscle strength and power are important determinants of performance in short maximal exercise requiring high muscle force production, such as weight lifting, Throwing and jumping, or sprinting. Muscle strength can be defined as ‘the maximal amount of torque or force that a muscle or muscle group can voluntarily exert in one short maximal effort, when type of muscle contraction, movement velocity and joint angle are specified’. By analogy, muscle power can be defined as ‘the maximal amount of work per unit of time that can be performed in one short dynamic effort’s. Muscle force production is the endpoint of a series of intermediary physiological processes. However, independent of the mode of contraction (isometric, concentric, eccentric), muscle strength is very closely correlated with physiological cross-sectional area, which can be defined as the area perpendicular to the muscle fiber direction. The ability to effectively use your body to win physical confrontations. Strength is exhibited during tackling, winning the aerial duel (heading), and changing directions effectively (explosion). It is also important to learn how to effectively use that strength to your advantage as is demonstrated in using your arms to hold a player off while running at top speed with the ball or in shooting for power (Mc Eachen 2004). Mc Eachen (2004) state that, power is the combination of strength and speed. It’s essential for acceleration, explosion, quickness, and reaction. Power is essential for modern football players. One must be ready to lift weights, run circuits, perform ply metrics, and do the interval training necessary to enhance this fitness component. Much of your strength and power training can be combined with technique training.

**Flexibility:-** As Mc Eachen (2004) put that flexibility is the ability to move the joints freely and easily through different ranges of motion as demand by the game. Good flexibility aids in the efficiency of all movement. It helps increase speed, enhances coordination, develops power, decrease soreness, eliminates lactic acid, and enhances performance in all endurance and power sport. It's important to warm up the muscles and joints before embarking on an intense stretching program. Before stretching, do some light jogging. Low intense stretching program. Before stretching, do some light jogging. Low intensity stretching aid in the recovery of damaged muscle tissue, aids in breaking down scar tissue, and quickens recovery from injury.

German football manual (2008) state that the player's flexibility is above all limited by the anatomical and biomechanical connection; degree of freedom in the joints, lever, and friction and by muscular and neuron-physiological condition: shape, structure and elasticity of muscles and tendons. Flexibility gradually decreases with advancement in age. To maintain or improve the level of flexibility, special flexibility exercises should be practice regularly.

**Psychological Preparation:-** Gucciardi, et al (2009) state that the psychological preparation involved in athletic performance has long been of interest to athletes, coaches, sport psychologists and sports scientists. Empirical studies have largely focused on individual psychological factors and their influence on performance which includes confidence, motivation, attention, visualization, and psychosomatic skills and also the use of mental skills such as goal setting, imagery, relaxation, and self-talk are important on performance. They also asserted that, goal setting as attaining a specific standard of proficiency on a task, usually within a specified time limit can increase performance during competition. Moreover,

imagery as using all the senses to recreate or create an experience in the mind helps athletes to perform better and increase self-confidence.

Furthermore, as Vealey (2007) state that relaxation acts as a technique to rid the muscles of disorder tension interfering with performance and help the rest of the body and mind. It also promotes confidence in the athletes' ability to lessen or decrease the effect of undesirable thoughts and feelings. In addition, self-talk has been defined as occurring verbalizations or statements about something as well as increase performance and skills in sport. In consequence, mental training can improve performance of athletes in order to achieve championship in competition.

There are evidences that an athlete needs to work a mental training. For example, athletes who find it hard to maintain motivation during off-season training can use goal setting training to provide a sense of direction and purpose in their workouts. It is especially when he is unable to perform up to a desirable ability level in competition, using imagery effectively to focus on desired image and thus can develop attention skill. More successful athletes show a greater positive mental health profile by larger scores of energy and lower scores in such negative moods as tension, depression, anger, fatigue, and confusion, for example, using positive self-talk to raise self- confidence. Williams (2001) shown that, elite and successful athletes are more committed, motivated, self-confident, focused, and able to cope with adversity, and peak under pressure. As with other performance-related factors (technical, tactical and athletic skills), the psychological aspect can be developed and consolidated both on the pitch and with specific mental preparation. Mental training is aimed at improving mental attitudes, but also at aiding the improvement of performance-related elements through techniques that utilize the qualities and resources of our brain.

## 2.4. Natural versus Scientific Selection

Talent identification (TI) is big business. From sports, through art, to education, researchers in all domains are attempting to find a way to identify the best in their field. However, finding the most effective and most efficient TI method is a complex task, which despite its apparently recent 'rise' to prominence, has been a concern for quite a while. In the late 1960s and early 1970s many East European countries realized the weakness of the traditional TI programmes, and attempted to develop methods of identification which could be underpinned with scientific theory and evidence. The results were (apparently) astounding; for example, eighty percent of Bulgarian medalists in the 1976 Olympic Games were the result of a thorough TI process. Similar results were demonstrated by Romanian and East German athletes in the 1972, 1976 and 1980 Olympics; successes again believed to be due to their scientific selection processes adopted in the late 1960s. In other domains, such as dance, art and education it also has become apparent that potential talent often is overlooked due to poor methods of identification. Traditional TI procedures have been categorized by many authors as 'natural selection', and in this setting, identification usually was aimed at individuals already in a sport. Of course, this sport involvement may have resulted purely from peer or parental pressure, proximity of facilities, or of the sport's popularity in that geographical area, and it would be coincidental for an individual who chooses a sport in this way to excel. For the majority therefore, who had not happened upon their perfect match, performance evolution in the activity would be slow, as training would have to enable them to overcome innate deficiencies.

- Unfortunately, whilst East Europe has been moving away from this traditional approach such methods have persisted in the West until this day. Current initiatives, however, are aiming to adopt a more

scientific selection process. By using scientific research to identify the criteria that elite athletes, musicians and artists possess, and the optimum environment for nurturing these criteria, we are likely to produce a larger number of outstanding performers. Individuals who fulfill the correct psychobiological criteria can be introduced to sports they might otherwise never have tried, and chances of success consequently are raised. Such procedures, which aim to identify potential elite performers who are not currently involved in the sport in question, are normally referred to as talent detection programmers. Procedures that only consider the potential of current participants to become elite at a sport are normally referred to as TI programmers. This distinction between talent detection and TI will be employed throughout this review.

- **Vitamins** Metabolic catalysts that regulate the chemical reaction within the body include vitamins A, B complex C,D,E and K. most vitamins are chemical substances that the body does not manufacture , so one should obtain them through his diet. They are not sources of energy (calorie).
- **Minerals: Elements** obtained from foods hast combine in many ways to form structures of the body (for example; Calcium for bones) and regulate body process ( for example , iron in red blood cells transports oxygen) . Other impotent minerals are magnesium, phosphorus. Sodium, Potassium, and Zinc, Minerals do not provide energy.
- **Water:** - An essential substance that makes up about 50 to 55 percent of our weight and it stabilizes body temperature. It carries nutrients to and waste a way form cells, and is needed for cells to function .Water does not provide energy.

## 2.5. Concept of training

Leacamu( 1987 : 33 ) defines training as a complex , long and conscious educational process , with the aim of , making use of specific means , to contribute to the achievement of maximum sports performance by a player on the basis's of balanced development of this personality and further explains training as a systematic process of repetitive , progressive exercise and acclimatization .

It is the position of the present researchers that football training is an act of faith, which is best regarded in terms similar to a bank deposit account. The more one puts in the more can be drawn out at a future date of the investment is wise the interest yields are greater and if players are systematically and scientifically trained the achievement of performance is superior to earlier performance. It is also the confidence of the person researchers that, the principles, which apply to football, are a collection of rules, which in sports training are geared towards football. They are reflected above all in the content Means, methods, planning and organization of the training process. Sport training is a process of education with respect for encouragement of the principles of training.

Peak performance is the final result of a well-balanced training program and the improvement in muscular and energy fitness plus setting-training goals can be an effective way of sustaining the interest of the national team players more toward physical fitness training. Ideally, coaches and national players should set these goals together, agreeing on a reasonable rate of expected improvement, and the key to goal setting is always to remain realistic. If players constantly face goals that are more unachievable, instead of stimulating greater effort, players become discouraged and quickly lose interest, goals must be relevant to the interest of the national football team if, it is to be achievable every player is searching for peak experiences-excitements and worth.

One thing is certain for the researchers. That is, there is no special type of training that would be uniformly followed for success. However, training for performance development depends on the particular condition of a given country. Thus, special abilities of footballers, dedication and hard work, for which there is no substitute respond well to training. However, there must be certain conditions associated with this philosophy, the aim of training is to adapt to the stress of competition. It is the ability to manipulate in both extent and intensity adaptation that makes a good coach. We frequently hear that, practice makes perfect and this is only partially true because if a footballer, due to lack of correct advice, continue practices the wrong movement, or the wrong training regime, then perfection will not result. This is yet another duty of a coach to make sure that all practice sessions is constructive. The present researchers strongly believe that, the development of the player's personality is a lengthy complex process and must be realized in conjunction with good training process and mental preparation must mould the player so that he achieves a broad overview, thereby enabling him to arrive at the right assessment of the aim of football activities. Psychological preparation forms the basis of judgment of his intellect together with other aspects of his personality at the same time; it forms important components in the regulation of the player's motivation structure, which in turn forms the basis for growth in football performance.

