

**ASSESSMENT OF AN IMPLEMENTATION AND MANAGING  
ARRANGMENT OF THE CURRENT STATUS OF WOMEN  
FOOT BALL PROJECT TEAM IN AWI ZONE**

**BY:**

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## Content

## Page

Acknowledgment -----	I
List of Table content -----	II
List of table -----	VI
List of Acronyms -----	VII
Abstract-----	VII

### Chapter one

#### Introduction

1.1 Back ground of the study -----	1
1.2 Statement of the problem -----	3
1.3 Basic research questions -----	4
1.4 Objective of the study-----	4
1.4.1 General objective -----	4
1.4.2 Specific objective -----	4
1.5 Significant of the stud y -----	5
1.6 Limitation of the study -----	5
1.7 Delimitation (scope of the study) -----	5
1.8 Definition of terms and concepts-----	6
1.9 This research paper is organized in the following way -----	6

### Chapter two

#### Review of related literature

2.1 Talent identification-----	7
2.1.1 Developing a young athlete -----	8
2.1.2 Factors affecting talent identification -----	10
2.1.3 Fitness testing-----	11

2.1.4 Principles of fitness testing -----	11
2.1.5 Factors which my affect fitness tests-----	12
2.2 Qualification of the trainer -----	13
2.2.1 The trainer qualification and relationships -----	13
2.2.2 Educational preparation and role of physical education teachers -----	13
2.2.3 Personal qualities -----	14
2.2.4 Females in the media -----	17
2.2.5 Physical barriers to the participation of women and girls in sport -----	18
2.3 duties of the trainer -----	18
2.4 physical exanimations of perspective athlete -----	19
2.5 The trainer responsibilities-----	24
2.6 Administrations role-----	27
2.6.1 Follow up the administrative body and community-----	27
2.6.2 Facilities, equipment and supplies -----	27
2.6.3 Hygiene and Sanitation in sports -----	28
2.7 Principles and Method of Training -----	31
2.8. Organizational form, means and methods of foot ball training-----	32
2.8.1 The organizational form of training -----	32
2.8.2 Means of training-----	33
2.8.3 Principles of training -----	34
2.8.4 per iodization -----	38
2.8.5 Method of developing the components of foot ball training -----	39
2.8.6 The contemporary methods of foot ball tiring -----	40
2.8.7 Integrating skill and fitness training -----	42
2.9 Nutrition -----	43

2.9.1 Nutrition and athlete health -	44
2.9.2 Diet benefit for players ---	44
2.9.3 Sports Nutrition basics form training to computation -----	45
2.9.4 Nutritional Assessment-----	46
2.9.5 Nutritional evaluation-----	47

### **Chapter three**

#### **Research design and Methodology**

3.1 Research design -----	48
3.2 Source of data -----	48
3.3 Population and sampling -----	48
3.4 Data gathering instrument -----	48
3.4.1 Questionnaires -----	49
3.4.2 Interview -----	49
3.4.3 Observation -----	49
3.4.4 Method of data analysis -----	49

### **Chapter Four**

#### **Presentation, analysis and Interpretation of the data**

4.1 Observation of Coaches-----	50
4.2 Observation of the trainees -----	53
4.2.1 Trainees of Dangela town women foot ball project team-----	53
4.2.2 Trainees of Ingebra Town women foot ball project team -----	57
4.2.3 Trainees of Fageta Locomo woreda women foot ball project center -----	61
4.2.4 Trainees of Guagussa woreda women foot ball project center -----	65
4.3 Observation of Administrative officers towards the launched project-----	68
4.3.1 Nature of evaluation or appraisal -----	70
4.3.2 Support towards the women foot ball project -----	70

4.4 Observation of the women foot ball players' parents .....	71
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## **Chapter Five**

### **Summary conclusion and recommendations**

<b>Summary .....</b>	<b>73</b>
5.1 Existing facts of the research in the Awi zone .....	73
5.1.1 Women foot ball players in Dangela town foot ball project .....	76
5.1.2 Women foot ball players in Injebera town foot ball project .....	77
5.1.3 Women foot ball player in Fageta Locama woreda foot ball project .....	77
5.1.4 Women foot ball player in Gogussa woreda foot ball Project .....	78
5.1.5 Parents of the women foot ball players .....	78
5.1.6 Administrative organ .....	79
<b>Conclusion.....</b>	<b>79</b>
5.2 Women foot ball projects in Awi zone - .....	80
5.3 Quality of training .....	81
5.4 Achievement of the women foot ball project .....	81
5.5 Administration Organs .....	83
5.5.1 EFF the Ethiopian foot ball federation .....	83
5.5.2 The region sport commission .....	83
5.5.3 The Awi zone youth and sport office .....	83
5.6 possible solutions .....	84
<b>Recommendation .....</b>	<b>84</b>
5.7 Tips of coaches .....	85
5.8 Tips of the women players .....	86
5.9 The administrative persons of the Awi zone youth and sport office .....	87
5.10 Tips of parents of the women players .....	88
Reference	
Appendix	

## LIST OF TABAL

Table 1	Questionnaires for selected women Foot ball players	53
Table 2	Questionnaires for selected women foot ball Players and their answer	54
Table 3	Trainees relationship with their Coaches	55
Table 4	Questionnaires for Dangela town Women foot ball players	55
Table 5	Questionnaires for Dangila Town Women foot ball players	56
Table 6	Questionnaires for Ingebara town Women foot ball project center	57
Table 7	Questionnaires for Ingebara town women Foot ball platters project center	58
Table 8	Questionnaires for Ingibera Town Women foot ball project center	59
Table 9	Questionnaires for selected women foot ball player In Fagata Locomo project	61
Table 10	Questionnaires selected Women foot ball Player in fageta locoma Woreda project	62
Table 11	Questionnaires Selected women foot ball players In Fageta Locomo project center	64
Table 12	Questionnaires for selected women foot ball players in Guagussa Woreda project center	65
Table 13	Questionnaires for selected women foot ball players in Guagussa Woreda project center	66
Table 14.	The average income of the players' parents ....	72
Table 15.	Families support for women players .	72



## **Acronyms**

FIFA: Federation of International Football Association

EFF: Ethiopian Football Federation

IOC: International Olympic Committee

ARSC: Amhara Regional Sport Commission

PBA: Professional Bowlers Association

## ABSTRACT

The main objective of this study was to the Assessment of an Implementation and managing arrangement of the current status of women foot ball project team in Awi Zone. To achieve this objective, the study used random sampling method to select woman foot ball project coaches, young female players, sport officers and parents.

The researcher use quantitative research method, it was more of descriptive survey in nature. The major findings of this study are the coaches in the Awi Zone are not well trained, the quality and nature of coaching is poor, the project lack sport wearing, foot ball equipments and facilities. The majority of the parent's don't have the vision that their children will be tough, competent and successful both for themselves and to the nation. The Awi Zone youth and sport office doesn't have close monitoring and evaluation for the projects.

Based on the findings the following recommendations were suggested the coaches who are assigned in the projects must be qualified in a higher educational institute in sport science, coaches should have to identify the talent of the female players, players must strictly follow up there train session with great proficiency, the offices are expected to arrange and supply basic needs to the projects like neat water, training field, technical aids and prepare additional training to the existing coaches and players parent should have a good awareness about the importance of foot ball their children, to themselves and to the nation by large.

**Key words:** nature of coaching, coaching experience, implementation, managing arrangement and status.

## Introduction

### 1.1 Back ground of the study

Football is the most popular sport in the world. It can be played by young and old, boys and girls by elite and physically or mentally challenged and on a smaller or wide field. To play football, all that is needed is a ball, willing to participate and unwritten laws of fair play. In your football game participation you can develop cardio vascular endurance, cognitive, competitive and psychomotor abilities.

The most important successful factors of long and extended time of football training is to help to improve their player skill in a wide range of tasks from a sequential development and mastery of basic skill, to the more specialized physical, technical, tactical and psychological preparation. Effective play behavior varies across specific contexts as the characteristics of each players and the prescribed situation change. The context of the sport situation and the characteristics of the coach and the player themselves dictate appropriate skill of women players and also to achieve improvement in football performance, it may be necessary for the female player to engage in coaching behavior to which their player is receptive.

Sport comes with its own risks. Because female players and sport participants are a subject to the influence and control of predominantly male players, coaches, teachers and officials, there can be a risk of harassment and sexual abuse. Policies and procedures to protect women to ensure they have safe space in which to train and compete are critical. A number of initiatives are being implemented to give women the chance to be leaders, improve their confidence, increase their self awareness and strength their capacities in terms of decision making, critical thinking and negotiating.

The study identified a number of constraints to women's participation in football game and decision making, including the challenge of getting women nominated and elected from a constituency of national federation whose representatives were predominantly and traditionally male. Furthermore, the target were limited to only one part of the Olympic decision making structure, the national Olympic committee and more work is needed to increase women's participation at all levels.

An international conference was held in Paris on May 21, 1904 and founded FIFA (federation international de football association) who needs for governing authority for football programs. Uses standardized technical equipment and football equally popular in world wide. The considerable governing FIFA is doing its best for the development and expansion of football with member football federation of different countries.

Similarly, the Ethiopian football federation along with regional federations is striving their best for the development and expansion of women football club, in different part of Ethiopian regions there are 66 women football training center opened by Ethiopian football federation. The major role of Ethiopian football federation for regional women football projects is as follows. Players and coaches need of equipment, coaches salary sponsoring full costs of national champion competitions and follow up the project and training for coaches etc. But when we see a number of women football teams play great role the movement of sport in woreda and in zone competitions since this research had been carried out, there have been change of traditional training principles women football into modernize training system. For example this year Amhara Football Federation introduce the new training equipment to distribute each regional zone can help women football teams use during training secession this new training equipment are widely used and are continued to be the source of women football skill. So it is obvious that the coach and players comprehension ability using this new training equipment needs to be checked.

The focus area of this research is located in Awi zone. It is situated in the western periphery of the country. The Benishangul Gumuz national regional state is west neighbor of a zone, while west gojam is neighbor of a zone and north Gonder neighbor of a zone and the Oromia national regional state is its south neighbor of a zone. Here, the study will be carried out in awi zone which is around 542 Km far from Addis Ababa. Awi zone is one of consists of 11 woreda which is found in the south western part of Amhara national regional state. In this zone four women football project are launched these are;

1. Dangila town
2. Injibara town
3. Fageta lokoma woreda
4. Guagusa woreda

The 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> training center were opened by Awi zone youth sport office. But first one has been established by EFF. Thus totally there are 4 training project centers in Awi zone but today the current status of women football project in Awi zone is declining.

This study examined the problem of women training centers more in depth. The researcher prepared this paper which incorporates statement of the problem, significance of the study, review of related literature, hypothesis, objective of the study, delimitation of the study, and methodology of the study.

## **1.2 Statement of the problem**

The development of women foot ball is determines by the active participation of the concerned bodies which are coaches, trainees, administrator, community and parents of the player. In hence before my research doesn't have other basic research that concern with women foot ball project in Awi zone. This shows that current declination of women foot ball in Awi zone. In addition to study this research no one women player represents in Awi zone either women premier league or other nominated clubs, so this and other factors the researcher to study. It is delimited in four woredas women foot ball projects and also the administrative organ cannot support and monitor. All the concerned bodies mentioned above should provide what are expected from them to the feasibility of the attainment of the projects. They should supervise, encourage and evaluate the trainees and the coach. To this end the researcher will add some phrase. The main purpose of the study is to point out as to how the women football project in Awi zone are totally declining implementation and managing arrangement of the current status of women football project and their performance. Finally it is intended to curb or avoid the inherent problems that pose hindrance to the projects while they are raising young player who have a very promising future.

The major cause for the researcher to study this case is :-

- To asses factors that hinders the performance of the women football projects.
- To know the current status of Awi zone women football project.
- To know how can to implemented and managing arrangement of the current status of women football projects.
- To asses overall activities of the women football project in Awi zone.

In addition to these efforts are made so as to improve the present projects and to make competent. Because the contribution of the project of awi zone women football development is a great importance.

### **1.3 Basic research questions**

In this research, an attempt will be made to answer the following questions

- Does Awi zone youth and sport office control, following, monitor and evaluate the women football project?
- What types of aid are offered to the women football project by the community of the Awi zone?
- What are the role of the Amhara regional sport commission with regards to the women football team projects?
- Do the coaches have proper plan or schedule? And do they follow it?
- Are the coaches qualified enough to train the young women football player?
- What is level of awareness of the players to football sport activities?

