



Kinanthropometric Measurements and Motor Abilities of Footballers

By Satinder Kumar

LAP Lambert Academic Publishing Jan 2015, 2015. Taschenbuch. Book Condition: Neu. 220x150x10 mm. Neuware - In recent years, the performance and standard of football have also increased which led the sports scientists and coaches to think and to find out the various possible ways for further improvement in the field of performance. In competitive sports, the difference between the victory and defeat can be a matter of few centimeters and seconds, some accurate passes and some deadly shots on the target. Thus, at all levels of sports - science has left nothing to chance. However, sports performance depends on many factors such as motor abilities, physiological variables, technico-tactical abilities, psychological maturity, kinanthropometric characteristics, socio economic status and some external factors. The motor abilities along with technical abilities have been considered as most important prerequisite for all sportsmen to secure the top level performance in the game. A close connection is existed amongst physical, technical, conditional and tactical components. The contribution of various performance factors is a very complex combination and they superseded each other, depending upon the nature of activities. 160 pp. Englisch.



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