*According to Wondimu Tadesse and Damen H/Mariam( 2004)* Training is a systematic educational process and to train football properly a coach must observe certain guideline. A coach doesn't need to be an expert in physiology to conduct sound training programs, but must understand and practice the principle of training. Properly done training, leads to impressive changes that are associated with improved performance in football. Rushing training or over training does not accelerate progress, but inhibits it instead. The basic principles of training which are agreed by most practitioners' of football training are discussed as follow:

- a. Principle of specificity: the effects of training are very specific. This means that if coaches wish to build the strength of the upper arm muscles of the players they need to perform physical exercise, which puts stress on the particular muscles concerned. Exercising the legs will not help for example heart-lung endurance can only be improved through activity, which puts prolonged stress on the heart. In the same way, the balance needed for surfacing will only be improved by training sessions, which are similar to the actual event. One must not assume that an exercise designed to improve flexibility will also improve strength or endurance.
- b. Principle of over load: regarding this principle, training must place demand or overload on the body's system for improvement to occur. As the body adapts to the increased load, more load needs to be added. Adjusting the frequency, intensity, and / or duration of exercise can control the training load.
- c. Principle of progression: the effect of training can be seen most easily in the early stages. Almost any increased amount of regular stress will produce improvement in the body parts being stressed. As the body adapts, the intensity of the training will have to be gradually increased if improvement is to be continued. It is most important that the over load is increased progressively.
- d. Principles of variation: training program must include variety to keep players interested. The concept of work/ hard and easy / are the basis of the variation principle. Training must always include periods of work followed by rest, and hard exercise followed by an easier work put. Coaches should vary their team's training routine and drills as well as the training location.
- e. Principles of long – term training: footballers experience long – term training effects by overloading regularly and progressively their body systems. Gradual improvements in physiological parameters contribute to

enhanced performances. The principle of long – term training reminds coaches to be patient as they monitor the progress of the footballers and cautions them against pushing youngsters too hard, too fast and too soon. The present researchers consider the principle of training in general operates in terms of gradually increasing stress in a form of loading.

Where increasing controlled demands are made on the body, which gradually increases its ability to adapt and respond to such stresses, whether they are in terms of conditioning, skill or the response to the competitive pressures of the player

## **2.6. Elements of Training and Fitness**

According to *Human Kinetics, 2002*. A fitness training program encompasses five basic bio motor abilities, Strength, endurance, speed, flexibility and coordination. Other elements that must be considered in a holistic program include: specific skills acquisition, psychological training, and competition preparation.

A complete training program must encompass all of the above elements. However, not all elements can receive equal emphasis throughout the training cycle. Many factors determine the type of training program, and the stress placed upon each element. These include the age and sports maturity level of the athlete, his or her prior state of fitness, and the event(s) for which the athlete is preparing.

Although these bio motor elements are thought of as discrete entities, they are actually closely interrelated. The application of a training program will impinge on a number of systems, and the coach must understand these relationships when devising a training program.

The training process is divided into several periods (periodisation). These Periods are usually termed as

- General preparation
- Specific preparation
- Competition, and
- Transition (active rest)

The emphasis placed upon the various elements of training will vary both in volume and intensity. Volume refers to the total quantity of work, i.e., meters of running, or kilograms lifted during strength training. Intensity indicates the quality of training, usually in reference to the athlete's maximal capability in that activity (percent of best performance).

During the preparatory periods, the volume of training is gradually increased; while the intensity is kept lower (Figure 3-8). As the competition phase is reached, the volume is slowly reduced as the intensity is raised. If both volume and intensity remain high, overtraining may occur.

## **2.7. RESTORATION, RECOVERY AND OVERTRAINING**

As stated in Journal of Sports Med. 5:317-318, 1989. Whenever a group of athletes is subjected to a training program, some will respond optimally to the training stimulus, a few will not be adequately trained (undertrained), and others will experience an overly stressful response to the training load (overtraining).

A systematically applied, gradually progressive training load is required for an athlete to adapt and improve performance. However, for this adaptation to take place, adequate recovery strategies must be utilized. As the stressors associated with training gradually increase, so must the implementation of a broad range of recovery and restoration modalities be carefully included in the training process. While this concept may seem counter-intuitive to many highly-motivated athletes and coaches, It should be considered as integral to the training program i.e. "invisible training."

It is the cumulative effect of training and non-training stressors, along with “under-recovery” that leads to performance decrements and the “overtraining syndrome.”

Physiological factor: the anaerobic and aerobic systems are the major energy systems. The difference between the two is that the anaerobic systems do not use oxygen to break down carbohydrates, where as the aerobic system uses oxygen to produce energy from carbohydrate and fat .At the start of exercise, the body uses this anaerobic system that stored Energy. One effect of endurance training is that it increases the size and number of mitochondria, which increases the concentration and activity.

### **Aerobic training**

Tomlin and Wenger, (2001).stated that, Aerobic training implies that the training program is designed to improve the oxygen transport system. It is imperative during soccer match-play and training sessions that there is a good supply of oxygen to the active muscles and that these tissues have the capability to use the oxygen that is provided by the circulatory system. Aerobic training therefore has central and peripheral aspects, an effect on the cardiac output and the circulation of blood on one hand and an increased ability of the muscle to take up and utilize the oxygen that is offered. The dimensions of the training stimulus are its duration, intensity and frequency. The effect can be highly specific to the mode of exercise. Improvements in aerobic fitness are reflected in the capability to sustain exercise at a given intensity for longer than was previously possible. Endurance suggests an ability to maintain exercise for a prolonged period and can be improved by focusing either on the duration or the intensity of training. Training at high intensity can entail intermittent exercise, with recovery periods intervening between the strenuous efforts. Aerobic training enhances the ability to recover quickly from strenuous activity as well as improve the capability to sustain exercise (Tomlin and Wenger, 2001).

In a soccer context the major need to raise the level of aerobic fitness applies in the pre-season period. The game itself may improve the oxygen transport system but not at a rate to achieve optimal physiological changes. For this reason the training prior to the competitive season is likely to have more formal fitness and conditioning work than at other times during the season. Gains accrued from aerobic training are likely to be less pronounced within the competitive season.

The duration of exercise that is sustainable is inversely related to the intensity at which it is performed. The longer that exercise is continued, the lower is the exercise intensity or work-rate that can be tolerated. All-out short-term exercise is fuelled mainly by anaerobic sources whereas sustained endurance exercise is almost entirely supported by aerobic metabolism. An understanding of the biochemical processes involved is provided by considering the means of energy production.

### **Anaerobic training**

Costill (1999:83-55,) stated that, the energy for rapid development of muscle force is provided through anaerobic pathways. Activities such as jumping, striking the ball or sprinting short distances are largely anaerobic. On average, an outfield player must undertake a high-intensity effort every 30 s and an all-out sprint every 90 s, and there is a change in the level of activity once every 4–5 s. Whilst anaerobic activities occur less frequently than do bouts of aerobic exercise at lower intensity, they often contribute to the winning or losing of a game superior speed over short distances was found to distinguish professional soccer players from other games players more than aerobic measures. It is essential therefore those anaerobic energy systems are trained in conjunction with aerobic mechanisms. The ATP stored within muscle is the primary source of energy for muscle contractions during very short bouts of exercise performed at high intensity. The available supply of this chemical is limited to about 3 s and so if strenuous exercise is to continue the ATP must be their formed. Phospho creatine (PCr) also stored within the muscle is broken down by creatine kinase, allowing ATP to be

regenerated and muscle activity to be continued:  $\text{PCr} + \text{ADP} + \text{H}^+ \rightarrow \text{ATP} + \text{Cr}$  (creatine) this reaction takes place in the absence of oxygen and so is termed anaerobic. As ATP is the substrate that muscle uses directly, its stores are not depleted whereas those of creatine phosphate can be reduced considerably. In certain activities, such as repeated bouts of high-intensity exercise, increasing PCr stores by means of 'creatine loading' can benefit performance, notably in the later efforts in the sequence. Its benefit in soccer match-play is less likely, but creatine loading may be of value in certain training contexts by permitting more work to be performed at high intensity.

When the recovery period between high-intensity activities is too short or if successive sprints are performed, the PCr stores may be reduced to very low levels.

The next available source of energy is from the anaerobic breakdown of glycogen stored within the muscle. Glycolysis is the major means of anaerobic energy of training?

In relation to this point Costill (1999:85,) notes that the body of footballers responds to training by adapting to the stress of the training stimulus. If the amount of stress remains constant, you will eventually adapt to that level of stimulation, and the body won't need further adaptation. The only way to continue to improve with training is to progressively increase the training stimulus, of stress when this concept is carried too far, the training may become excessive, pushing the body beyond its ability to adapt. Such excessive training, which is too high a volume or intensity, produces no additional improvement in performance and can be led to a chronic state of fatigue that is associated with muscle glycogen adaptation. Nevertheless, some coaches and players believe that maximal improvements with training can be achieved only with highly intense training.

As to the present researches, all well – designed training programs incorporate the principles of progressive overload. In general, the principle hold to maximize the benefits of training and the training stimulus must be progressively increased as the body adapts to the current stimulus.

The effects of training are influenced by many factors which may include: the intensity of training session; the frequency per week of training session and duration of the training program; and maintenance of a training program.