### **1.4 Objective of the study**

#### **1.4.1 General objective**

This study will aim assessment of an implementation and managing arrangement of the current status of women football team project in Awi zone:

- To evaluate the attitude of the coaches toward the women football project.
- To evaluate the attitude of the trainers toward the women football project.
- To identify the influence of the concerned bodies of the women football team project.

#### **1.4.2 Specific objective**

The specific objectives of this study:

- To investigate as to how the problem will be lessened.
- To study the current status of women football team project in Awi zone.
- To assess the relationship that exists among coaches, players and administrative bodies.
- To investigate the major problems of the women football team project in awi zone.

- To analyze their current performance of women football project team in Awi zone.
- To study their weak performance which is caused due to various problems?

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

The findings of this study will be significant in identifying the assessment of an implementation and managing arrangement of the current status of women football team in awi zone project and as a result will make know a zonal women football project current status, improve the study and enable them to be so strong and competent. It surely helps analyze and asses' football and other related project in the entire zone.

The findings of this study had been significant in identifying

- The assessment of an implementation and managing arrangement of the current status of women foot ball team in Awi zone project.
- The finding helps for Awi zone and each woreda youth and sport office experts
- for the project coaches and every stake holders

### **1.6 Limitation of the study**

This paper will have its own limitation, during study or researching this thesis

- Some respondents are not totally responding the questionnaires.
- Few questionnaires were not returned in the expected time.
- Lack of internet access.

### **1.7 Delimitation (scope of the study)**

This research was expected to study the problems of women football team project in the entire country however it is delimited to all women football team project in **AWi** zone.

In awi zone there are four women football project. These are;

Table 1.1 Awi zone women football project.

1	Dangila town
2	Injibara town
3	Fageta locoma woreda
4	Guagusa woreda

### 1.8 Definition of terms and concepts

- **Project:** to join as a number of individuals to the some end; to contribute separate power to one end, purpose or effect; usually with together.
- **Trainer:** is some who is good at sport, especially football players, takes part in sport competitive.
- **Communities\_:**the local society of the region
- **EFF\_:**Ethiopian football federation
- **Coach:** to train intensively by detailed instruction, frequency demonstration and repeated practice for footballer.
- **Coaching:** is often used to cover a wide range of activities, usually to help someone proper for something.
- **Administrative\_bodies:** the Awi zone youth sport office, sport expert and officers.
- **FIFA: international** football federation of associations.

### 1.9.This research paper is organized in the following way

The first chapter is an introductory part of the thesis. The second chapter deals with review of related literature; it consists of paraphrases which are taken from related publications while third one is devoted on research design and methodology. The fourth chapter gives emphasis to data analysis; the last chapter which is chapter five is summary, conclusion and recommendation.



## Chapter two

### Review of related literature

#### 2.1 Talent identification

In its broadest sense, talent identification is an elitist to it used to positively discriminate performance. Consider the use of entrance examination for postgraduate candidates of university; they are open to anyone, but only those candidates producing the best results on the day get offered a place. In elite sport, athletic performance represents a significant interaction between both the genetic capabilities of the individual and also environmental factors such demography's, wealth, access to facilities, etc. Myburgh, (2003). The identification of an elite athlete could be described as the equivalent of searching for a needle in a hay stack. We are seeking special individual from within our population, which means that many factors converge to describe that ideal athlete.

Despite these large chances on identifying, talent identification has become an accepted process by which coaches select and recruit athletes. Therefore, this chapter will explore the rational for talent identification and how the approach can be used to identify athlete from the wider population. There are many conditions necessary for success in modern football. One of these factors is an inherent talent aptitude. Early identification of talent is one of the most important concerns in contemporary sports (Bompa, 1990 Bompa, 1985, Harre, 1982). The basic premise underlying talent development programs is that the development of the youthful athlete can be best served if the athlete trains in sport of discipline for which he/she is best suited (Hare, 1982). Two corollaries to this are

1. If an athlete starts at a higher level of performance then he/she ultimately ends...at a higher level of performance; and
2. If you start with a grater aptitude for a particular activity, then the athlete will progress faster than an athlete with lower initial aptitude.

Unfortunately, these premises have not been conclusively proven, and may give away to wide individual variability. However, one can practically assume that because of training to reach a level of proficiency in a sport (Bompa, 1990), and rather narrow widow of age that the athlete can expect peak performance (Bompa, 1990; Hadjier, 1989 sands and Henschen, 1992). It is

discovered early, and monitored continuously to help the athlete reach high level performance (Bompa, 1990).

Talent identification is not a new idea. But very little has been done in the west to implement programs on a consistent basis (Bompa, 1990; Bompa 1985). The west has largely relied on “natural selection”. It has been reported that during the last 1960s and early 1970s most eastern European countries established specific method for identifying gifted athlete (Bompa, 1990). Some characteristics relevant to athletic performance are heritable and could logically be selected early in the life of the athlete (Londeree, 1990).

According to (Bompa, 1990) the detection and selection of talented youth for sport participation has several assumed advantages for both the sport and the athlete. The advantages are:

1. The time required to reach a high performance by selecting initially gifted individual is reduced.
2. The amount of work required to evaluate an athlete to high level performance is reduced.
3. The effectiveness the coach’s time is enhanced by training primarily these athletes of superior ability.
4. The number of athletes competing at the higher levels of the sport is increased;
5. The national team will have more homogenous characteristics.
6. There can be an increase in the athletes self confidence because the athlete knows that he/she is among an elite group of athletes;
7. The application of sport science to training programs can be enhanced indirectly by involving sport scientists in the selection process.
8. The athlete can be enhanced to a sport where he/she has the highest probability of success.
9. Potential individuals limiting factors to performance can be identified early and steps taken to reduce and /or eliminate them:

### **2.1.1 Developing a young athlete**

A young athlete first is established as being interested in sports. According to (Chrys Lyon) (2007-2011) young athlete should first be raised as being interested in sports. The time course elite athletic development lies between 10 and 15 years from the onset of special listed and

dedicated training. The research base shows the player performance usually occur in the later stages of an individual's competitive career. The chronological age associated within an athlete's best performance varies according to the sport, and appears to be associated with the optimal of physiological development.

Sporting performance is a combination of skill, technical acquisition and experience (Smith, 2003), given that different sports place varying demands on the individual. It would be fair to suggest that football is constructed different in relation to skill, technical acquisition and experience. As a result, we have become increasingly aware that football is associated with earlier attainment of peak performance than others. Athletes generally attain their optimal performance at or around the point of mature on (Armstrong, 2007), in other words in the age bracket of 18-25 years. Therefore given the amount of time taken to develop that the level of performance, the search to identify future talent should begin the children aged 10-15 years.

A number of issues need to be considered before embarking on a talent identification program

1. There are ethical considerations when working with and assessing football coaches need to taken in to account the legal issues surrounding working with children. They should always be fully versed in the law but at the same time, have strong working knowledge of children's emotional and physical characteristics.
2. Any measurements that are conducted should be reliable, valid and specific to the nature of football to which it pertains.

Does simply measuring performance in young athletes from within the population? The simple answer to this question is of course, 'no'.

Identification is not simplistic assessment of performance –rather it is a combination of factors which dictate athletic competence. Performance is a combination of physiological and genetic factors which in varying quantities contribute to the overall athlete profile. Only measuring performance will not be enough approach. Therefore; what is required is a more prudent means athletic assessment, in a form which meets both ethical and practical considerations while at the same time generating the data describing the athletic ability of the individuals.

### **2.1.2 Factors affecting talent identification**

Talent is a complex issue involving many variables. The potential of an athlete is determined by a wide range of factors such as environment, training, developed ability, psychological predisposition to performance and many other aspects. The future success of an individual cannot be determined simply by their current level of ability. Nor can a basic, rudimentary development process be expected to magically produce champion athletes.

Football talent identification and the development of the athlete come together. I think that if the mind set of athlete and coaches were changed, it would change the potential for many young athletes that would otherwise not be given that chance.

There is a lot to be said for development- based athletic talent identification methods. Observing how a young athlete performance currently will not always provide an accurate prediction as what they will do in the future. My advice to parent coaches of young athletes is to invest time and energy in to the young ones that prove they have the ability to be coached, not just the ones with natural ability. A young athlete with a high tolerance for high-level training and the discipline to put in the work is most likely to reach some level of success. The reason that naturally or genetically gifted young athlete achieves results and actually become champions is because they are nurtured. But there is a high drop-out rate for such athletes because this psychological drive doesn't enter in to the equation.

On the flip-side, one reason we don't see as many non gifted athlete coming through as champions is because they are ignored to a large extent. These athletes are not as often taken in to athletic training camps and are less likely to gain scholarship for athletic performance. As (Chris Lyone) based on the above points, it can be concluded that athletic talent identification is a complex issue. For this reason there are many variables to consider that go beyond the simple assessment of ability and performance. Through my experience, working with young athletes, I have discovered that a combined approach tends to prove most effective.

It pays for an athlete to show some level of natural performance. However, this is a minimal aspect in a very complex set of variables. The athlete that gets in to development program should be the one with a predisposition to elite training and performance. This includes ambition, rate of improvement, psychology of both performance and training and a base line level of skill and

proficiency. Quite often, it is the athlete that performs moderately well in a wide range of sports that have more longevity and development potential. Athletes that are too highly specified at an early age are the ones that peak then drop off well before they have achieved anything great in their sport.

The athlete needs to have a wide range of skills and the mind set to go with it. They also need to show some level of promise. This requires them being given the chance to develop under supervision.

### **2.1.3 Fitness testing**

Fitness testing is the way of gaining information about the health related and skill related components of athlete's fitness. ([www.topendsport.com](http://www.topendsport.com)). Testing can take place in a number of environments with laboratory testing being the most accurate; however, there is still a large number of tests that can be carried out away from the lab which provide a lot of useful information.

### **Reasons for fitness testing**

According to ([WWW. Tea state. +ex.'s/PFAI testing.pdf](http://www.teastate.edu/~ex/s/PFAI_testing.pdf)) the primary reasons for fitness testing are:

- Talent identification
- To highlight the strength and the weakness of an athlete enabling the training program to be devised which addresses the findings.
- To evaluate the training program, to see if it is helping the athlete in achieving set goals.
- To measure the fitness levels following injury illness or following the off season.
- To assist in setting goals
- To determine wealth status in the non-sporting population
- To aid motivation

### **2.1.4 Principles of fitness testing**

In order for fitness testing to be accurate and worthwhile, a number of principles must be followed. ([www.cornwallfitness.co.uk](http://www.cornwallfitness.co.uk))

- **Specificity:** fitness tests must assess an individual for the activity or sport in question. For example, there is a little point in using a running endurance test to assess an athlete's improvement in cycling endurance.
- **Validity:** fitness tests must measure the component of fitness that they are supposed to have for example is your sit and reach test measuring solely the flexibility of the hamstring or there other factors involved.
- **Objectivity:** sometimes also known as interested reliability. A test that is objective will produce the same result for the same individual regardless of the tester or technically administering the test.
- **Reliability:** A reliable test produces the same result if repeated. For example: an assessor trained in skin-fold measurement will produce the same result when the same area is re-tested shortly after.

### 2.1.5 Factors which may affect fitness tests

Fitness tests are subject to a large number of internal and external variables which may affect the outcome of the test, ([www.teacher.com](http://www.teacher.com)). When performing a repeat test it is important to try to limits as many variables as possible by insuring the condition (circumstance) are exactly the same as during the previous test.

- Time of the day
- Weather condition
- Environment (surface/noise/presence of other people)
- A different assessor
- Accuracy of measurement
- Test protocol not followed exactly as before
- Time since the athlete's last exam
- Athlete's exam emotion
- Athlete's states of hydration
- Athlete's health(recent colds/illness)
- Medication the athlete may be taking

## **Qualification of the trainer**

### **2.2.1 The trainer qualification and relationships**

Sports' training involves a great deal more than knowledge of bandaging techniques, first aid, and conditioning procedures. To conduct an efficient training program, the trainer must have knowledge of certain organization and operational procedures relating to staff relationships, legal implication, budgeting, record keeping and insurance to mention a few, (Karl Klafs and Daniel D.Arneleim, 1977).

