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ANALYSIS OF BALANCE ABILITY AND SPEED ABILITY OF SCHOOL'S NATIONAL FEMALE FOOTBALL PLAYERS

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Abstract

Aim: The aim of this study was to determine the comparative analysis of balance and speed of Football Players. **Methods:** To obtain data, the investigators had selected Twenty (N=20), female IPSC level and SGFI level Football Players between the age group of 15-18 years were selected. The subjects were purposively assigned into two groups (each group have 10 player was randomly selected). **Producer:** To measure the balance ability the balancing beam test and to measure speed ability 50 meter dash test was used. **Hypothesis:** It is hypothesized that there would be a significant different between speed and balance abilities of football players. **Statistics:** To determine the significant differences of motor fitness components between Ipse level and SGFI level Football Players, ungrouped t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. **Results:** To conclude, it is significant to mention in relation to Motor Fitness Components that insignificant differences occur between IPSC level and SGFI level Football players on the sub variable Speed and Balance.

Key Words: Balance, Speed and Football

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