**Physical factor:** Football has three major components – fitness, technique, and tactics, if a football player is not fit, his technique will suffer, especially late in the match. If a player's technique is not nearly perfect, working on tactics no matter how simple. May not be worth .the player's vision, awareness, instinctive reactions, adaptability, creativity, skill, confidence, and dedication all benefits. In addition, a fit player is much less likely to be injured, and when injured will recover more quickly, so all players particularly football players, must develop physical fitness before anything else. According to Yeagley, ( 1997: 86) some players and coaches view fitness as a static condition : that one can start a fitness program at the first practice and then peak at the first match a few weeks later .

The present researchers agree with the thought of Yeagley that fitness is an ongoing challenge in which the serious player constantly tries for improvement. It is not a static state and maintaining or improving, it is a dynamic year round process .A balanced fitness program should be a part of every football player's lifestyle. It is the portioned the present researchers that, a coach should encourage the players to condition together, of in as large a group as possible. This will introduce the elements of completion .In addition the coach should provide players which a workout program that is challenging but achievable, enjoyable however rewarding, intense but interesting, and with measurable results.

**Cardiovascular endurance:** Exercise for cardiovascular endurance includes running, power walking, aerobic dance, steeping jumping rope, swimming and cycling .Most fitness experts like to refer to the “training pyramid” when designing cardiovascular endurance programs, this pyramid is normally a four – to six month cycle witch each stage leading to the next .The first stage, called the base stage, consists of three to five workouts per week to build endurance. The workouts may very form running to stair climbing to cycling. The main theme should be duration. Not intensity .Players should exercise for 30 to 60 minutes per session.

## **2.8. Principles of playing football**

According to Dunning, Eric (1999). The principles of offence and defense are the foundations for the development of system of play and other tactical considerations. For example, a basic consideration in the game is the possession of the ball. In attack, the team must think and act positively: confident and accurate ball control is stressed, and the only justification for loss of position is taking a scoring opportunity that is, shooting. Conversely, when possession is lost, the team must think and act defensively, and repossession and safety are stressed.

From the basic principle of ball position come the principles of offence (attack) and defense: offence depends on depth, mobility, penetration, width, and improvisation; defense on depth, balance, delay, concentration, and control/restraint. The basic priorities of the game of football can be arranged according to the area of the field in which the play is taking place. Although, a football field is officially divided into two halves by the half way line, there are relay three areas of the field that make up the strategic areas of play for the team in position of the ball. For instructional purpose, the field can be divided into an attacking area, a midfield area, and defending area, each of which takes up approximately one-third of the playing field. The priorities of the attacking team in position of the ball according to the team’s position on the field. Once the players have learned the three areas of play on

the field, the coach should emphasize the two most basic and most simple principles of football:

- When our team has the ball, we will attack and,
- When the other team has the ball, we will defend.

The simple principle of ball position explains why the team should attack or defend but now, so the principles can be further defined as:

- When our team has the ball, we keep, we keep position, we penetrate (go past the other players), we score and
- When the other team has the ball, we block or delay their penetration, we prevent their scoring, and we regain position of the ball.

These simple principles of play can be explained in more formal instruction based on the principles of play.

- B. A. is the area of most risk and a player has to take chance and defended  
Is a build-up area where a player is expected to keep possession and set-up receivers?
- C. Is the areas of list risk don't I give-up possession, play ball wide and safe as well as look for penetrating passes and penetrate.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 Research Design**

The researcher designed a descriptive survey research method for this study and data was conducted with the help of appropriate (open and close ended) questionnaires and interview. Because, it is appropriate to make description and analysis of the factors affecting on women football performance in Addis Ababa clubs.

#### **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 players, coaches, and administration staff (Ethiopia football federation and club) . In the process of obtaining pertinent data from secondary sources, the researcher assessed internets sources, relevant books, FIFA coaching manuals and legal documents that were relevant to the topic under study.

#### **3.3 Population of the Study**

This study was focused on women football clubs in Addis Ababa. These clubs were Dedebit W.F.C have 2 coaches (both are males) and 25 players, St Goerge W.F.C has 1 coach ( female) and 25 players, Ethiopian coffee W.F.C has 1 coach ( female) and 25 players, Ethiopian commercial bank W.F.C has 2 coaches (both male), Addis .Ababa W.F.C has 1 coach ( female ) and Ethiopian youth sport academy has 1 male coach. Totally from six clubs 8 coaches (5 males and 3 female) and 150 players were foun

#### **3.3 Sample and Sampling Techniques**

Samples from the total population of six clubs for this research were selected by using random sampling techniques. According to this from

Dedebit F.C 2 coaches (both are males) and 10 players were selected. Second, from St George F.C 1 coach (female) and 10 players were selected.

At third, from Ethiopian coffee F.C 1 coach (female) and 10 players were selected. Fourthly from commercial bank F.C 2 coaches (both are males) and 10 players were selected Finally, Addis Ababa W.F.C has 1 coach (1 female ) and Ethiopian youth sport academy has male coach. Totally from 6clubs 8 coaches, 60 players and 1 expert (from Ethiopian football federation women development desk ) were randomly selected for the study.

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

To obtain reliable and objective information, the data were selected in different methods. For this purpose Questionnaire and Interviews were used.

#### **3.4.1 Questioner**

This method was used as a primary data collecting tool for the study and contains closed- ended and open-ended questionnaires. It was prepared to collect data from players and coaches.

#### **3.4.2 Interviews**

The tool was used to collect supportive data for the above primary data collecting tool for the study. The interview was prepared only for Administrative staff (football federation/clubs Administrative and Experts)

### **3.5 Procedures of Data Collection**

Before developing the instruments related literature was thoroughly examined and items were prepared in English language. Secondly, the leaders of each clubs those the researcher randomly selected for the study was approached and asked to assist in the investigation by allowing some of their players and coaches to participate in the study. All clubs indicated a willingness to participate. Then, all of participants were informed the purpose of the study. Following this, the question items were tested their

reliability and conductivity to address the purpose of the study needs to collect data from the participants by making sample groups of the participants. According to the test players' English language skill were been limited. So that the questionnaires addressed to the players were translating in to their national language (Amharic). Then it was distributed for the sample selected population. At last after the items collected from the population, administration of questionnaire and analysis were continued.

### **3.6 Data Organization and Analysis**

The collected data were organized in table with the objectives of the research. In this process both quantitative and primary descriptive method (i.e. percentage and qualitative analysis) procedures were used.

## CHAPTER FOUR

### ANALYSIS AND INTERPRETATION OF DATA

The purpose of this study is to investigate the factors affecting on women football performance in Addis Ababa clubs. 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 Ethiopia football federation expertise.

#### 4. Data Presentation

Three groups of respondents, the club coaches, players and administrations respond as the following

##### 4.1 Total Population

**Table 1:-** Total number of coaches, players and administrators in the clubs

No	Clubs	Coaches			Players			Main Leaders		
		M	F	T	M	F	T	M	F	T
1	Dedebit F.C	2	-	2	-	25	25	2	-	2
2	St George F.C	-	1	1	-	25	25	-	1	1
3	Ethio.Bank	2	-	2	-	25	25	2	-	2
4	Ethio.Coffee	-	1	1	-	25	25		1	1
5	Ethio.youth Accadamy	1	-	1	-	25	25	1	-	1
6	Addis Ababa city	-	1	1		25	25		1	1
	Total	7	3	8	-	100	100	5	3	7

The above table represents the total population of coaches, players and administrators selected for the main study of the thesis. According to the table almost all clubs those were selected for the study have the same number of population in their club (each of them have 25 female players

## 4.2 Sample selection

**Table 2:-** Number of coaches, players and administrators participant in the main study

<i>n</i> <i>o</i>	Clubs	Coaches						Players			
		M		F		T		F		T	
		No	%	no	%	no	%	no	%	no	%
1	Dedebit F.C	1	50	0	0	1	100	10	40	10	40
2	St George F.C	--	0	1	50	1	100	10	40	10	40
3	Ethio.Bank	1	50	--	0	1	100	10	40	10	40
4	Ethio.Coffee	-	0	1	50	1	100	10	40	10	40
5	Ethio.youth Accadamy	1	50	0	0	1	100	10	40	10	40
6	Addis Ababa city	-	0	1	50	1	100	10	40	10	40
	Total	3		3		6	100	10	40	10	40

The above table represents the number of coaches and players selected for the main study of the thesis for questionnaire. The researcher was selecting the sample population from six clubs, players selected depending on their playing possession and experience, the coaches and club leaders were selected for the study.

Relating this from Dedebit F.C 1 coach and 10 players and totally 11 participant were selected randomly to represent the whole coaches and players population in the club.

Second, St George F.C club was one of the main areas that the researcher did focused to conduct his study. Accordingly ( female ) 1 coach and 10 players and totally 11 participants were selected for the study.

Third, Ethiopian Bank F.C was the other main focused area the researcher selected to conduct his study. As the same as the other participants,1 coach and 10 players and totally 11 participants were selected for the study.

Fourth, Ethiopian Coffee F.C was the researcher' chosen focused area for the study. According players' playing possession and coaches' coaching possession 1 coach and 10 players totally 11 participants were selected for the study.

Fifth, Ethiopian Youth academy was the other main focused area the researcher selected to conduct his study. As the same as the other participants, 1 coach and 10 players and totally 11 participants were selected for the study

Six, Addis Ababa City administration was the other main focused area the researcher selected to conduct his study. As the same as the other participants, 1 female coach and 10 players and totally 11 participants were selected for the study

In general 6 coaches and 60 players and totally 66 participants were selected to highly give their opinion on the major factor that affect women football performance p of Ethiopian women football premier league players’.