The trainer functions in unusual situation. But a coach may handle a group of athletes in specific sports. The trainer deals with all athletes and engaged in all sports throughout the regular training year. Since athletes usually begin practice immediately following cessation of the daily class schedule, the trainer gets his peak load at that time.

To be able to cope with the many complexities that confront him the trainer must develop sound administrative procedures as well as efficient patterns of organizations each based on the cooperative efforts of a number of individuals and on the various factors that are involved in a good training program. Success or failure of the program will be determined by factors such as the type, location and supervision of the training facilities; the educational, professional, background, ethics and experience of the trainer and his assistant; the relationships that exist among trainer, physician, coach, athlete and other ancillary personnel; and a boreal, the trainer's ability to careful organization and training tend to minimize the number of administrative procedures required and to reduce the many conflicts that can and to arise the ability of the trainer to learn and retain the respect of coach and athletes reflects his ability in establishing a sound philosophy of training and conditioning, thereby enabling the formulation of policies that will best affect a mutually recognized objective achieving that which is best for the athlete in terms of preparation for competition, treatment and care of athletic injuries, and reconditioning.

### **2.2.2 Educational preparation and role of physical education teachers**

The trainer is expected to be high school and preparatory within the major in physical education emphasis in the area of rehabilitation or in a major in physical therapy and it is better if he is a licensed or registered physical therapist, he qualified enough especially if he is an additional background or certification in football training.

The major role of physical education teachers and encourage their students to participate actively in different activities of the class, provide support and feedback for students who are less skilled, design and modify activities for students based on their abilities, and needs to develop different skills and fitness. But most physical education teachers cannot perform this. Physical educators have the responsibility to provide equitable learning experience for all students regardless of skill level. Physical educators must are new commitments for helping less skilled students experience success and improve in ways that contribute to the development of life span activity habits. Because if physical educators cannot encourage and support their students to participate and improve their skill, they cannot be beneficial from physical education and their participation become decreased.

When games are played the less-skilled students sometimes get few real opportunities to take part in a meaningful play. They tend to have negative expectation for themselves because of their lack of success in physical education and because they have received little assistance from the teacher or class mates. They also are the object of ridicule from class mates and criticism from teachers. It is no wonder that students like these try to find excuse to avoid participation or to be absent from physical education class. They only fear description of what has happened to them is physical miss-education (Siedewtop, 2001).

Most physical educators in school considered as a success if they can make their student happy, busy in their physical education class, by ignoring learning. In my experience I observed such problems; most physical education teachers consider teaching is simply providing ball for students to play.

### **2.2.3 Personal qualities**

The personal qualities of the trainer, not the facilities and equipment, determine his or her success, as ([www.mental game coach.com](http://www.mentalgamecoach.com)). Personal qualities may be thought as many characteristics that identify the individual in regard to his/her actions as a member of the society. Personality is a complex of the many characteristics that together give an image of the individual to those with whom he/she is associated.

The personal qualities of the trainer are almost important since he in turn works with many complicated and diverse personalities. Although no attempt has been made to establish a rand



order, the qualities discussed in the following paragraphs are essentials if one desires to be good trainer.

**Health:** Good health is an absolute necessity for the trainer. The work requires abundant energy and vitality. Long arduous hours of strenuous work will sap the reverse strength of trainer who is not the best of health. The trainer must also set an example for his athletes by personality adhering to the rules of good health. Sufficient rest, suitable relaxation, and proper diet will do much towards establishing and maintaining a good level of health.

**Sense of fair play:** The ethics of training demand that fairness and justice be maintained all times. A trainer cannot allow himself to become discriminatory in his treatment of players. All should be treated on an equal base regardless of race, color, sex, or creed. As a sense of fair play and justice goes a long way towards establishing harmonious relationships.

**Maturity and emotional stability:** The ability to get along with others and to act properly under duress or pressure is a measure of emotional stability maturity. A trainer is subjected to have much stress and emotional pressure during the period of competition he moves and works in an atmosphere of constant tenseness. Consequently he must exhibit good self control at all times. By setting an example he exerts a coming effect on those about him. There is no place in his /her field for pettiness or immaturity.

**Good appearance:** (Carl E. Altas and Daniel D. Arnheim in 1980) “your appearance as you pass by is your only message to most of the world.” This maxim, old thought it may be has never lost its timeliness. It continues considerable truth. Neatness and cleanliness of person and dress should be the trade mark of the trainer. Personal cleanliness including care of the nails and scalp should be observed at all times. The cleanliness and sanitation of the facilities and equipment make it imperative that the trainer himself not be remiss in matters of his own cleanliness. The trainer should also keep in excellent physical condition, or he does not reflect the principles that he teaches, nor does he engender trust and confidence among his pupils.

**Compassion:** Competence must be coupled with compassion the ability to fill pity for the suffering or distress of others with a real desire to help alleviate such suffering. Empathy combined with compassion for those under his care are qualities that the competent trainer must possess.

**Intellectual capacities:** In a broad sense intellectual capacity may be defined as the ability to deal with the many problems of life, including those encountered in one’s work. It denotes one’s

ability to adapt him to constant change, to keep up, as it were, with the times. Consequently, the trainer should possess a levelly intellectual curiosity both within and outside his field; it stimulates him to do considerable reading in professional and allied journals and books and making experiments and research in his area. More research concerning sport injuries is greatly needed and the trainer is in ideal position to initiate and to carry through intensive and long range programs. Many questions still need to be answered.

**Sense of humor:** Many athletes rate having a sense of humor is the most important attribute of the trainer. The ability to relax others by means of humor and wit is indeed an important asset and can serve to release much of the tension that builds up particularly prior to competition. An affable trainer who possesses enthusiasm and optimism can do much towards developing a favorable emotional climate in the training quarters.

**Kindness and understanding:** Among the many traits that a trainer possesses are those of being considerate, tactful and understanding rank of him high. Athletes often have emotional problems that require understanding, sympathy, and faith on the part of the trainer. A firm belief in sports and in his own ability to contribute will aid the trainer in solving or ameliorating such problems. At times he functions in loco parentis and confessor in attempting to help the athlete solve his problem a willingness to listen often goes a long way towards solving many of the problems that arise. Altruism is one virtue a trainer must possess. Unselfishness of time and self is a requisite for becoming a good trainer.

**Competence and responsibility:** When one speaks of competence of knowing what to do, when to do it, how to do it, and then to do it properly and effectively. Self confidence is a quality that he must exhibit if he expects others to have confidence in him. Versatility in his profession is yet another index of competence. Competence is based on good scholarship, technical knowledge and the ability to apply what has been learnt in a proper time. A competent trainer is a responsible person he/she is answerable morally and legal for the discharge of his/her duties, and he/she possesses the capacity to perceive the distinctions between right and wrong actions. The competent trainer strives always for perfection and excellence.

**Philosophy:** The sum of one's experience is reflected in one's philosophy. A person's behavior and his reactions to the world about him reflect his philosophy of life. In addition to a sound philosophy of life, the trainer should possess a good philosophy regarding the football player and the training of the athlete. He must believe in what he is doing and must feel that what he is

doing has value and serves a purpose that he is making a vital contribution towards achieving the desired goal he must be aware of what he is dealing with young people and that what he says and does have a part in shaping their philosophies. He functions as confident teacher and friend. If he cannot subscribe to these beliefs and attitudes it is not good to him and to the coaches who train.

#### **2.2.4 Females in the media**

Girls identified the lack of media coverage of females in sport and the media representation of the ideal girl as thin and beautiful as issues that might impact on their participation in sport and physical activities. Media messages are perceived as putting greater importance on men and boys in sport, (Blinde E, Greendorfe).

#### **Women's sport and the media**

The gender based discrimination against women in sport related employment is also apparent in the unequal representation of women in sport media and the negative portrayal of women athlete and women's sport remains in a persistence problem. In addition women's sporting events remain marginalized from the women from the main stream multi-billion dollar sport media industry and while many local , national and international competition include both men's and women's events; the men's even invariably dominate media coverage and local and global attention. For example, in the United States, the media coverage ratio 2004 between male and female professional sporting event was 95 to 1 in television and 20 to 1 in print media. In Australia, a 1996 study conducting by Australian sport commission found that coverage of women's sport was just 2% of total sport broadcasting in television, 1.4% in radio and 6.8% in sport magazine.

News sport reporting of women's sport was higher at 10.7%. When the south Australian premier's council for women commissioned similar research in 2006, it is found that news paper coverage was just 4.1% despite a number of high profile women's sporting events held during the study period.

### **2.2.5 Physical barriers to the participation of women and girls in sport**

Women continue to be discriminated against in official of international competition and rules of major sporting facilities. The Augusta national Golf club in the United States, which hosts the annual masters' tournament, continues to uphold its men-only membership policy. This has led to strong opposition by national women's right activities. Progresses, however, were being made in other institution. For example the 250 year old royal and ancient club in Scotland, considered the world's leading authority on golf, lifted a long standing ban on women playing at the open champion ship in 2005. Also, in 2004, the United States professional Bowlers association (PBA) opened the international Olympic committee's women and sport trophy. The international Olympic committee's women and sport trophy introduced in 2005, is awarded annually to promote the advancement women in sport and recognized outstanding achievement and contribution made to develop encourage and strengthen the participation of women and girls at all levels in the sport world. The world trophy for 2006 was awarded to the Argentinean tennis player, Gabriela Sabatini in official website of the Olympic movement. (Gabriela Sabatini, winner of the world IOC women and sport trophy, 2006.)

### **2.3 Duties of the trainer**

The trainer responsibilities are varied, (Bommet, Small and Smith, Small and Curiti, 1978). They are not confined to emergency first aid treatment and rehabilitation alone but ramify in to a number of areas in which he has specific duties, including the followings:

1. Working cooperatively with the coaches in setting up and carrying out a program of conditioning for athletes.
2. Administrating first aid to injured athletes on the field, in the gymnasium, or in the training room.
3. Applying protective or injury preventive devices, such as taping, bandaging, or bracing.
4. Working cooperatively with and under the direction of the physician in respect to:
  - a. Reconditioning procedures
  - b. Operation of therapeutic device and equipment

- c. Fitting of braces, guards and other devices.
- d. Referral to the physician, heal to service or hospital.
5. Working cooperatively with the coaches and the physician in selective athletic equipment and gear in checking it for safety.
6. Supervising and the training program
7. Supervising and, when necessary, instructing assistant trainers and other staff members under his jurisdiction.
8. Counseling and advising athlete's coaches on matter pertaining to conditioning and training such as: diet, rest and reconditioning.
9. Conducting himself at all times as a responsible professional person.

#### **2.4 Physical examination of perspective athlete**

The trainer and physician work closely together for the development of a program for the prevention of sports injuries and the conditioning of the athlete. This program is based on the thorough examination of the athlete by the physician. The physical examination must serve as a screening device that permits only those who are physically and psychologically fit in all respects to enter into football competition. The various cardiovascular, neurological, orthopedic and respiratory anomalies or irregularities that may be aggravated by athletic participation or may predispose the participant to injury should be considered disqualifying conditions, overweight and underweight athletes should be given instruction for correcting their respective weight problems.

Postural or orthopedic conditions that may prove to be handicap or predispose the participant to injury in particular sport activity are often revealed during an examination. In such instance participation in other sport in which the condition will present a serious problem is recommended. In another instance the condition may be proved to be sufficiently serious to warrant a declaration of ineligibility to participate in any sports activity.

Individuals can often participate successfully in certain sports even though they may possess some organic anomaly. The physician is the judge on the type of activity in which the athlete may participate and any limitations necessary within this activity. The physician should rule out

disease states that central indicate participation in certain activities. Such states would include metabolic, cardiovascular and renal diseases neurological problems and pulmonary, muscular Skeletal and abdominal aberrations.

Athletes who are handicapped should also be disqualified (somo.org/page .aspx) as should any individual who has had three concussions in one season or who has a history of head injury is serious enough to have required surgery. Therapy- controlled disorders such as asthma, diabetes and convulsive disorder must be considered individually by the physician on the bases of all the circumstance involved before the person is permitted to participate in competitive sports.

