

Biomechanical Elements of Running and Spilling Execution Component Differentiations in sexual direction in Football Players

Thingnam Premchandra Singh¹ Pawankumar², Balarampani³, Lalit Kapur⁴ and Dhananjay Shaw⁵

¹Research Scholar, IGIPES, University Of Delhi, Vikas Puri, New Delhi- 110018,

²Department of Physical Education, ³Department Of Chemistry,

^{4,5} Department Of Chemistry, Bhaskaracharya College Of Applied Sciences, University Of Delhi,
Dwarka, New Delhi- 110075,

ABSTRACT

The target of the review was to contrast among male and female footballers and respect to running and spilling factors bio-precisely. Twenty (ten male and ten female) bury university, thoroughly prepared football players were haphazardly chosen as subjects for the review. Age of the subjects went from 17 to 24 years. Information was gathered utilizing a computerized video recording framework and a two-layered investigation was finished utilizing Kinovea 0.8.15 programming. The information was processed as mean, Standard Deviation and 't' test and the speculation was tried at 0.05 degree of importance. As per our discoveries, the factors to be specific level ($t=2.70$), weight ($t=5.46$), normal time taken for crisscross run ($t= - 4.55$), normal time taken for spilling ($t=-7.03$), normal speed of crisscross run ($t= 4.59$), normal speed of spilling ($t=8.07$), proportion between normal time taken of spilling and crisscrosses print ($t=-5.17$), proportion between normal speed of spilling and crisscross run ($t=4.45$) were essentially divergent in male and female players.

Key words:

Spilling, Running, Football