#### 4.1.3 Background Characteristics of the Players

**Table 3:-** Distribution by age of player’s respondents

No	Clubs	Age	No	Percent (%)
1	Dedebit F.C	Under 18	-	
		18-24	3	30
		25-30	5	50
		above 30	2	20
		Total	10	100
2	St. George F.C	Under 18	-	-
		18-24	6	60
		25-30	4	40
		above 30	--	
		Total	10	100
3	Ethiopian Coffee	Under 18	1	10
		18-24	3	30
		25-30	4	40
		above 30	2	20
		Total	10	100
4	Ethiopian Bank	Under 18	-	-
		18-24	1	10
		25-30	9	90
		Above 30		

		Total	10	100
5	Ethiopian Youth Academy.	Under 18	9	90
		18-24	1	10
		25-30	--	--
		above 30	--	--
		Total	10	100
6	Addis Ababa city	Under 18	-	-
		18-24	8	80
		25-30	2	20
		above 30		
		Total	10	100

Based on back ground characteristics of the players' respondents, the above table indicates that distribution by age of players from six clubs. The researcher has been examining the Dedebit F.C players. Majority (50%) of respondents have 25 to 30 years old. Relatively (30%) of the players are aged 18 to 24 and above (0%) of the respondents are under 18 years old and the rest (20%) of the respondents are above 30 The (10%) of the respondents from Ethiopian coffee F.C. are categorized under 18 years old. The other (30%) of them are 18 to 24 and years old (40%) of players are aged between 25 to 30 years old the rest (20%) of the respondents are above 30 years old.

(10%) of the respondent from Ethiopian bank are 18 to 24 years and also (90%) are aged between 25 to 30 years old. No one aged less than 18 years and above 30 years old in the club.

(90%) of the respondents from Ethiopian youth academy are under 18 years old and (10%) of them are aged between 18 to 24 but none of them are between 25 to 30 and above 30.

The majority (80%) of the respondents from Addis Ababa City F.C. are categorized on 18 to 24 years old. The other (20%) of them are 25 to 30 years old. But none of players under 18 and above 30 years old.

Secondly putted on the table were St George F.C. (40%) of respondents are 25 to 30 years old. The majority (60%) of them are aged between 18 to 24 years. but (0%) of the respondents are under 18 and above 30 years old.

**Table 4:-** Distribution by playing experience in the league of players' respondents

no	Clubs	Qualification	no	Percent (%)
1	Dedebit F.C	< 1 year	--	--
		1 years	2	20
		2 -4 years	3	30
		Above 4 years	5	50
2	St George F.C	< 1 year	2	20
		1 years	1	10
		2 -4 years	6	60
		Above 4 years	1	10
3	Ethiopian Coffee F.C	< 1 year	3	30
		1 years	4	40
		2 -4 years	3	30
		Above 4 years	--	--
4	Ethiopian Bank F.C	< 1 year	--	
		1 years	3	30
		2 -4 years	3	30
		Above 4 years	4	40
5	Sport Academy	< 1 year	2	20
		1 years	--	--
		2 -4 years	8	80
		Above 4 years	--	--
6	Addis Ababa city	< 1 year	4	40
		1 years	3	30
		2 -4 years	2	20
		Above 4 years	1	10

According to the above table, the majority (50%) of the respondents from Dedebit F.C. have above 4 years playing experience in the league. The other (30%) of players spent 2-4 years playing in the league. (20%) of the respondents are 1 year playing experience in the club. None (0%) of them have less than 1 year playing experience. Majority (60%) of St George F.C. players' respondents' have 2 to 4 years playing experience in the league. And (20%) of them spent less than 1 year playing in the league. (10%) respondents have above 4 years playing experience and the rest (10%) are 1 year experience.

The third club was Ethiopian coffee F.C. The majority (40%) of the respondents spent 1 year in the league. The other (30%) of them have less than 1 year playing experience. And (30%) of respondents were playing for 2-4 and (0%) above 4 years in the league.

The fourth, majority (40%) of respondents from Ethiopian bank F.C. have above 4 years playing experience in the league. Also (30%) of them spent 2-4 years in playing in the league. The rest (30%) of players have 1 year playing experience.

The fifth, (80%) of respondents from sport Academy F.C. have 2 to 4 playing experience in the league. Also (20%) of them spent less than 1 year in playing in the league. The rest (0%) of players have less than 1 year and above 4 year playing experience

At last majority of (40%) of respondents from Addis Ababa city F.C. less than 1 year playing experience in the league. Also (30%) of them spent 1 year in playing in the league. The rest (20%) of players have 2 - 4 year playing experience and (10%) of players are above 4 year playing experience.

**Table 5:-** Distribution by sex and age of respondent coaches

<u>N<sub>o</sub></u>	<u>Clubs</u>	<u>Sex</u>	<u>Age</u>	<u>N<sub>o</sub></u>	<u>Percent (%)</u>
1	Dedebit F.C	M	25-30 years	-	-
			31-35 years	2	100
			35-40 years	-	-
			Above 40 years		
		Total		2	100
		F	25-30 years	-	-
			31-35 years	-	-
			35-40 years	-	-
			Above 40 years		
	-		-		
2	St George F.C	M	25-30 years	-	-
			31-35 years	1	50
			35-40 years	-	-
			Above 40 years		
		Total		1	50
		F	Under 30	1	50
			31-40	-	-
			41 and above	-	-
		Total		1	50
3	Ethiopian Coffee F.C	M	Under 30	1	50
			31-40	-	-
			41 and above	1	50
		Total		-	-
		F	Under 30	-	-
			31-40	-	-
			41 and above	-	-
		Total		-	-
		4	Sport Academy F.C	M	Under 30
31-40	2-				100
41 and above	-				-
Total				2	100
F	Under 15			-	-
	15-20			-	-
	21 and above			-	-
Total				-	-
5	Ethiopian Commercial Bank			M	Under 30
		31-40	-		-
		41 and above	2		50
		Total			

		F	Under 15	-	-
			15-20	-	-
			21 and above	1	50
6	Addis Ababa city	M	Under 30	-	-
			31-40	2-	100
			41 and above	-	-
		Total		2	100
		F	Under 30	-	-
			31-40	-	-
			41 and above	-	-

Based on back ground characteristics of the coaches' respondents, the above table indicates that distribution by age and sex of coaches from six clubs. From Dedebit F.C. (100%) of total 2 male respondents have 31 to 40 years old.

Secondly putted on the table were St George F.C. there are 1 female coach respondent in the age of under 30 years old and 1 male coach respondent with the age of 31 to 40 years. Third putted on the table were Ethiopian Coffee F.C. there are 1 female coach respondent in the age of under 30 years old and 1 male coach respondent with the age of 31 to 40 years.

Fourthly, putted on the table were Sport Academy F.C. there was . (100%) of total 2 male respondents have 31 to 40 years old.

Fifth, Ethiopian Commercial Bank and Addis Ababa F.C. there are 1 male coach respondent in the ege of 41 and above and 1 female coach respondent with the age of 21 and above years old and, there are 2 male coach respondent in the ege of 31- 41 years old respecti category were been participated in the main study. One of the total two male coaches' respondents from Ethiopian Light Power Agency F.C. is under 30years old. The same is true that the other is categorized in 31 to 40 years old. At last both of 2 male coaches' respondents from St Mare F.C. are categorized in 31 to 40 years old.

**Table 6:-** Distribution by sex and coaching experience of respondent coaches

<u>no</u>	Clubs	Sex	Qualification	<u>No</u>	Percent (%)
1	Dedebit F.C	M	<5 years	-	-
			6-10 years	-	-
			11 and above	2	100
		F	< 5 years	-	-
			6-10 years	-	-
			11 and above	-	-
2	St George F.C	M	< 5 years	-	-
			6-10 years	-	50
			11 and above	-	-
		F	< 5 years	-	-
			6-10 years	1	50
			11 and above	-	-
3	Ethiopian Coffee F.C	M	< 5 years	-	-
			6-10 years	-	50
			11 and above	-	50
		F	< 5 years	1	-
			6-10 years	-	-
			11 and above	-	-
4	Sport Academy F.C	M	< 5 years	-	-
			6-10 years	2	100
			11 and above	-	-
		F	< 5 years	-	-
			6-10 years	-	-
			11 and above	-	-
5	Ethiopia Commercial Bank	M	< 5 years	-	-
			6-10 years	-	-
			11 and above	1	100
		F	< 5 years	-	-
			6-10 years	-	-

			11 and above	-	-
6	Addis Ababa city	M	< 5 years	-	-
			6-10 years	-	-
			11 and above	-	-
		F	< 5 years	1	100
			6-10 years	-	-
			11 and above	-	-

Based on back ground characteristics of the coaches' respondents, the above table indicates that distribution by sex and coaching experience of coaches from six clubs. From Dedebit F.C. (100%) of total 2 male respondents have 11 and above years coaching experience.

Secondly putted on the table were St George F.C. there are 1 female and 1 male coach respondent were similarly category in 6 to 10 years coaching experience.

Thirdly, putted on the table Ethiopian coffee F.C. there are 1 male and 1 female 6-10 year and 2 years have coaching experience respectively.

The Addis Ababa city F.C. and Sport Academy F.C. there are male coach and have 6 year coaching experience, And Ethiopia Commercial Bank F.C. there are male coach also and have 11 year coaching experience.