If, in the physician's considered professional judgment, participation presents certain hazards or may prove deleterious to the health of the Athlete, either at the present or in further, he will disqualify him. The trainer and the coach must learn to accept such decisions as being made in terms of what is best for the athlete. In most instances, although the individual is disqualified from a particular sport that contained risk factors for a medical problem, he or she can nonetheless be canceled in to an alternate sport. Obtaining a complete medical history should be the first step of the physical examination, including a careful check of the cardiovascular, respiratory, muscular skeleton, and central nervous systems should be made through by the American journal of sport in (1996):

- **Examination of the chest and lungs: -**

The chest and lung should be examined by means of inspection, palpation, percussion and auscultation. The general shape and size of the chest, any deformities any growth tumors, the distribution hairs and the condition of glands are noted. The pulse rate and blood pressure are checked and the veins are examined to determine the presence of varicosities. The respiratory movements are observed and the rate and character of respiration will be noted. By palpation the chest will is examined for respiratory and cardinal anomalies. Through percussion (tapping) some abnormal chest condition can be noted and indentified and the size, shape, and position of the heart. By means of a stethoscope (auscultation), the examiner carefully listens to the breath sounds (respiratory murmurs) to detect any abnormal or pathological sounds. He then listens to the heart, observing any modifications in sound, intensity, or rhythm. When examining the high school athlete, the physician should be alert to any heart murmurs that may be present. The murmurs may be either functional or organic. Functional murmurs often will disappear as a

result of exercise. Organic murmurs are caused by some abnormality in structure resulting from either congenital malformation or disease and usually affect the valves.

Exercise will cause an organic murmur to become more pronounced. During adolescence, heart murmur may signify either incomplete closing the valves (Valvular insufficiency) or narrowing of the valves (stenosis). Organic murmurs often are caused residual of rheumatic fever. Many times, detectable heart murmurs found in the adolescent are idiopathic and disappear as the individual advances toward maturity by Jan Thompson, program representative UCSD School of medicine.

- **Examination of the trunk: -**

Using inspection, palpation, the examiner notes the size and shape of the trunk the distribution of hair, the amount of fat present, and the presence of any anomalies of the genitalia, dilated veins, growths and muscle spasm. He further explores the tenderness, which may be of strains or bruises, enteritis, or appendicitis. He also checks for an enlarged liver or spleen and for hernia.(Demoulin et al,2006.)

Abdominal hernias are not uncommon in athletic persons, the examiner looks carefully for their presence the protrusion of some of the internal structure through the abdominal wall indicates a hernia, and the name of the hernia is derived from its location.

The most common hernia in males is the inguinal hernia. It occurs at the inguinal canal, located at the extreme lower border of the abdomen. The canal which lies immediately above the inguinal (pauper's) ligament and functions as passageway for the spermatic cord in the male forms a weak place in the abdominal wall. Weak abdominal musculature, injury, or excessive intra abdominal pressure, such as those resulting from lifting a heavy object, will predispose a person to hernia..(Demoulin et al, 2006.)

An inguinal hernia may be either direct or indirect. In a direct hernia the intestine protrudes directly through the muscles and into the canal, whereas in the indirect it enters the canal at the internal abdominal ring and follows the course of the spermatic cord. Femoral hernia, which is more prevalent among women than men, occurs at the femoral ring, an opening in the groin, approximately ½ inches in diameter or usually larger in females, located just below the inguinal

ligaments. Femoral hernia is not a particular common type of hernia. Usually growths or cyst should be noted. The rectal area should be inspected for hemorrhoids.

For female athletes a gynecological examination may be advisable. Such factors as periodicity and menstrual patterns, such as flow, Irregularity, and cramps, should be taken note of and, if possible, a vaginal examination and Pap smear should be administered. Many physicians feel that some blood chemistry tests are important. The hemoglobin test for females and a urinalysis for diabetes for both sexes are suggested however physician availability and cost are the principal factors that limit most examinations.

### **Examination of the head and neck:-**

Examination of the head and neck areas is infections (not unusual among athletes), and any abnormal skin, eye ear nose, or throat conditions. The eyes are examined and, if practicable, a hearing test is given. Current medical opinion holds that throats that need visual correction should use soft contact lenses in the majority of sports, particularly in such sports as soccer, American football, and swimming, in preference to spectacles or hard contact lenses. Both spectacles and hard contact lenses can be easily dislodge, are less comfortable to wear, and do not afford as good protection to the eyes as do the soft lenses.(Sobia,2013.)

- **Examination of the mouth:-**

The person dental examination can be performed by the team dentist by a group of school or dental association designated dentist, or by the family dentist. Cases of mouth pathology such as broken teeth, teeth with cavities, or infections should be screened and remedial measures have to be under taken.

Selection and fitting of the mouth guard can also be done at this time. Athletes with mouth pathology should not be fitted until the mouth has returned health, those with mouth anomalies such as cleft palate and those wearing orthodontic appliance, dentures, or bridge work will require special attention properly fitted mouth guards will virtually eliminated broken or chipped teeth and will do much toward obviating head or neck injuries.(Lynch,20012.)



- **Body structure: -**

According to Faller & Schuenke (2004), body structure is a definite factor in the degree of efficiency and the level of success that an athlete attains. Studies have shown that certain type of body build have definite advantages over other types in certain sports.

Adolescents who are gross in body structure bulk are often selected to participate in activities that tax them well beyond their physical capacities. However because their muscles and bones have not yet develop the strength and maturity necessary to adequately meet excessive stresses or a above – normal physical demands young people of this type are prone to serious injury, particularly to the skeletal system, since the epiphysis growth centers can be seriously damaged. Orthopedists often express concern over the tendency of some coaches and physical education teachers to place such individuals institution in which excessive weight support demands are placed upon them or in which they are subjected to sever physical contact. Trainer and coaches must be careful never to over match an adolescent; Competition kept within with the scope of the person's physical abilities will produce whole some results, whereas over matching or placing him in situations for which he is not physically ready can lead to trauma that may have serious permanent consequences.(Faller & Schuenke 2004).

- **Testing for flexibility:-**

Range of motion tests has to be made by the medical professional every- year team physicians has long recognized the relationship between injury and joint laxity. Tight-jointed athletes seems susceptible to muscle strains, tears, tendonitis, and never pinch, syndromes, whereas athletes who are loose-jointed are more prone to develop ligament problems, subjugations and dislocations. Various individuals exhibit difference in the natural degree of flexibility they posses, probably because of variations in muscle and ligament length. There is also a varying degree of specificity of flexibility in the various joints in the body, since a specific range of motion in any one joint does not give specific, an assessment of the range of motion in author joint must be made. Range of motion test be made with Leighton Floxmeter or goniometry or may consist of test such as the sit and reach, the trunk-hip forward bend tests, and others.

Athletes who exhibit limited flexibility need to put in to regimen of stretching to increase range of motion. The gradual- stretch exercises detailed can be assigned for this purpose. Those Athletes who possess excessive flexibility should be put on a progressive flexibility should be put on a progressive resistance program and should limit or eliminate starching procedures, if at all possible, until satisfactory ranges of motion are attained.(Anderson & Burkle ,1991.)

## **2.5 The trainer responsibilities**

### **Role of coach in women football training**

Sports coaches assist the athletes in developing to their full potential. They are responsible for a training athletes in sport by an analyzing their performances, instructing in relevant skills and by providing encouragement. But you are also responsible for the guidance of the athlete in life their chosen sport. There for role of the coach will be many and varied, from instructor, friend, mentor, facilitator, demonstrator, advise, supporter, fact finder ,motivator, counselor, organizer, planner and the fountain of all knowledge.

In relation to sports, the role of the coach is to create the right conditions for learning to happen and to find ways of motivating the athletes. Most athlete are highly motivated and therefore the task to maintain the motivation and to generate excitement and enthusiasm. The coach will need to be able to:-

- Assist women players to prepare training programs
- Communicate effectively with athletes
- Assist women players to develop new skills.
- Use the evaluation testes to monitor training progress and
- Predict performance.

Women are significantly under-represented in sports coaching, especially at elite levels and the highest levels of coaching accreditations. Coaches play an integral role in developing; motivating and leading those involved in sport and physical activities at any level and can also be role models for athlete and other coaches. To give athletes and other coaches' access to the best and widest range of skills, experiences and opinions, it is essential to increase the numbers of women in coaching position (UNHCR 2005).

The critical role the coach can play in positively or negatively influencing athletes sport experiences (Fraser-Tramal (2007) Cote and Hay,(2002) Smith, smoll; and Curiti(1978) among the first to examine young coaches behaviors, they found that the best liked coaches were those who demonstrate more technical instructional, reinforcement, and mistake contingent reinforcement behaviors. In more recent international studies (Bommet, Smoll and Smith and Everett 1992/3) it was found that coaches who were trained to increase these behaviours were better liked, created an atmosphere that athletes perceived as more fun created more team unit, and had lower dropout rate than untrained coaches. Other studies (martin.J.R. Anowellor, 1999, Salminen and liukkonea, 1990) have found that the youth prefer coaches who demonstrate child – involved democratic coaching styles.

In foot ball's to safeguard both athlete and trainer the following suggestions are given:

- 1) Make it a point to become familiar with the health status and medical history of the athletes under your care. So you will be aware of those particular problems an athlete has and could present a need for additional care or caution on your part.
- 2) Establish and maintain qualified and adequate supervision of the training place, its environs, facilitates, and equipment at all times.
- 3) Exercise extreme caution in the distribution of pills tablets, and medication at all times. In interscholastic situation age is a definite factor in as much as the athlete is a minor proper clearance for dispensing pharmaceuticals of any kind must be obtained.
- 4) Use only those therapeutic methods that you are qualified to use. Certain modalities, by law, must be used only under the direction or supervision of a physician.
- 5) Do not prescribe except in terms of your own training and legal limitations.
- 6) Do not use or permit the presence of faulty or hazardous equipment.
- 7) Work cooperatively with the coach and the team physician in the selection and use in sports protective equipment and insist that the best be obtained.
- 8) Do not permit injured players to participate unless cleared by the team physician. Players suffering a head injury should not be permitted to reenter the game. In some states a player who has suffered a concussion may not continue in the sport for the balance of the season.

- 9) Develop an understanding with the coaches that an injured athlete will not be allowed to enter competition, until, in the opinion of the team physically able. Do not permit you to be pressured to clear an athlete until he is fully cleared by the physician.

### **On field procedures**

The trainer's duties and responsibilities are not confined to the sport field but extend to the gymnasium and the training field as well. (Smith, Smoll and Curiti (1978) most injuries occur during games or contests, and devising a proper and legal procedure for the on-the spot handling of game or competition injuries are a joint responsibility of the team physician, the coach, the administrators, and the trainer. It may be advisable to have the country or district attorney's office check the procedures that you plan to establish to determine whether or not they comply with all legal requirements. Following an approved, standard policy for taking care of athletes injured during competition or practice is sound not only from a legal stand point but also from the stand point of the therapeutic management. The following are some suggestions that can be used as basis for establishing standard procedures to be followed by a trainer when an accident occurs no physician is present..

1. Make an immediate preliminary examination to ascertain the seriousness, type and extent of the injury.
2. If the injury is recognized as being beyond the scope of your ability, send for the physician immediately.
3. Give first aid if it is indicated.
4. If the condition of the player is such a way that he requires removal from the area, determine whether he is in a condition that would warrant medical sanction before attempting to move him. If he player is unconscious or is unable to move under his own power or assistance, use a stretcher. The trainer and his assistants should know the proper method of transporting injured persons.
5. In some contact sports, particularly foot ball, have an ambulance on call for all games. Some trainers are of the opinion that the presence of an ambulance on or near the field has a negative psychological effect on the players. We believe that an ambulance should be available but out of the view of both spectators and player and

- that the attendants should be in conspicuously seated where they can be summoned quickly if needed.
6. Use a standard accident report blank up on which all pertinent information may be recorded. A form of this type should contain;
    - a) Date, time and place of accident
    - b) Sport being played
    - c) Nature and extent of the injury.
    - d) Brief description of how the injury occurred
    - e) Emergency procedures followed and disposition of the injured athlete.
    - f) Names and if, possible, Signatures of at least two witness.

(Bomment, smoll and Smith and Everentt (1992/93) an accident report blank of the type described serves as record for future reference. If the emergency procedures followed are questioned at all lateral date, one's memory. May be somewhat lazy as to the detains but a report failed out on spot provides specific information. All reports of this nature should be filed in the trainer's office. It is well to make them out in triplicate so that one copy may sent to the school health office, one sent to the physician, and one retained.