**Table 7:-** Distribution by sex and coaching qualification of respondent coaches

No	Clubs	Sex	Qualification	No	Percen
1	Dedebit F.C	M	> C license	-	-
			C license		
			B license	1	100
			A license	-	-
		F	> C license	-	-
			C license	-	-
			B license	-	-
			A license	-	-
2	St George F.C	M	> C license	-	-
			C license	-	-
			B license	-	-
			A license	-	-
		F	> C license	-	-
			C license	-	-
			B license	-	-
			A license	1	100
3	Ethiopian Coffee F.C	M	> C license	-	-
			C license	-	-
			B license	-	-
			A license	-	-
		F	> C license	-	-
			C license	-	-
			B license	1	100
			A license	-	-
4	Ethiopia Commercial Bank F.C	M	> C license	-	-
			C license	-	-
			B license	-	-
			A license	1	100
		F	> C license	-	-
			C license	-	-
			B license	-	-
			A license	-	-
5	Sport Academy F.C.	M	> C license	-	-
			C license	-	-
			B license	1	100
			A license	-	-
6	Addis Ababa City F.C.	F	> C license	1	100
			C license	-	-
			B license	-	-
			A license	-	-

## 4.2 DATA INTERPRETATION

### 4.2.1 Questionnaire interpretation from players

**Table 1. Responses on Availability of Facilities and Equipment's**

No	Item	Alternatives	Players	
			No of respondents	%
1.	Does your club have facilities and proper equipments during training?	1. Yes	50	83.33
		2 No	10	33.33
2.	Does your club use visual equipments for training purposes?	1. Yes	44	73.3
		2. No	16	26.67

The response on the availability of facilities and equipment's shows that. Accordingly, 83.33% of respondents (players) have responded that their clubs have adequate facilities and equipments to perform their training session properly and 33.33% of respondents (players) have replied that their clubs have not yet provided much facilities and equipments during the training to apply or practice all types of skills. In relation to the coach uses visual equipments for training 73.3%, of the respondent replied that the club uses visual training equipments, and 26.67% of players responded that sometimes club uses visual training equipment.

The Official U.S. Youth Soccer Coaching Manual (2002) suggested that:

*#every clubs must have well organized facilities and standardize equipment's to the players to use at every practice. So much more can be accomplished if everyone can be engaged in play at the same time because learning and mastering football/soccer techniques requires repetition.*

## Self-confidence challenges on the performance of females players

**Table 2:-**Players’ response on the self-confidence challenges on their performance

NO	Items	Strongly agree		agree		undecided		Disagree		Strongly disagree	
		No	%	No	%	No	%	No	%	No	%
1	Do not think of self-potential more as a success than as a failure	-	-	38	62	6	15	6	5	10	10
2	Confidence not stays high the week after a bad game	8	20	26	65	6	15	-	-	-	-
3	Do not think of self as a tough competitor	4	10	20	50	8	20	6	15	2	5
4	Not think that can be winner with any situation	-	-	30	75	3	7.5	7	17.5	-	-
5	Not believe on self-potential in handling tough game situation	-		29	72.5	4	10	7	17.5	-	-

As it can be seen from the above table results from the respondents on questions related to players’ self-confidence challenges on their performance has been summarized. Regarding on this idea (62%) of the respondents respond that they were agreed on item one (Do not think of self-potential more as a success than as a failure).And relatively (15%) of the players respond that they were undecided. The other (10%) of respondents said that strongly disagreed with the idea. The rest (5%) of respondents give their responds to “disagree”. No respondent said

“strongly agree”.

The next item option that has been given for the respondents was confidence not stays high the week after a bad game challenge on their performance. Based on this, (65%) of them said “agree”. The other (20%) of players give their response to “strongly agree”. (15%) of the Respondents said that they were undecided. But none of them replied towards “disagree” or “strongly disagree”.

The above table item 3 shows us one of the self-confidence challenges on players’ performance that is “no not think of self as a tough competitor”. Relating this idea the majority (50%) of respondents said that they were agreed on that it challenge their performance. The other (20%) of them said that they were undecided. (15%) of players respond “disagree”. And also (10%) of the respondents said “strongly agree”. The rest (5%) of them were gave their response to “strongly disagree”.

In the item 4 that has been given for the choice was that not think that can be winner with any situation. On this idea the majority (75%) of respondents respond that they were agreed on that of not think that can be winner with any situation is a challenge on their performance. The other (17.5%) of them said “disagree”. Whereas (7.5%) of players gave their response to “undecided”. None of respondents said “strongly agree”, or “strongly disagree”.

The item located at the end of the table focused on not believe on self-potential in handling tough game situation challenge on players’ performance. So that, majority (72.5%) of respondents gave their response towards “agree”. And relatively (17.5%) of the players respond that they were disagree on such self-confidence challenge affecting their performance. The rest (10%) of respondents said “undecided”. But no one said “strongly agree” or “strongly disagree”.

**Table 3 Players’ response on the external motivational challenges on their performance**

No	Item	Alternatives	Players	
			No of respondents	%
1.	Are you happy with your club supporters?	1. Yes	42	70
		2.No	18	30
2.	Do you get appropriate encouragement from your society?	1.Yes	45	75
		2.No	15	25
3.	Do media affect the development of your football performance?	1.Yes	50	83.33
		2.No	10	33.33
4.	Do you get appropriate help and support from your family?	1.Yes	35	61.67
		2.No	25	38.3

As shown in table 3, 70 % the respondent replied that they are happy to their club supporter and 30 % female player respondent said that the club doesn’t support like male premier league.

The other item that has been given for the choice was “get appropriate encouragement from your society” on this idea the majority 75% of respondents respond that they were got encouragement from their society. 25% of the respondents gave their response the society does not encourage their discipline and it brings agentive effect for the development on their performance.

The idea putted at the third item focused on “media affect the development of your football performance”83.33 % respondents replied that media affect the performance of female’s footballer. Whereas 33% of them respond said that the media support for the development of their performance.

**Table 4:- Players' response financial capacity affect on their performance**

No	Item	Alternatives	Players	
			No of respondents	%
1.	Does financial capacity affect the development of your club?	1. Yes	20	33.3
		2.No	40	66.7
2.	Do you agree that payment for the players is sufficient?	1.Yes	31	51.7
		2.No	29	48.3

The above table showed on financial capacity affects the development of your club'. The majority 66.7 % of respondents responds the club financial capacity does not affect the development. Whereas 33.3% of them respond replied that financial capacity affects the development of performance.

The next item option that has been given for the respondents was "Do you agree that payment for the players is sufficient" based on this 51.7% said that sufficient. The other 48.3 % of players give their response about "payment" is not sufficient.

**Table 5:- Players' response on females participation in football**

No	Item	Alternatives	Players	
			No of respondents	%
1.	Do you think that the participation of female footballers has increased at the current time?	1. Yes	20	33.3
		2.No	40	66.7

Regarding to The idea putted on item "Do you think that the participation of female footballers has increased at the current time", based on this the majority 75% respondents replied that female footballer participation increase at the current time. Relatively 25% of the player replied that female participation are not yet increased

## 4.2.2 Questionnaire interpretation from coach

**Table 1. Responses on Availability of Facilities and Equipment's**

№	Item	Alternatives	Coaches	
			№ of respondents	%
1	Does your club have facilities and proper equipments during training?	A) Yes	4	66.7
		B) No	2	33.3
2	Does your club use visual equipments for training purposes?	A) Yes	4	66.7
		B) No	2	33.3

The response on the availability of facilities and equipment's shows that. Accordingly, 66.7 % of respondents (coach) have responded that their clubs have adequate facilities and equipments to perform their training session properly and 33.3% of respondents (coach) have replied that their clubs have not yet provided much facilities and equipments during the training, 66.7 g to apply or practice all types of skills. In relation to the coach uses visual equipments for training of the respondent replied that the club uses visual training equipments, and 33.3of players responded that sometimes club uses visual training equipment.

**Table 3 coaches' response on the external motivational challenges on player performance**

No	Item	Alternatives	Coaches	
			No of respondents	%
5.	Are you happy with your club supporters?	A) Yes	42	70
		B) No	18	30
6.	Do you get appropriate encouragement from your society?	A) Yes	45	75
		B) No	15	25
7.	Do media affect the development of your football performance?	A) Yes	50	83.33
		B) No	10	33.33
8.	Do you get appropriate help and support from your family?	A) Yes	35	61.67
		B) No	25	38.3

As shown in table 3, 70 % the respondent replied that they are happy to their club supporter and 30 % female player respondent said that the club doesn't support like male premier league.

The other item that has been given for the choice was "get appropriate encouragement from your society" on this idea the majority 75% of respondents respond that they were got encouragement from their society. 25% of the respondents gave their response the society does not encourage their discipline and it brings agentive effect for the development on their performance.

The idea putted at the third item focused on "media affect the development of your football performance"83.33 % respondents replied that media affect the performance of female's footballer. Whereas 33% of them respond said that the media support for the development of their performance.

**Table 4:- coaches response financial capacity affect on player performance**

No	Item	Alternatives	Coaches	
			No of respondents	%
2.	Does financial capacity affect the development of your club?	A) Yes	20	33.3
		B) No	40	66.7
3.	Do you agree that payment for the players is sufficient?	A) Yes	31	51.7
		B) No	29	48.3

The above table showed on financial capacity affects the development of your club'. The majority 66.7 % of respondents responds the club financial capacity does not affect the development. Whereas 33.3% of them respond replied that financial capacity affects the development of performance.

The next item option that has been given for the respondents was “Do you agree that payment for the players is sufficient” based on this 51.7% said that sufficient. The other 48.3 % of players give their response about “payment” is not sufficient.

**Table 5:- coaches response on females participation in football**

No	Item	Alternatives	Coaches	
			No of respondents	%
1.	Do you think that the participation of female footballers has increased at the current time?	A) Yes	45	75
		B) No	15	25

Regarding to The idea putted on item “Do you think that the participation of female footballers has increased at the current time”, based on this the majority 75% respondents replied that female footballer participation increase at the current time. Relatively 25% of the player replied that female participation are not yet increased.

### **4.2.3 Interview questions interpretation from club coach.**

As it is described in the methodology of the research putted in chapter three, one of the best ways of data collection instrument was interview to realize and approve the objective of the research. The interview was prepared for the club leaders. They were tried to answer what the researcher was asked them generally as the following suggestions.

1. What are the factors that can affect the performance of women in football? the interview, participants putted their response (believe) about the major factors that affect on women football performance are:-
  - Most clubs manager have poor attitude toward women football
  - Lack of proper attention, finance to support the women football, coach skill, ability and attitude on women football
  - The media give equal opportunity for both women and men
  - Lack of adequate training field
  - Coaching style, material and equipment also major factors

### ***2. Does the technique committee work jointly with women football clubs?***

Some of the administrator part replied that the committee does not work jointly with the club and some of the clubs (Ethiopian coffee, St. goirge) strongly work with stockholders rather than committee. In case of Dedebite because of the club name is public name, the committee strongly work with clubs. According to the Ethiopian football federation technique department they work with women clubs especially with coach

3. What is the current status of Addis Ababa women football clubs interims of economy?  
Most of the respondents replied that: - compared to men football club it is not enough, the financial capacity of most Addis Ababa women football economy is low.
4. What do you think about the challenges and reasons of women football clubs development in Addis Ababa region? Most of the respondent replied that the challenge of women football clubs are:- The concerned bodies (clubs, sport academes, federation and youth and sport minister) work on attitudes, well organized system on project toward women footballs development.

Some of the respondent also said that the understanding level and educational background player, shortage of professional trainer in the team, in some club there are only one coach in the club, no assistance coach.

5. What do you think can solve the problems? The interviews indicate all the managers replied similar response.

The poor attitude must be changed, more finance support must be given, government, federation, clubs and other stockholders work jointly, coaches and other related professionals should cooperative for the development of women performance, men and women football clubs treated equally .

# **CHAPTER FIVE**

## **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 problem

### **5.1 Summary**

As it was explained under chapter I the purpose of this study is to assess the factors affecting women football performance in Addis Ababa clubs.

In order to inspect of the factors affecting women football performance, 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 six/6/ women's football clubs found in Addis Ababa city. These samples were selected by simple random technique. The subject of the study was 60 women football players, 6 coaches, and 1 football federation women development desk . 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 respondent's observe that most clubs manager have poor attitude toward women football and it's a big deal.
- Almost all the respondents observe that most clubs manager have poor attitude toward women football
- Most clubs have small coaching staff and Lack of proper finance to support the women football,
- Women's football players and their coaches believe that media coverage is less in women football.
- The collaboration working system in between government, federation, clubs and other stockholders are less.
- The club administration staff believes that the integration of coaches and other related professionals should work cooperatively for the development of women performance, men and women football clubs treated equally
- The understanding level and educational background player, shortage of professional player in the team and in some club there are only one (no assistance coach) coach in the club are challenges that affect the development of women performance.
- The technique committee of the club does not work jointly and there is also mandate interference.

## **5.2. Conclusion**

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

- ❖ One of the research results shows that top level manager the club have poor attitude toward women football
- ❖ Findings indicated that there is a problem most of the stockholder gives more attention to male when it is compared with women in all aspect.
- ❖ It is proved that all the concerned bodies don't work collaborative to minimize problems and developing women football.
- ❖ The research result shows that lack of proper attention and finance to support the women footballs.
- ❖ It is understood that the understanding level and educational background of player, shortage of professional player in the team and in some club there are only one (no assistance coach) coach in the club are challenges that affect the development of women performance.
- ❖ It is proved that the technique committee of the club does not work jointly and there are also mandate interference
- ❖ It is found out that there is less emphasize given to women football players empowerment.
- ❖ It is proved that there is a shortage of facilities (football fields so the rent for each training)

Among the rooted problems, as indicated by this research, less emphasis given to the facilities and equipments. Any training can be successful and effective if it supported with appropriate facilities and equipments.

- ❖ It is proved that Poor attention was given by media for the women league
- ❖ Limited number of supporters' and poor emphasis by spectators for the women league.

### **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 club managers about attitude toward women football
- ❖ Top level manager of the clubs should give special attention to the women club in all circumstance.
- ❖ Concerned bodies and stockholders should be given equal attention for both women and male football clubs.
- ❖ Committee members and coaching staff work coordinately to minimize the problems.
- ❖ If women got the opportunity to be administration part of the club more women footballer problem will be minimize.
- ❖ The necessary cares should be given to women football players in order to provide quality player.
- ❖ If the women football club manger arrange different competition programs against both domestic and foreign in order to share experience from others well experienced clubs
- ❖ The concerned bodies should be find different possible mechanisms such as the way to enhance finical capacities.
- ❖ As a general, if the above mentioned points are taken in to practices the researcher believes that the major factors of women football layers on performance will be minimize the problem .

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# **Addis Ababa University**

## **School of Graduate Studies**

### **Department of Sport Science**

#### **Questionnaire for coaches**

Dear respondents,

This questionnaire is designed to obtain information Factors which affect women football performance; In Ethiopia the case of some selected women club in Addis Ababa administrative region. I will appreciate your willingness to participate in this investigation by responding to a questionnaire and supporting me by providing any constructive ideas. I would like to emphasis that your responses are extremely valuable for me and I would immensely appreciate your answering all questions. The information will be kept confidential and be only applied for the study. Yours right information helps to reach the goals of the study. Thank you for investing your time and honesty completing this questionnaire.

This questionnaire has two parts and I would like to ask you to answer according to the respective direction.

Thank you!

#### **General Direction**

- 1: you are advised not to write your name
- 2: After reading the question put a (✓) mark for the questions which has alternative response in the space (box) provided
- 3: For the questions having no alternative response, you are required to write a short and precise response in the lines provided.

#### **Part one: Background information**

##### **General Direction**

- 1: you are advised not to write your name
- 2: After reading the question put a (✓) mark for the questions which has alternative response in the space (box) provided

3: For the questions having no alternative response, you are required to write a short and precise response in the lines provided.

1) Age

- A) 25- 30                       C) 36- 40   
B) 31- 35                       D) above 41

2) What is your educational level and qualification?

- Grade ten complete     Twelve    complete     Certificate level   
Diploma     Degree     Masters and above

3) What is your current qualification level in coaching?

- A) First level                       B) second level   
C) B license                       E) C license   
D)A license

4) How many years of experience do you have in coaching?

- A) Less than one year                       B) 1-4 years   
C) 5-10 years                       D) above 10 years

**Part two: Questions related to research question**

1) Does your club have facilities all materials during training?

- Yes     No

2) Does the technique committee work jointly with coaching staff ?

- Yes     No

If your answer is No, please write your reason?

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3) Do you believe female have got chances to play football, to coach to act as a manger?

Yes

No

4) How to affect less number of clubs establishments on women football participation?

A) High

B) Moderate

C) Low

D) Never

5) Are you happy with your club supporters?

Yes

No

6) Do you get appropriate encouragement from your society?

Yes

No

If your answer is No, please write your reason?

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7) Does financial capacity affect the development of your club?

Yes

No

If your answer is Yes, please write your reason?

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8) Do your club use visual equipments for training purposes?

Yes

No

9) Do media affect the development of your football performance?

Yes

No

If your answer is Yes. please write your reason?

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10) Do you think that the participation of female footballers has increased at the current time?

Yes

If your answer is No, please write your reason?

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11) Do you believe female have got chances to play football, to coach to act as a manger?

Yes

No

12) Are you satisfied your club monthly salary ?

Yes

No

# **Addis Ababa University**

## **School of Graduate Studies**

### **Department of Sport Science**

#### **Questionnaire for players**

Dear respondents,

This questionnaire is designed to obtain information Factors which affect women football performance; In Ethiopia the case of some selected women clubs in Addis Ababa Administrative region. I will appreciate your willingness to participate in this investigation by responding to a questionnaire and supporting me by providing any constructive ideas. I would like to emphasis that your responses are extremely valuable for me and I would immensely appreciate your answering all questions. The information will be kept confidential and be only applied for the study. Yours right information helps to reach the goals of the study. Thank you for investing your time and honesty completing this questionnaire.

This questionnaire has two parts and I would like to ask you to answer according to the respective direction.

#### **General Direction**

1: you are advised not to write your name

2: After reading the question put a (√) mark for the questions which has alternative response in the space (box) provided

3: For the questions having no alternative response, you are required to write a short and precise response in the lines provided.

1) Age

A) 18- 21

C) 26- 29

B) 22- 25

D)above 30

2)What is your educational level and qualification?

Grade ten complete  Twelve complete  Certificate level

Diploma  Degree  Others

3) How many years of experience do you have in ?