## **2.6 Administrations role**

### **2.6.1 Follow up the Administrative body and community**

Follow up of the coach should be conducted periodically. He/ She should be encouraged to spend some time assessing their effectiveness. The responsible body trains coaches periodically to ascertain the strength and to determine areas where improvements need to be made (Debora and Bennet, P.134).

The overall administration of all sport activities are checked by administrative bodies that are also responsible to offer financial management and aid in additions, these administration bodies offers facilitates and expected to build infrastructures like good sport fields, gyms and so on.

### **2.6.2 Facilities, equipment and supplies.**

The most essential thing to any sport program is the maximum utilization of facilities which includes the most effective use of equipment and the best means of buying and storing supplies. The chapter provides the reader with some pertinent and practical information that should enable him to gain a more comprehensive insight in to the establishment and administration of a functional training program. ([www.topendsports.com>sports>list](http://www.topendsports.com>sports>list)).

The training personnel must be concerned with the equipment the athlete wears. It is just as important in injury prevention to be outfitted with properly fitting equipment as it is to be well conditioned and coached too often coaches are more concerned with the outward appearance of the athlete rather than the extent of protection afforded him. However, it is easy to understand why these given the responsibility for purchasing sports equipment become what are give confused. Various claims made for a specific piece of equipment and general lack of knowledge on what constitutes quality merchandise have two reasons for this confusion. The best rule of thumb is always “you get what you pay for”. Safety must never be sacrificed for appearance. In sports programs with limited budgets, the highest priority must be given to the best quality of protective equipment: outward appearance of the athlete must come second. In most cases the coach has the final word as to which type of equipment he wants his team to have, however, this decision should be made in consultation with the trainer and equipment supervisor.

Another important responsibility of the equipment supervisor and training personnel is the initial fitting of equipment to the individual athlete, once fitted, the Athlete is taught how to wear each protective device properly and to promptly report any malfunctioning or misfit the wearing of all protective equipment should be mandatory in practice well as in competition. It is desirable particularly with young athletes, to check daily the wearing of protective or specialized equipment. Many injuries, which result in loss of sport days, can be avoided by attention to properly fitted equipment.

### **2.6.3 Hygiene and Sanitation in Sports.**

The practice of good hygiene and sanitation is of the most importance in the sport program. It has been shown that the greatest number of indirectly caused death can be ascribed to infection.

The presentation of infectious conditions is a direct responsibility of the trainer, and it is his/her duty to see that all athlete are hygienic and live in heat environment that is also quite important to observe each individual is practicing sound health habits, not only in respect to himself /herself but also in relation to his/her team mates.

## A/ Training Room

The use of the training room as a place only for the presentations and care of sport injuries must be strictly observed. Too often the training facility becomes meeting or club room for the coaches and athletes. Unless definite rules re-established and practiced room cleanliness and sanitation become mandatory conditions that must not be tolerated. The following are some important training room polices. ([www.Amazon.com/../](http://www.Amazon.com/../))

1. No cleaned shoes are allowed. Dirt and debris tend to cling to created shoes; there for, they should be removed before entering the training facility.

2. Game equipment is kept outside .Because game equipment such as balls and bats add to the sanitation problem, it should be kept out of the training room. Coaches and athletes must be continually reminded that the training room is not storage room for sports equipment.

3. Shoes must be kept off treatment tables. Besides the tendency of shoes to contaminate treatment tables, they must be removed before any care is given to the athlete.

4. Athletes should shower before receiving treatment. The athlete should make it a habit to be showered before being treated if it is not an emergency. This procedure helps to keep tables and therapeutic modalities sanitary.

5. Rough housing and profanity should not be allowed athletes must be continually reminded that the training facility is a place for injury care and prevention .

General cleanliness of the training room cannot be stressed enough. Through the examples set forth by the trainer, the athlete may develop an appreciation for cleanliness and, in turn, develop whole-some personal health habits. Cleaning responsibilities in most school are divided between the training staff and the maintenance crew. Care of permanent building structures and trash disposal are usually the responsibilities of maintenance, whereas up keeps of specialized equipment falls within the province of the training staff. Division of cleaning responsibilities may be organized as follows:

## **B/ Maintenance crew bold**

- a. Sweep floors daily
- b. Clean and disinfect sinks and built in tubs daily
- c. MOP and disinfect hydrotherapy area twice a week
- d. Refill paper towel and dinking cup dispensers as needed
- e. Empty waste baskets and dispose of trash daily.

## **C/ Training staff bold**

- a. Clean and disinfect treatment tables daily
- b. Clean and disinfect hydrotherapy modalities daily
- c. Clean and polish other therapeutic modalities weekly
- d. Screen foot care powder box weekly and replace it every two weeks.

## **D/ Gymnasium equipment**

Sanitation in sports is a continual battle fought by all who are interested in developing mature young men and women. The total sports program must direct its effects toward proper health habits. Such practices as passing a common towel to wipe off perspiration, or using common water dispensers, or failing to change dirty clothing to clean are prevalent violation in sports. The following is a suggested health practice checklist which may be employed by the coach and trainer:

### **I) Facilities Sanitation bold**

- a. Are the gymnasium floors swept daily?
- b. Are drinking fountains, showers, sinks and urinals and toilets cleaned and disinfected daily?
- c. Are lockers aired sanitized frequently?
- d. Are mats cleaned routinely (wrestling mats and wall mats cleaned daily)?

### **II) Equipment and clothing issuance**

- a. Are equipment and clothing fitted to the athlete to avoid skin irritations?
- b. Is swapping of equipment and clothes prevented?
- c. Is clothing laundered and change frequently?



- d. Is wet clothing allowed to dry thoroughly before the athlete wears it again?
- e. Is individual attention given to proper show fit and up keep?
- f. Is protective clothing provided during inclement weather or when the athlete is waiting on the side lines?
- g. Are clean and dry towels provided each day?

## **E/ the Players**

In order to promote good health among the players, the coach or the trainer should encourage sound health habits. The following checklist may be a useful guide for coaches, trainers and players:

1. Is the player medically cleared to participate?
2. Is each player insured?
3. Does he /she promptly injuries, illness and skin disorders to the coach or trainer?
4. Are good daily living habits of resting, sleeping and proper nutrition practiced?
5. Do he /she shower after practice?
6. Does she dry thoroughly and cool off before departing the gymnasium?
7. Do he/ she avoid use of a common towel?
8. Do he/ she avoid drinking from a common water dispenser?
9. Do he /she avoid exchanging gym clothes with team mates?
10. Do he /she practice good foot hygiene?
11. Does he/she avoid contact with team mates when he was a continuous disease or infection?

## **2.7 Principles and Methods of Training**

To train athletes, a coach must have an understanding of the basic principles that govern a human being's physical and mental response to training. According to LA84 foundation (1995-2008), coaching manual intelligently and systematically by applying a basic knowledge e of biomechanics and physiology helps create good football court. A coach devises a recipe that combines conditioning, mobility and flexibility training, strength and polymeric training and specific event technique. Only in this way, optimum performance becomes a matter of planning.

## 2.8 Organizational Form, Means and Methods of Foot ball Training

A training session is the basic organizational form of the training process. The content of the training session should be thoroughly prepared, so that the coach can avoid the formal structure of the content.

Now the primary task is to increase the effectively of training sessions, in other words making a best use of the time available. The physiological effect of exercise is increased and special knowledge and skills are thought efficiently.

### 2.8.1 The Organizational Form of Training

Organizational forms in football consists of the organization of the cooperation between trainer and players , where by the content of the training and the circumstance which it takes place are determined good use of these organization forms enables us to make optimal use of the condition form are suitable for fulfillment of tasks in the training session .

There are three types of organizational forms of training and five known means of training, in football; these are individuals' form of training, group and collective form of training .In addition, the means of training in compasses continuous type of exercise, exercise with stations, winding exercise, parallel exercise, and circular type of exercise. Organizational form of training and means of training are discussed below:

#### 1. Individual organizational form of training :

This is a form of training in which players fulfill their training tasks individually. While other players train together.

#### 2. Group organizational form of training :

Group of players (formations) exercises independently, fulfilling separate training tasks, using various means and at various levels of exertion. Group training is used for specialized preparation of players (Forward, Mid-fielders, goal keepers and backs)

#### 3. Collective organizational form of training :

Collective training is a form in which all players are busy with the same activity, lead by the trainer. The advantage of this form is the simple organization which provides a good overview with direct influence of the trainer on players plus standardization of exercise

## 2.8.2 Means of training

In terms of dividing the players, the sequential order of the exercise and the use of space, the following forms of exercise are distinguished:

### 1. Continuous type of exercise :

This is an organization methodological form, in which the players repeat the exercise in a pre-determined order, rapidly and continuously (ill). It is used especially for repeating technical aspect of play activities of the individual and improved performance once in the exercise is achieved.

### 2. Exercise at fixed position:

The players are organized in groups (two, three, or four) all of which have fixed position. At the individual positions, the player mostly works at improvement of selected play activities and after completion of the exercise change positions.

### 3. Winding exercise :

The player form separate groups (two, three) and practice individual play activities, series of play activities or play combinations moving with continual changes of position.

### 4. Parallel exercises :

Is an organizational- methodological form of exercise, in which the player continually practice a series of play activities one after the other.

### 5. Exercise in circle :

The player are divided in two groups ( also individually ) on a number of delimited areas ( 6-12 ) which form a circle in which exercise of pre-determined content and intensity are carried out . (III-). Usually these exercises are directed to development of mobility in the player.

### 2.8.3 Principles of training

A physical exercise is a systematic educational process and to exercise, properly one must observe certain guideline. You should not, to be an expert in physiology to conduct sound exercise programs, but must understand and practice the principle of exercise. Properly done exercise, leads to impressive changes that are associated with improved foot ball performance. Rushing training or over training does not accelerate progress, but in habits it instead. The major principles associated with football training will be discussed as follow:

- **Principle of specificity:** the effects of training are very specific. This means that if you wish to build the strength of the upper arm muscle of the players they need to perform physical exercise, which put 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 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 improves strength or endurance.
- **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's 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. According to ([www.ausport.gov.au](http://www.ausport.gov.au)) is the most important principle of training for foot ball is that overload. It should be the aim of coaches to improve their player levels of performance and the capacity for work. In order to achieve this goal, a coach must cause his or her players to adapt to a higher level of physical and mental performance.

Over loading is the essential mechanism, or tool for creating this adaptation. Any innovative of training subject to the body to greater or different stress than that to which it has become accustomed. ([www.general . utpb.edu/unit / lesson 2 .hfm](http://www.general.utpb.edu/unit/lesson2.htm)) when the load is greater than the normal level of exertion, that the load become a stressor and stimulates a general adaptation process with in the organism ( the player ) . This process is explained in Han's Selye's concept of the general adaptation syndrome, which states that all organisms respond uniformly to stress.

When confronted with a stress or, an organism will then resist in various ways. If the resistance is positive, the organism is said to have adapted. If however, the resistance to the stress is negative or the stress is unchecked, the organism will degrade in to a state of exhaustion.

The general adaptation process causes the body to react in a predictable manner to stress. This predictability allows coaches to plan positive adaptation to over load by their athletes. Conversely, this process also explains the negative results that athletes experience when overload or stress is managed improperly.

- **Progression and variability**

The logical consequence of adaptation to overload is progression. As (Peter Thompson 1990) an athlete adapts to a given training load, a progressive increase in load than become necessary to continue the process of adaptation to the next level of performance. In other words, as the system is capable of doing more, it requires progressive increase in training load for it to be stressed in to a higher level of adaptation. For progress to be achieved however, an accurate assessment of players' capacity for training must be made. Players should be pre-tested and then periodically reassessed in terms of the physical requirements and skills demanded by their respective event(s). Some common measures of such testing are  $Vo_2$  max, muscular strength, muscular endurance and flexibility such information becomes the foundation upon.

- **Recovery and restoration**

All gains in training are achieved during periods of recovery. This fundamental fact of football players is probably because it is important. Recovery and restoration of the body are integral and active element of training; not the absence of training. For the body adapt positively to the progressive overload of training, it must be able to recover adequately for the applied stress. The mantra "no pain, no gain" all too often runs the very thin line between maximum beneficial training and over training. The volume of training is far less important than its intensity and intelligent application. Training without proper rest yields poor results and often injury.