B) Less than one year  B) 1 year

C) 2- 4 years  D) above 4 years

**Part two: Questions related to research question**

1) Does your club have facilities all materials during training?

Yes

No

2) Do you believe female have got chances to play football, to coach to act as a manger?

Yes

No

3) Are you happy with your club supporters?

Yes

No

4) Do you get appropriate encouragement from your society?

Yes

No

If your answer is No, please write your reason?

---

---

5) Does financial capacity affect the development of your club?

Yes

No

If your answer is Yes, please write your reason?

---

---

6) Do your club use visual equipments for training purposes?

Yes

No

---

---

7) Do you agree that payment for the players is sufficient?

Yes

No

If your answer is No, please write your reason?

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8) Do media affect the development of your football performance ?

Yes

No

If your answer is Yes, please write your reason?

---

---

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

Yes

If your answer is No, please write your reason?

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10) Do you get appropriate help and support from your family?

Yes

No

If your answer is No, please write your reason?

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አዲስአበባ ዩኒቨርሲቲ  
የድህረ ምረቃ ትምህርት ቤት  
የስፖርት ሳይንስ ትምህርት ክፍል

በተጫዋቾች የሚሞላ የፅሁፍ መጠይቅ

ይህ የፅሁፍ መጠይቅ የተዘጋጀው የሴት እግርኳስ ክለቦች የብቃት ችግር ላይ ያለው ተፅዕኖ፣ ይህ ጥናት የሚመለከተው በአዲስ አበባ ከተማ አስተዳደር ስር ላሉት ክለቦች ነው። በቅድሚያ እርሶዎ ይህንን የጽሁፍ መጠይቅ በመመለስ በዚህ ጥናት ላይ ለመሳተፍ ያሳዩትን ፍቃደኝነት ለማድረግ እወዳለሁ። እርሶዎ የሚመልሱት ማንኛቸውም መልሶች ለጥናቱ ሂደት ከሚገባው በላይ አስፈላጊ በመሆናቸው ሁሉንም ጥያቄዎች እንዲመልሱልኝ በአክብሮት እጠይቆታለሁ። ሆኖም አንዳንድ ጥያቄዎችን ላለመመለስ ከፈለጉም ውሳኔዎን በደስታ እቀበላለሁ። በጽሁፍ መጠይቁ የሚሰጡት ምላሾች ሚስጥርነታቸው የተጠበቀና በማንኛውም መንገድ ለሌላ አላማ የማይውሉ መሆናቸውን አረጋግጥሎታለሁ። በመሆኑም የርስዎ ትክክለኛ ምላሽ የጥናቱን አላማ ለማሳካት በሚደረገው ሂደት ላይ የላቀ አስተዋፅኦ እንዳለው ለማሳወቅ እወዳለሁ።

ከላቀ ምስጋና ጋር!!!

የአሞላሉ መመሪያዎች

- 1. በየትኛውም የመጠይቅ ገፅ ላይ ስምዎን መፃፍ የለብዎትም፤
- 2. በምርጫው ላይ የተቀመጡ መጠይቆች በተቀመጠው የመልስ መስጫ ሳጥን ውስጥ የራይት ምልክት ("✓") ያስቀምጡ፤

ክፍል 1: የግል መረጃ

1. እድሜ

ሀ. ከ18 አመት በታች

ሐ. ከ25—30

ለ. ከ18—24

መ. ከ30 በላይ

2. ያታ

ወንድ  ሴት

3. የትምህርት ሁኔታ

10ኛ ክፍል

ስርተክፌት

ዲፕሎማ

12ኛ ክፍል

ዲግሪ

4. ከዚህ ክለብ ጋር ልምምድ በመስራት ምን ያክል ጊዜ አሳለፍሽ?

ሀ. ከ 1 ዓመት በታች

ሐ. ከ 2-4 ዓመት

ለ. 1 ዓመት

መ. ከ 4 ዓመት በላይ

ክፍል ሁለት: የጥናቱን ጥያቄ መሰረት አድርገው የተዘጋጁ መጠይቆች ናቸው

1) ከቤተሰብዎ ተገቢውን ድጋፍና ማበረታቻ ያገኛሉ?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለጹ?

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2) የፋይናንስ አቅም በክለብዎ እድገት ላይ ተፅዕኖ አለው?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለጹ?

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3) በክለብዎ ደስተኛ ነዎት?

አዎ

የለም

መልስ አዎ ከሆነ ምክንያቱን ይግለጹ?

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4) ከማህበረሰብዎ አስፍላጊውን ማበረታቻ ያገኛሉ?

አዎ

የለም

5) ለመሰልጠን አስፈላጊ ማቴሪያሎች አልዎት?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለፁ?

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6) ሴቶች እግርኳስ የመጫወት፣ የማሰልጠንና የማስተዳደር እድሎችን ያገኛሉ ብለው ያምናሉ?

አዎ

የለም

7) አነስተኛ ቁጥር ያላቸው የተቋቋሙ የሴቶች እግርኳስ ክለቦች መኖር በሴቶች እግርኳስ ተሳትፎ ላይ ያለው ተፅዕኖ ምን ያህል ነው?

ከፍተኛ

መካከለኛ

ዝቅተኛ

የለውም

8) የህብረተሰቡ ችግሮች ክለብ ላይ ተፅዕኖ ያደርጋል?

አዎ

የለም

መልስ አዎ ከሆነ ምክንያቱን ይግለፁ?

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9) በወርሃዊ ደሞዝ ደስተኛ ነዎት?

አዎ

የለም

10) የእግርኳስ ክለብዎ እድገት ላይ የመገናኛ ብዙሃን ተፅዕኖ አላቸው?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቶን ይግለፁ?

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**አዲስአበባ ዩኒቨርሲቲ**  
**የድህረ ምረቃ ትምህርት ቤት**  
**የሰፖርት ሳይንስ ትምህርት ክፍል**

**በአሰልጣኞች የሚሞላ የዕቃ ማጠቃለያ**

ይህ የዕቃ ማጠቃለያ የተዘጋጀው የሴት እግር ኳስ ክለቦች የብቃት ችግር ላይ ያለው ተፅዕኖ፣ ይህ ጥናት የሚመለከተው በአዲስ አበባ ከተማ አስተዳደር ስር ላሉት ክለቦች ነው። በቅድሚያ እርሶዎ ይህንን የጽሁፍ ማጠቃለያ በመመለስ በዚህ ጥናት ላይ ለመሳተፍ ያሳዩትን ፍቃደኝነት ለማድረግ እወዳለሁ። እርሶዎ የሚመልሱት ማንኛቸውም መልሶች ለጥናቱ ሂደት ከሚገባው በላይ አስፈላጊ በመሆናቸው ሁሉንም ጥያቄዎች እንዲመልሱልኝ በአክብሮት እጠይቆታለሁ። ሆኖም አንዳንድ ጥያቄዎችን ላለመመለስ ከፈለጉም ውሳኔዎን በደስታ እቀበላለሁ። በጽሁፍ መጠይቁ የሚሰጡት ምላሾች ሚስጥርነታቸው የተጠበቀና በማንኛውም መንገድ ለሌላ አላማ የማይውሉ መሆናቸውን አረጋግጥሎታለሁ። በመሆኑም የርስዎ ትክክለኛ ምላሽ የጥናቱን አላማ ለማሳካት በሚደረገው ሂደት ላይ የላቀ አስተዋፅኦ እንዳለው ለማሳወቅ እወዳለሁ።

ከላቀ ምስጋና ጋር!!!

**የአሞላሉ መመሪያዎች**

1. በየትኛውም የመጠይቅ ገፅ ላይ ስምዎን መፃፍ የለብዎትም፤
2. በምርጫው ላይ የተቀመጡ መጠይቆች በተቀመጠው የመልስ መስጫ ሳጥን ውስጥ የራይት ምልክት ("✓") ያስቀምጡ፤

**ክፍል 1: የግል መረጃ**

1. **ፆታ**

ወንድ       ሴት

2. **እድሜ**

ሀ. ከ 25 ዓመት በታች       ሐ. ከ 31—35       ሠ. ከ 40 ዓመት በላይ

ለ. ከ 25—30       መ. ከ 36—40

3. **የትምህርት ሁኔታ**

10ኛ ክፍል       ሰርተክፌት       ዲግሪ

12ኛ ክፍል       ዲፕሎማ       ማስተርስ

4.በእግር ኳስ አሰልጣኝነት ምን ያክል ጊዜ ሰርተዋል?

ሀ. ከ 1 ዓመት በታች

ሐ. ከ 5-10 ዓመት

ለ. ከ 1—4 ዓመት

መ. ከ 10 ዓመት በላይ

5.አሁን ያሉዎት የአሰልጣኝነት ፍቃድ ደረጃ?

ሀ. 1ኛ ደረጃ

ሐ. የ C ፍቃድ  ሠ. የ A ፍቃድ

ለ. 2ኛ ደረጃ

መ. የ B ፍቃድ

ክፍል ሁለት፡ የጥናቱን ጥያቄ መሰረት አድርገው የተዘጋጁ መጠይቆች ናቸው

1) የእርስዎ ክለብ በስልጠና ወቅት የሚያስፈልጉትን ሁሉንም ማቴሪያሎች እና ፋሲሊቲ አሟልቷል?

አዎ

የለም

2) የቴክኒክ ኮሚቴው የአሰልጣኞች ቡድን ጋር አብሮ ያሰራል?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለጹ?

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3) መገናኛ ብዙሃን ክለቦ ብቃት ላይ ተፅዕኖ ያደርጋሉ?

አዎ

የለም

መልስ አዎ ከሆነ ምክንያቱን ይግለጹ?

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4) ሴቶች እግርኳስ የመጫወት፣ የማሰልጠንና የማስተዳደር እድሎችን ያገኛሉ ብለው ያምናሉ?

አዎ

የለም

5) የክለሶች ተመጣጣኝ ያልሆነ ብቃት ማነስ የሴቶች እግርኳስ ተሳትፎ ላይ ተፅዕኖ አለው?

አዎ

የለም

6) በክለብዎ ደጋፊዎች ደስተኛ ነዎት?

አዎ

የለም

7) ከህብረተሰቡ ተገቢውን ማበረታቻ ያገኛሉ?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለፁ?

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8) የኢኮኖሚዎ ደረጃ በክለብዎ እድገት ላይ ተፅዕኖ አለው?

አዎ

የለም

መልስ አዎ ከሆነ ምክንያቱን ይግለፁ?

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9) ክለብዎ በቂ አመታዊ በጀት አለው?

አዎ

የለም

10) ለተጫዋቾች የሚከፈለው ክፍያ በቂ ነው ብለው ያስባሉ?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለፁ?

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11) ክለብዎ ለሴቶች የእግርኳስ ክለብ አስፈላጊውን ድጋፍ ያደርጋል?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለፁ?

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12) ክለብዎ ለስልጠና የእይታ/ምስላዊ መሳሪያዎችን ይጠቀማል?

አዎ

የለም

13) በአሁኑ ሰዓት ያለው የክለብዎ የኢኮኖሚ ሁኔታ ምን ይመስላል?

ከፍተኛ

መካከለኛ

ዝቅተኛ

የለውም

14) በአሁኑ ጊዜ የሴቶች እግርኳስ ተጫዎቻች ብቃት ጨምሯል ብለው ያስባሉ?

አዎ

የለም

መልስ የለም ከሆነ ምክንያቱን ይግለፁ?

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# **Addis Ababa University**

## **School of Graduate Studies**

### **Department of Sport Science**

#### **Open ended semi structured Interview Schedule for clubs manager**

Thank you for agreeing to participate. This is an interview designed to obtain information on Factors which affect women football performance: In Ethiopia the case of some selected women Addis Ababa administrative region. Therefore kindly requested to give genuine and truthful responses. The interview will be recorded with your permission and later destroyed. Offer a summary of the report. Thank you in advance for your cooperation!

#### **General information**

Date of interview: -----

Duration: -----

Place: -----

•Is there anything you'd like to ask me before we begin?

#### **Background of the respondent**

•Name of the respondent: -----

•Age-----

•Sex-----

•Educational level-----

•Marital status-----

•Working experience-----

#### **Part II. Questions related to research questions**

1. What is the current status of your club performance?
2. Does the administration work corporately with the sponsors /how and why/?
3. What do you think about the challenges and reasons of women football clubs development in Addis Ababa region?
4. Do you hold meeting with football fans, media and other professionals to support the women football club?
5. What are those performance factors that affect the development of your club?
6. What do you suggest solve the problems?

# **Addis Ababa University**

## **School of Graduate Studies**

### **Department of Sport Science**

#### **Open ended semi structured Interview Schedule for Ethiopian football federation officers**

Thank you for agreeing to participate. This is an interview designed to obtain information on Factors which affect women football performance :In Ethiopia the case of some selected women Addis Ababa administrative region. Therefore kindly requested to give genuine and truthful responses. The interview will be recorded with your permission and later destroyed. Offer a summary of the report. Thank you in advance for your cooperation!

#### **General information**

Date of interview: -----

Duration: -----

Place: -----

•Is there anything you'd like to ask me before we begin?

#### **Background of the respondent**

•Name of the respondent: -----

•Age-----

•Sex-----

•Educational level-----

•Marital status-----

•Working experience-----

#### **Part II. Questions related to research questions**

- 1What are the performance factors that affect the development of women football club?
2. What is the current status of Addis Ababa women football clubs economy?
3. Does the technique committee work jointly with women football clubs?
4. What do you think about the challenges and reasons of women football clubs development in Addis Ababa region?
5. Do you support Addis Ababa women football clubs?
6. How do you describe attitude of governmental authorities in the women to organizing football club?
7. What do you think can solve the problems?

አዲስአበባ ዩኒቨርሲቲ  
የድህረ ምረቃ ትምህርት ቤት  
የስፖርት ሳይንስ ትምህርት ክፍል

ያልተገደበ የቃል የመጠይቅ አይነት ለክለብ አሰልጣኞች

መጠይቁን ለመሙላት በቅድሚያ አመሰግናለው። ይህ መጠይቅ የተዘጋጀው የሴት እግር ኳስ ክለቦች የብቃት ችግር ላይ ያለው ተፅዕኖ፣ ይህ ጥናት የሚመለከተው ተፅዕኖ፣ በአዲስ አበባ ከተማ አስተዳደር ስር ላሉት ክለቦች ነው። መጠይቁን በነፃነት እና በትክክል እንዲሞሉ አሳስባለው።

ክፍል 1: ጥቅል መረጃ

መጠይቁ የተሞላበት ቀን -----

መጠይቁን ለመሙላት የፈጀው ሰዓት -----

ቦታ -----

ሌላ ለማወቅ የሚፈልጉት ነገር ካለ -----

መጠይቁን የሞላው ሰው መረጃ

ስም -----

ዕድሜ ----- ምዕራብ -----

የትምህርት ደረጃ ----- የጋብቻ ሁኔታ -----

የስራ ልምድ -----

ክፍል 2: የጥናቱን ጥያቄ መሰረት አድርገው የተዘጋጁ መጠይቆች ናቸው

1. በአሁኑ ሰዓት ያለው የክለብ የብቃት ሁኔታ ምን ይመስላል?
2. አስተዳደሩ ከስፖንሰሮች ጋር በጥምረት ይሰራል?/እንዴት እና ለምን?
3. በአዲስ አበባ ክልል ውስጥ ባሉ የሴቶች እግር ኳስ ክለቦች እድገት ላይ ያሉ ተግዳሮቶች እና ምክኒያቶቻቸው ምንድን ናቸው ብለው ያስባሉ?

4. የሴቶች እግር ኳስ ክለቦን ለመደገፍ ከእግር ኳስ ደጋፊዎች፣ሚዲያ እና ከሌሎች የስፖርት ባለሞያዎች ጋር ስብሰባ ያደርጋሉ?
5. የክለቦ እድገት ላይ ተፅዕኖ የሚያመጡ የብቃት ችግሮች ምንድን ናቸው?
6. ችግሮቹን ምን ይፈታቸዋል ብለው ያስባሉ?

አዲስአበባ ዩኒቨርሲቲ  
የድህረ ምረቃ ትምህርት ቤት  
የሰፖርት ሳይንስ ትምህርት ክፍል

ያልተገደበ የቃል የመጠይቅ አይነት ለፌዴሬሽን ኦሪጅናል

መጠይቁን ለመሙላት በቅድሚያ አመሰግናለው። ይህ መጠይቅ የተዘጋጀው የሴት እግር ኳስ ክለቦች የብቃት ችግር ላይ ያለው ተፅዕኖ፣ ይህ ጥናት የሚመለከተው ተፅዕኖ፣ በአዲስ አበባ ከተማ አስተዳደር ስር ላሉት ክለቦች ነው። መጠይቁን በነፃነት እና በትክክል እንዲሞሉ አሳስባለው።

ክፍል 1: ጥቅል መረጃ

መጠይቁ የተሞላበት ቀን -----

መጠይቁን ለመሙላት የፈጀው ሰዓት -----

ቦታ -----

ሌላ ለማወቅ የሚፈልጉት ነገር ካለ -----

መጠይቁን የሞላው ሰው መረጃ

ስም -----

ዕድሜ ----- ቦታ -----

የትምህርት ደረጃ----- የጋብቻ ሁኔታ -----

የስራ ልምድ -----

ክፍል 2: የጥናቱን ጥያቄ መሰረት አድርገው የተዘጋጁ መጠይቆች ናቸው

1. የሴቶች እግር ኳስ ክለብ እድገት ላይ ተፅዕኖ የሚያመጡ የብቃት ችግሮች ምንድን ናቸው?
2. በአሁኑ ሰዓት ያለው የአዲስ አበባ ሴቶች እግር ኳስ ክለቦች የብቃት ሁኔታ ምን ይመስላል?
3. የቴክኒክ ኮሚቴው ከሴቶች እግር ኳስ ክለቦች ጋር በጥምረት ይሰራል?

4. በአዲስ አበባ ክልል ውስጥ ባሉ የሴቶች እግር ኳስ ክለቦች እድገት ላይ ያሉ ተግዳሮቶች እና ምክንያቶቻቸው ምንድን ናቸው ብለው ያስባሉ?
5. በአዲስ አበባ ውስጥ ያሉትን የሴቶች እግር ኳስ ክለቦችን ይደግፋሉ?
6. የእግር ኳስ ክለቦችን በማቋቋም ረገድ የመንግስት ተቋማት ያላቸውን አመለካከት/እይታ እንዴት ይገልፁታል?
7. ችግሮቹን ምን ይፈታቸዋል ብለው ያስባሉ?

## 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