Too frequently, coaches do not understand the physiological response generated by hard training. Generally, adequate recovery from a strenuous work out requires at least 48 hours. In any given week, no more than two or three intense training days are recommended. Moreover, days of total

or active rest are needed to relieve the accumulated fatigue resulted from exercise. Without such recovery, chronic over training with significant risk of injury becomes likely. Coaches often view rest as wasted time in which they might be able to squeeze more preparation. This commonly seems to be the case near the end of season when they should be doing just the opposite; Rest should be greatest during championship phase of any season.

### **Individuality**

Every athlete differences response to and capacity for training. Recognizing individual differences and adjusting expectations when designing and applying training programs for our player is exceedingly important. At the high school level, especially, coaches often will find that many of their most talented players have a limited capacity to train hard, while less talented players can endure more. The however, the design of a training program will most likely apply to all, volume and intensity must be specific to the individual.

### **Planned performance training**

Why plan?

- To decide after analysis and reflection on the choice of objectives to be achieved both for the short and the long term:
- To help ensure a better weighting of the elements covered in the training , in terms of quantity, intensity and quality ;
- To prevent improvisation in training work
- To avoid routine and to give the coaching staff and players reassurance
- To allow better monitoring of training and to facilitate evaluation
- To allow the coach to respect and monitor the biological, physiological and psychological factors that determines performance.

Planning of training depends to a large extent on the age of the player their level of development the category of competition in which they are involved. However, unlike in individual sports such planning is not easy to schedule in a team sport like football. Where players can be involved in several competitions (domestic league and cup competitions for their club, international club competition and international competition with the national team), high quality, methodical

planning, such as that requires by a national team calls for close co-operation between the coach, the doctor, the detection and the psychologist.

### **Perspective plan**

The perspective plan is a four year plan of a team ( club ) ;its content is determined by the task and aim , available equipment , and presence of sufficient cadre , with in which the frame work of the training process is also laid down .

### **The four year plan training plan**

Is the basic guiding line for working with perspective plan in a foot ball club , in terms of length , this period is ideal for planning tasks which will ensure systematic increase foot ball performance based on increased exertion in training . At the same time, in this cycle the main tasks of a general character in the yearly training cycle are determined. The three –month period makes it possible for planned spread of training over a number of years to be realized, providing a good overview of the exertion.

### **The annual training plan**

The year plan forms part of the perspective plan, which includes concrete aims and tasks of the team. It consists of two parts:

- Analysis of the past season ;
- Planning for the next season.

The annual training plan is the basis for all schedules training activity and the coach's first task is to draw up this plan before a new season gets under way. This plan varies from country to country, either because of cultural, weather and even financial considerations. The plan does, of course also vary according to whether the coach is working with top level professional players or with young players who are still being developed. It does, however, rely on the same methodological principles.

The year plan must include all components of the training process , in which the tasks of the yearly training periods , the number of training sessions , time planning of the individual training

periods , planning of the principle activities ( tournament , central training campus , matches , performance review lectures ) are laid down according to their importance.

#### **2.8.4. Per iodization**

Per iodization is a technique of planning the process of training and competition so that the annual training plan is a succession of “periods “ , each of which has a different style of activity the training plan is ( preparatory , main and transitional period ) determine the concrete tasks of the training process , the methods used and the forms of training . Here all means of are determined, plus their subdivision in to training session, the quantitative (duration) and qualitative (intensity, complexity), guide lines for severity of training.

The planning for a period should be worked out for duration of not more than 3-4 weeks, except for the preparatory period, when we can stick to the organization and content of preparation. This is in connection with the fact that planning, for example a main period, often requires correction because of experience in matches, etc,

#### **Criteria to be taken in to account when drawing up an annual training plan:**

- Playing level , performance age and training age
- The number of players ( squad size) available ;
- The fixture list
- The objective for performed on the pitch for the season
- The infrastructure , equipment and conditions available for training ;
- The coaching staff available ( coaches, medical support , administration manager , sports psychologist ) ;
- Analysis and assessment of past performance
- Sports medical tests
- Inclusion of preparation or recovery period
- The social environment of the player (family, place of residence, school, work, life style habits, etc).



The basis for long term training is the cycle, the repetition of training elements which certain alternatives in periods or cycles. The aim is to achieve a justifiable adjustment of the player directed to a given end. Periodicity is employed in long-term and yearly preparatory cycles, in separate periods of preparation, in macro and micro cycle of preparation as well as in individual training sessions. The aim is to achieve training activity with variations in exertions and rest, in type and intensity of exertion.

In foot ball training, we distinguish the following training cycles:

The annual training plan is often subdivided in to two or three large cycles macro cycles, lasting four to six month each, depending on the duration of the annual training plan. The content of the yearly training cycle consists of all components of foot ball training; their mutual relationship change in the course of the yearly cycle according to pre-determined tasks. Each period preparation, main and transitional has its own and character. The decisive factor in the yearly training cycle is the level of exertion, of which quality, intensity, complexity, and content move-up and down throughout the cycle. These changes are expressed in the preparation of the individual components in preparation, but also in the relationship between the means within the components.

### **2.8.5 Methods of developing the components of foot ball training**

In order to achieve improvement and to make training as effective as possible certain stages and fundamental components must be distinguished. Each of these components includes tasks of a great significance for the perfection of play. The relationship between the components of sports training varies in proportion to the level of performance of the players, the length of training period and the short comings established. Foot ball training includes systematic practice, learning special skills, development of mobility and creativity of the players. It is important for the coach to understand of the components of foot ball training. In addition how to apply them through a consistent methodology, that allows the teaching of technique and tactics, while incorporating physical and psychological aspects. This is best accomplished through the accomplished through the application of economical training. Economical training means to find a way of causing a player become a better player in the widest possible sense .The component of foot ball training are subdivided as follows:

- Technical and tactical preparation

- Physical preparation ( conditional preparation )
- Psychological preparation ( mental preparation )

In foot ball, training of long duration, the relationship between these components should achieve a dynamic balance. We should continually place of an optimal balance between these components.

Today, training is a very sophisticated process and the development of foot ball performance is influenced by many factors, which requires a lot of expert knowledge from the coach. Training is an act of taken to improve and stabilize the quality of performance. Performance is an observable behavior in the play ground. A physical education process develops a complex foot ball performance by a means of contents, methods, and organizational measures corresponding with objectives. The systematic aspect of training procedures is evident in training plans; training contents; training methods; training loads and training objectives.

Foot ball coaches should be aware of gradual process of performance development. They do not just start training and expect instant result but it takes several years, until a foot ball achieves a high standard of performance. In order to make a farther increase in performance level, players should have the abilities and the readiness to perform well too.

### **2.8.6 The contemporary methods of foot ball training**

The theory covers ‘what ‘should be thought and learnt to prepare the player for the requirement of the match. However, in the final analysis, the ‘how ‘will always be the deciding factor over success of the coach’s and players’ efforts. This ‘how’ is the systematic process by which plan the technical elements are strengthened and made automatic by means of practice and training. The process of forming and perfecting habits of play in order to resolve play situations through individuals play activities and play combinations with a given play system is a very complex . Modern foot ball training can be separated in to three method of instruction:

- The practice method
- The game method
- The complex method

**The practice method** : this method is oriented learning the technique of play activities and development of mobility .The training begins with explanation and demonstration followed by practical training in simple situations. In the course of the training both will power and special mobility is developed. At this level of complexity practice of individual play activities corresponds to preparatory exercise in relatively in changing circumstances. The aim of exercise to teach the technical aspects of play activities and this is gradually integrated in to the series of play activities. Organization of the exercise must ensure repetition of play activities in isolation from the game itself.

This method denotes (signifies) that the players train in more or less rigid, artificial formations. The player repeats one particular aspect (e.g. dribbling the ball) following a set methodical format repeatedly until they have mastered the correct sequence of movements. The exercise gets progressively more difficult, first of all the technique is practiced from a standing position (basic form) then on the run (moving form), and finally against an appointment. This method has especially good effect on the sensory nerves; the player quickly assimilates the basic form of technique and by repeated practice, the movement as a whole become exact and automatic.

**The game method;** - this method involves technical and tactical exercises in the form of games this movements are trained to near match by gradually increasing the difficulty of the exercise. The game are either formed within the set of rules, where the player duties are changed continuously making the game increasingly more difficult or the game follow a general idea, for example

- Shooting goals and stopping goals ,
- Building up attacks and stopping attacks.

In this case, the player's duties are made more difficult by altering the rules, for example

- Increasing and decreasing the number of players,
- Altering the width of the goal, and
- Four, six, eight goals instead of the usual two.

During this games the players will improve his technical until it is ear match pitch and in so doing he will build up his knowledge of the game, his exercise and his experience. His ability to read the game and to remain calm under pressure will also improve the players should enjoy this games which should always taken in to account the difficult situations they will have to face during a game always remember," the

players leads straight from the little game to the big game.” The game method: this method is suitable for beginners and players that are more advanced.

**The complex method:** with this complex method more than one skill is practiced simultaneously. Here large section of play activities is practiced. For example:

- ✓ Technique + condition :
- ✓ Technique and Technique
- ✓ Technique , tactics and condition

There are two groups of complex exercise;

1. Technical conditional complex exercise
2. Technical tactical complex exercise

Technical conditional complex exercise; the players follow a set route and resolve prescribed technical problems. With regard to condition, the type and length each exercise depends on what particular point needs to be improved such as

- Speed ( running at maximum speed , length of exercise up to 30 seconds only, rest 80 – 120 seconds)
- Staying power ( running at a high speed, length of exercise 30 – 60 seconds )
- Pure endurance ( running at a medium speed, length of exercise 1 – 3 minutes , rest period relatively short )

### **2.8.7 Integrating skill and fitness training**

Foot ball is a game that requires endurance, speed, strength, skill and mobility. On the field of play, complex situations may arise that require quick thinking and monitoring , which are not always covered by rules of techniques. These make the game interesting and challenging.

Essentially the modern game of foot ball is a kicking game. The players should therefore, become proficient in the techniques required to control the ball with the feet, including kicking, 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.

The primary characteristic of foot ball technique is the fact that it can be observed directly and it is perceptible a spectator can also judge the degree of technical preparedness of a player. In mastering technique, player is generally hampered by the uneven ground and the fact that with the exception of

the goal keeper, they are usually in position of the ball for only a few seconds at a time. With regard to technique,

There are three problems which the coach has to face;

- Technical skill is not a single element which can be defined in conclusive terms; in fact, it is constantly developing. Compared with the foot ball played in years gone by, the modern game requires players to do things quite differently.
- There is no form of technical skill which universally for every player. There are however, a few basic rules and if a player does not follow these. The coach must correct him. However the important things is far the coach to perceive each players own individual technical qualities and the way in which these skills may be developed.
- The coach must take sure that technical skill never becomes something which a player performs for his own sake.

### **Tactical preparation**

Tactics is the organization and execution of the sporting contest. Tactics means the art, by which the players own tactical and conditional skill, are used as successfully as possible. Tactics are used to score goals, prevent goals, to win games and achieve the best possible result at the end of the season. Tactics in addition to technique and fitness play a major role in achieving success. Tactics described as a systematic success- orientated maneuverings and methods used to achieve desired goals. The tactics used depend on whether or not the team has possession. It is simpler to define tactics by distinguished between individuals, group and team tactics. Yaagly (1999) describes that, the tactical aspect of play activities comprise the choice and adaptation of the technique in the given play situations. For this reason, it is impossible to treat tactical aspect sport from technique. Players learn to make a rapid and creative choice from the technique they have been taught, selecting these that are most effective in the given situation.

### **2.9 Nutrition**

Nutrition means all the food a person eats and drinks to build our body. And food offers energy to our body. The food acts in the body as a fuel, providing energy and chemicals for movement, growth and to keep the body healthy.

### **2.9.1 Nutrition and athlete health**

According to (CARLE, KLAFS and Daniel D.A (in 1977) exercise makes metabolic demands on the body. Although competitive make demands considerably in excess of those made under normal circumstance, nonetheless, in respect to proper nutrition, athletes are no different from the other individuals. The repair of damaged tissues, the recuperation of fatigue muscles, and the regeneration of energy necessitate a balanced and adequate diet.

### **2.9.2 Diet benefit for players**

All players need a diet that provides enough in the form of carbohydrates and fats as well as essential protein, vitamin and minerals. A diet containing 55—60 % of calories from carbohydrates, 10 – 15 percent from sugars and the rest from starch no more than 3 percent of calories from fat and the remaining (about 10 – 15 percent) from protein. By acting a variety of foods every day vegetables, fruits, beans, lean meats and low fat dairy products and fluids especially enough water. Based the above points, it can be concluded that, the base of diet for players should come from carbohydrates in the form of starches and sugars, fluids, protein are very important to the winning combination ( facilities [www .asi-astro. com](http://www.asi-astro.com) )

### **2.9.3 Sports nutrition basics from training to computation**

The most important thing is to concentrate on eating nutrients balanced diet every day. This provides plenty of energy to grow and to make physical exercise. It has to be known as what an athlete should eat before during and after exercise.

#### **The player should eat the following balanced diet before exercise**

- Have some high carbohydrate food like bananas, bagels or fruit juices. These foods serve broken down quickly and provide glucose to the muscle.
- The timing of meal depends on player's preference for eating before exercise, but researchers have found that eating something from 1 to 4 hours before exercise helps keeps plenty of blood glucose available for working muscles, and it is also critical to drink plenty of cool water before exercise to keep hydrated.

## **The objective of before exercise nutrition is;**

- To consume easily and quickly digested foods and fluids which are familiar to the athlete?
- To top up muscle and liver glycogen stores
- To assist with adequate hydration
- To prevent hunger and ensure mental alertness by providing blood glucose.

## **During exercise**

- Perspiration and exertion deeply make the body lose fluids that are necessary for an optimal performance and lead to dehydration. It is important to drink plenty of cool water, at least a half cup of water every 20 minutes of exercise adding a small amount of powdered drink mix flavor and plain water are advisable.
- Usually there is no need to worry about replacing carbohydrates unless the exercise lasts over 90 minutes of continuous and hard exercise when this happens, drinking a sport drink or other beverage with some sugar or in it will give a great deal of energy to our body.
- Make a homemade sports drink by mixing no more than 4 teaspoon of sugar, 1\ 4 teaspoon of salt and some flavoring like a teaspoon of lemon juices in 8 ounces of water.

## **The objective of during exercise nutrition**

- The athlete should follow the nutrition recommendation outlined in pre event nutrition to ensure adequate glycogen storage and hydration prior the competition.
- Hydrate, hydrant, hydrate ..... via fluids.
- During exercise there is a progressive shift from muscle glycogen utilization to blood glucose oxidation carbohydrate feeding during exercise help to maintain to blood glucose concentration for carbohydrate oxidation.
- For endurance events exceeding 90 minutes duration, an exogenous supply of carbohydrate (liquid or solid ) consumed at rate of 40 – 70 grams of carbohydrate per hour of activity may enhance performance by maintain blood glucose levels when glycogen reserve are low liquid and solid carbohydrate feedings consumed during exercise are equally effective to improve endurance by increasing blood glucose levels.

## **After exercise**

If the exercise was strenuous and lasted a long time glycogen stores may need refueling, consuming foods and beverages that are high in carbohydrates right after exercise will replenish glycogen storage if they are low after exercising.

No matter the intensity of the exercise, it is important to drink plenty of water and a nutritious balanced meal that has lots of carbohydrate that are reach foods such as grains, pasta, potatoes, vegetables and fruits. A teaspoon of sugar, at only adds flavor to these foods and may increase taste appeal.

## **The objective of after exercise nutrition**

For rapid exercise recovery, it is important to refuel immediately after the activity. Post event nutrition is particularly critical during consecutive days of computation and \ or\ training. The goal is to replenish carbohydrate energy reserve (blood glucose, muscle and liver glycogen) to replace fluid and electrolyte losses and to repair tissue damage from exercise

- The greater the glycogen depletion for high intensity exercise and\ or long exercise duration, the faster the rate of post- exercise glycogen synthesis.
- Active recovery at a moderate intensity ( $> 40\%$   $Vo_2$  max) following prolonged exercise may interfere with glycogen synthesis.

## **2.9.4 Nutritional assessment**

Sound nutrition is essential for peak performance in sport while a proper diet will not guarantee success in sport, all in adequate diet can certainly under main an athlete's training program and limit maximal performance capacity in spite of this, for various reason, many athlete practice poor nutritional evaluation must be established to monitor the athletes dietary states and provide appropriate education and intervention.

A well- nourished athlete has a greater ability to: -

- Maintain a physically demanding training program and maximize its training effects.
- Demonstrate consistent performance in computation.
- Sustain a high level of mental concentration and alertness



- Maximize physical growth and development
- Reduce the incidence of illness and speed the recovery from illness and injury
- With stand the rigors of travel and exposure to foreign environments.

### **2.9.5 Nutritional evaluation**

A basic nutritional assessment consists of assessing the dietary intake (including supplement) of the athlete to determine the adequacy of their diet related to their needs. Dietary analysis should include a review of the athletes food records (typically food intake recorded over a minimum of three days) if may be available to assess the athletes in take during both training and competition periods.

Information obtained from the nutritional analysis is ideally interpreted in combination with other indicators such as;

- Clinical results that may be associated with nutritional status e.g. fatigue, poor immunological function.
- Bio chemical results that may be assisted with nutritional status, e.g. low ferrite , high cortical, low vitamin B12
- Anthropometric data, e.g. height, weight, body fat, lean body mass records of the athlete's current training and competition program e.g. volume and intensity of exercise.

Determination of additional life style and health related factors may need to be considered. For example, the athlete may be living away from home, may be diabetic or have food allergies, or may not be able to afford quality of food.

## CHAPTER THREE

### RESEARCH DESIGN AND METHDOLOGY

This chapter deals with the methodology source of data the procedure of selecting subjects, data measuring instrument, data collection method and data analysis procedures

#### 3.1 Research design

The nature of data generated to under taken this study lends itself to both qualitative and quantitative approaches, particularly to descriptive survey. This method was more appropriate to define, describe and understand problems hidden the program in addition, this method was used together a verity of data related of the study .the researcher with detailed description of the existing condition about the problem under investigation

#### 3.2 Source of data

The researcher used questionnaires, interviews, and observation for collection of data.

#### 3.3 population and sampling

There are four youth women foot ball project in awi zone particularly found Dangila town project center, Ingebara town, Fageta locoma worda & Gogausa.

The research population includes arrange of respondent namely player project young women foot ball players, coaches, sport officers and player parents.

In order to select women player respondent who took part in written questionnaire in all selected 124 women foot ball trainers because of the researcher easily gain information (data) based on the living and 30 of the total populations found in this four woredas women foot ball player are selected randomly. In addition 15 coaches from the total of 21 coaches, 5 sport officers from 11 officers and 9 players' parent from the total of 29 parents are selected based on random sampling method.

#### 3.4 Data gathering instrument

There is profound conviction that there is merit in using more than one instrument as they support one another to generate acceptable ideas. Accordingly, the researcher employed questionnaires, interviews, and observation to collect data from the representative sample.

### **3.4.1 Questionnaires**

Questionnaires with open- ended and close –ended items has develop and dispatch to the target group namely women foot ball player, coaches , these questionnaires consist of items such as professional questions, facility and equipment, number of competition available, over all support provided for the projects, number of supervisions held per year to know the level of performance of the youth interrelation among the stake holders ( sport commission and parents) and the main problems that hinder the development of women foot ball team projects in Awi zone.

### **3.4.2 Interview**

To gather the data the researcher adopted interviews has held with sport administrative or expert’s players’ parents and community members of the Awi zone.

### **3.4.3 Observation**

In order to get the clear picture about the availability of facilities and equipment, training methods, utilization of manual and the training session has observe. The observation has made on all the focused grouped of the study although there has limitations.

### **3.4.4 Method of data analysis**

As far as data analysis is concerned, both qualitative and quantitative approaches were employing qualitative method were used to provide detail descriptions of data to help the researcher explore and discover inherent patterns. A quantitative approach was meant for quantifying data in terms of percentages.

## CHAPTER FOUR

### PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA

In this section the collected data have presented, analyzed, and interpreted.

All target population has been assessed with regard to women foot ball projects which had been launched.

Questionnaires were the major data collection instruments used in the study. Beside interview and observation check list were made to get additional evidence to the study.

#### 4.1. Observation of Coaches

##### A) Observation towards of the coach of the women foot ball project Dangela town

Dangela town is found in Awi Zone. There is a women foot ball project. Thus I would like to raise the coach's personal profile briefly. He had a 1<sup>st</sup> level FIFA Foot ball coaching certificate. In addition he has 8 years work experience It is mentioned that the project has been launched in 2003 E.C. And it has started accommodating new women foot ball player since the time of its establishment he is found of the foot ball player further more he is used to taking regular courses to improve his coaching skills. And rates of the current status and managing arrangement of women foot ball project in a very good condition.

Moreover, he claims that has a very good relationship with the women foot ball player staffs of the Awi Zone I.e. Young trainees of the project/ as well.

It is more interesting to hear when the coach claims that needs a well defined annual plan for this training session. I have also been informed that the Ethiopian Foot ball Federation Supplies proper equipments, although they are not sufficient enough to accomplish the exercise offered in the women foot ball project.

When I come to the topography of the area it is situated in a low altitude which is very conducive for women foot ball training. When I come to the nutrition available to the players, the coach has replied that they don't usually get proper diet here; it is quite displeasing, because the lack of proper nutrition poses a strong hindrance to the performance of the players. That in turn has a negative impact on the success of the players in the women foot ball project of the Awi Zone and to the country as well to this end, the coach has uttered that the players will be recruited after they have passed physical exam. So they are physically and mentally sane and it is well known that of mentally and physically sane players who are being raised up in the project will be fruitful. In addition, they will be a promising future to Ethiopia.

With regard to screening, the young trainees are selected up on their very talent and willing. So I had been informed as they pursue their regular training session. And a response has been given by this coach that the players will be evaluated and monitored on their daily training session. However, the coach doesn't have a well defined training method normally in foot ball; Coaching is a grant discipline that pursues a well ordered training techniques and methods.

But since the coach trains the player arbitrarily, the trainees are not a bale to harness basic knowledge and fundamental skill of foot ball, so it shows that the development of foot ball in the Launched project will be hindered.

### **B) Observation of the coach of the women foot ball project Ingibara town**

Since this women foot ball project is a new one and the trainees are being trained with the previous coach mentioned above the views for warded are almost similar.

So there is nothing new here with regard to the views of the coach did not graduate from a higher educational sport science he also trains the players as par-timer. Generally the Ingibara women foot ball project performance and success of the players in the project have the following problems.

- Lack of well organized training method
- The allocated budget from EFF doesn't reach to them on time.
- Scarcity of proper diet
- Their parents did not support them in order to play foot ball and work load in their homes.
- The Awi zone youth and sport office and the regional sports commission doesn't provide regular technical support.
- The coaches are not invited in the annually held evaluation appraisal.

### **C) Observation of the coach towards Fageta lekoma worda women foot ball project.**

Here is a brief back ground personal profile of the coach. In this woreda there are three women foot ball team coach all are male among them 2<sup>nd</sup> level foot ball coach certificate holder one and among the three, two coaches has no foot ball coaching certificate he has also 3 years work experience with regard to foot ball.

As per his response in the questionnaire, he joined the coaching activity after he has been influenced with his peer groups. In addition to this he is use to taking regular up grading courses to improve his coaching skills. And he claims that his performance and competencies are

moderate. He informed me that evaluations on the overall performance of the women foot ball project are very good. He has also a very good and smooth relationship with the player's staff of the Awi Zone and also the young player women foot ball players in the newly launched women foot ball project team.

In addition to this the researcher considers that he has a sufficient or adequate knowledge with regard to women participate foot ball sport. He replied that he has a well defined annual plan which aids to accomplish his training, controlling and hold on competition the game on periodic basis.

With regard to equipment aid, the Awi Zone youth and sport office provides the project with limited sport equipments.

The coach has replied that the players are not Fed. His panes stress that then don't get proper nutrition before, during and after each training session. And both the coach and the trainee don't have a good awareness about proper nutrition or diet.

Concerning the screening of the women foot ball players to the project with regard to their physical fitness, the coach answered that the selected women player in the project are physically and mentally sane. He said that although they are physically competent and proactive, they don't have a genuine talent.

To this end, the coach claims that he records a day to day performance of the players and he has a habit of monitoring controlling and evaluating the overall activates of the sport in the launched women foot ball projects.

#### **D) Observation of the coach towards the women foot ball project in Gogussa woreda**

Gogussa woreda is found in western part of the Awi zone. There is an women foot ball project. Thus I would like to raise the coach's personal profile briefly. In these woreda they have four coaches among them two had been the 1<sup>st</sup> level and 2<sup>nd</sup> level Foot ball coaching certificate. The other two there is no certificate both of them has also two and four- years work experience with regard to foot balls as per his response in the questionnaire, both has joined the coaching activity by your interest. In addition to this both coaches is used to taking regular up grading courses to improve his coaching skills and those who claims that his performance and competencies are moderate.

Moreover, the coach's claim that has a very good relationship with the women foot ball staffs.

When I come to the nutrition available to the players, the coach has replied that they don't usually get proper diet.

With regard to screening, the young trainees are selected up on their very talent and willing so I had been informed as they pursue this regular training session. And a response has been given by this coach that the player will be evaluated and monitored on their daily training sessions and also coaching is a great discipline that pursues a well ordered training techniques and methods.

## 4.2. Observation of the Trainees

### 4.2.1. Trainees of Dangel town women foot ball project team.

The trainees are 22 in number which means 100% of them are Female. In addition, 80% of the women players come from school 10% of them come from villages 5% comes from other project and the remaining percentage (i.e 5% ) from the local kebele this project were established by the regions sport commission on 2003.

**Table 1. Questionnaires for selected women foot ball players.**

No	Item	Response	Point
1	Where you come from this project?	School	80%
		Other project	5%
		Village	10%
		Kebele	5%
2	How many days you have a training per week?	2 days	-
		3 days	100%
		4 days	-
		Above 4 days	-
Total		20	20

It is well know that all of women players do their training 3 days per week and 2 hours a day with regard to the aid provide by their coach 75% of the replied yes, always while 25% of them are assisted sometimes.

To this end, all women foot ball players claim that they arrive on time during each training session. In addition, the players usually do technical and physical exercise 6 hours per week 92% of the trainee replied that their coach is responsible to arrive on time in every training session

while 8% of them said no. The some percentages are true with regard to the provision of proper equipments necessary for the training.

**Table 2. Questionnaires for selected women foot ball players and their answer.**

No	Item	Response	Points
1	How long you train per day?	2 hours	100%
		3 hours	
		4 hours	
		Above 4 hours	
2	Does your coach assist you in each training session?	Yes always	75%
		Yes some time	25%
		No	-
3	Are you responsible to arrive on time during each training session?	Yes	100%
		No	-
4	Does your coach is responsible to arrive on time during each training session?	Yes	92%
		No	8%
Total		20	20

Furthermore, half of them in the questionnaire; have told that the Ethiopian foot ball federation doesn't gives regular and adequate facilities and equipments. The half of the questionnaire said that the federation gives regular and adequate facilities and equipments.

With regard to relationship with their coaches 94% said that they have very good relationship with their coach while the 1% good relationship with their cache while 5% said that they have satisfactory with their coach relationship.

None of them forwarded a negative comment against their coach. All of them have a good relationship with their coach. The following table shows their views towards their coaches.



**Table .3 Trainees’ relationship with their coaches**

Trainees Relationship With their coaches	%	V. good	Good	Satisfactory	Not good
		94%	1%	5%	-

Concerning the skills of demonstration of their coaches 75% of them said that he shows each skill in each training session, while the rest 25% said No. The training technique of their coach is presented as follows when view from trainees’ point view 100% of them said’ Yes ’.

With regard to the treatment of the coach to weak players, 100% of them have the agreed that the coach offers positive treatment the weak players, 90% of women trainees said that their coach prepares a plan before each training a session where as 10% of them protests that he doesn’t do so with regard to proper diet, all of the women foot ball player unequivocally assured me that they don’t take proper diet before, During and after each training session with regard to the content of their diet, 45% of the take food more of carbohydrate, 45% of them taker food which are rich in protein while 5% of the women player some foods which are rich in vitamin and minerals and 5% of them take food which are rich fat.

**Table 4. Questionnaires for Dangela town women foot ball players.**

No	Item	Response	Point
1	If your answer for question number seven is Yes from where of support you got ?	From EFF	60%
		Regional sport of commission	40%
		woreda	-
		From other	-
2	Does your coach demonstrate correctly each skill in training session?	Yes	75%
		No	25%
Total		20	20

Concerning their health condition, 74% of them claims that they have been examined at the time of screening where as 26% of them don’t get examination. It is by the motives offered to the players by the coach when the researcher come to the level of the players viewed from themselves, 84% of the player says yes while 16% have disagreed about their physical fitness

concerning about the specialized games, 84% of them are initiated with their coach, while 11% of them by your interest and 5% of them are initiated by peer group influence.

**Table 5. Questionnaires for Dangela town women foot ball players**

No	Item	Response	Points
1	Do you believe that your coach's method of training is capable to improve your ability?	Yes	100%
		No	-
2	Does your coach give special treatment for weak women foot ball players?	Yes	100%
		No	-
3	Does your coach plan to a training unit?	Yes	90%
		No	10%
4	Have you got adequate diet after training?	Yes	-
		No	100%
5	In your diet which type of nutrients are taken commonly?	Carbohydrate	45%
		Protein	45%
		Vitamin and mineral	5%
		Fat	5%
6	Do you have understanding about diet before, during and after training program?	Yes	-
		No	100%
7	Have you got adequate facilities and equipments from administration?	Yes	55%
		No	45%
8	Have you examined your health by physicians during the time of screening, while you join this project?		74%
		No	26%
9	During the time of screening, have you measured your fitness level?	Yes	84%
		No	16%
10	How did you get your special game?	By coach	84%
		By peers	11%
		By interest	5%
11	If your answer for question number 16 is yes, what kind of diet is recommended?	Before exercise	35%
		During exercise	45%
		After exercise	20%
Total		20	20

#### 4.2.2. Trainees of Ingebara town women foot ball project team

The project in Ingebara town has 24 female players. The project has been founded in 2003 E.C by Amehara sport commission. It is quite interesting to hear them from their interviews 52% of the female players come from school 26% of them comes from villages while 10% comes from other project, and the remaining percentage (i.e 12%) comes from local Keble.

**Table 6. Questionnaires for Ingebara town women foot ball project center**

No	Item	Response	Point
1	Where you come from this project?	School	52%
		Other Project	10%
		Village	26%
		Kebele	12%
2	How many days you have a training per week?	1 days	-
		2 days	-
		3 days	100%
		4 and above 4	-
Total		20	20

With regard to the training days all of them answered that they exercise 3 days a week. And 94% of the women players claim that they do training 2 hours a day and 6% of them do exercise for 3 solid hours. 81% of the players approved that their coach always helps them while the rest percentage ( i.e 19% of them ) claims that don't do so. Concerning the punctuality of the players 95% of them conclude that they arrive on time while 5% of them don't arrive on time. 70% the women players claims that their coach arrive on time while 30% of them don't witness.

With regard to supply of equipments, all they unequivocally witnessed that they get insufficient equipments from government.

**Table 7. Questionnaires for Ingebara town women foot ball players project center**

No	Item	Response	Point
1	How long you train per day?	2 hours	94%
		3 hours	6%
		4 hours	-
		Above 4hr	-
2	Does your coach assist you in each training session?	Yes always	81%
		Yes sometimes	19%
		No	-
3	Are you responsible to arrive on time during each training session?	Yes	95%
		No	5%
4	Does your coach is responsible to arrive on time during each training session?	Yes	70%
		No	30%
5	Have you got adequate facilities and equipments from administration?	Yes	60%
		No	40%
6	If your answer for question number 7 is yes, where you got the support?	From the EFF	60%
		From the region sport commission	40%
		From your woreda	-
		From other	-
7	Rate of the relation between you and your coach?	v/good	55%
		good	45%
		satisfactory	-
		not good	-
Total		20	20

55% of the respondents have replied in their questioner that they have a very good relationship with them while 45% of the respondents said that they have a good relationship with the coach

concerning the demonstration skill of the coach in the project, 65% of them said yes while the rest replied not, with regard to the training technique, 65% of them have a good that he does so . But 35% of them don't agree when come to the knowledge transfer of the coach to the women player trainees, 71% of them replied that the coach has a good treatment to the trainees while the rest percentage doesn't have the consent.

60% of the trainees have witnessed that the coach has a training of plan before the session, while 40% of that them don't say that he does do so with regard to their diet, 95% of them claim that they don't get proper diet, while 5% of them witnessed that they get a proper diet.

**Table 8. Questionnaires for Injibara town women foot ball project center.**

No	Item	Response	Point
1	Do you believe that your coaches' method of training is capable to improve your ability?	Yes	65%
		No	35%
2	Does your coach give special treatment for week players'?	Yes	71%
		No	29%
3	Does your coach plan to a training unit?	Yes	60%
		No	40%
4	Have you got adequate diet after training?	Yes	5%
		No	95%
5	In your diet which type of nutrients are taken commonly?	Carbohydrate	63%
		Protein	22%
		vitamin and mineral	10%
		fat	5%
6	Do you have understanding about diet before, during and after training program?	Yes	-
		No	100%
7	Have you examined your health by	Yes	-

No	Item	Response	Point
	physicians during the time of screening, while you join this project?	No	100%
8	Does your coach demonstrate correctly each skill in training session?	Yes	65%
		No	35%
9	How did you get your special event?	By your coach	45%
		By interest	26%
		By peer group influence	29%
		By your family advice	-
10	If your answer for question number 16 is yes, what kind of diet is recommended?	Before exercise	40%
		During exercise	20%
		After exercise	40%
11	During the time of screening, have you measured your fitness level?	Yes	-100%
		No	-
Total		20	20

With regard to the content of their nutrition 63% of them said that they use foods rich in carbohydrate, 22% of them feeds on protein 10% of them feed on vitamins and minerals and the rest ( 5% of them ) consumes food more of fat.

The main thing that the young women trainees don't understand (recognize) they don't have the knowhow what diet they must feed on .

During screening of the young trainees, health professionals never examined them before their entry. And they have been simply selected by their coach. The same thing is true that the players don't know their physical fitness.

68% of the players claim that they got their special game (i.e. friend ship game) by their coache and 32% of them have been initiated by their peer groups.

#### 4.2.3. Trainees of Fageta Locomo woreda women foot ball project center

The trainees are 28 in number. The project has been founded in 2000 E.C by the awi zone youth and sport office and it has been accommodating young women players still 2005 E.C. In addition, 62% of the women players come from the school 24% of them come from villages while 8% comes from other project and the remaining percentage (i.e. 6%) comes from local kebele.

**Table 9. Questionnaires for selected women foot ball player in Fageta Locomo project center**

No	Item	Response	Point
1	Where you come from this project?	School	62%
		Other project	24%
		Villages	8%
		Kebele	6%
2	How many days you have a training per week?	2 days	-
		3 days	100%
		4 days	-
		4 and above 4	-
Total		20	20

It is well know that all of the women players do their training 3 days per week and 2 hours a day with regard to the aid provide by their coach 82% of the replied yes always while 18% of them assisted some times.

Concerning the punctuality of the players 91% of them conclude that they arrive on time while 9% of them do not arrive on time.

87% of the trainee replied that their coach is responsible to arrive on time in every training session while, 13% of them said 'NO'. With regard to supply of equipments, all they un equivocally witnessed that they get insufficient equipments from government.

**Table.10. Questionnaires selected women foot ball player In Fageta Locomo woreda project center**

No	Item	Response	Point
1	How long you train per day?	2 hours	100%
		3 hours	-
		4 hours	-
		4 and above 4hr	-
2	Does your coach assist you in each training session?	Yes always	82%
		Yes some times	18%
		No	-
3	Are you responsible to arrive on time during each training session?	Yes	91%
		No	9%
4	Does your coach is responsible to arrive on time during each training session?	Yes	87%
		No	13%
5	Have you got adequate facilities & equipments from administration?	Yes	-
		No	100%



6	If your answer for question number 7 is yes, where you got the support?	From the EFF	55%
		From the region sport commission	45%
		From your woreda	-
		From other	-
7	Rate of the relation between you and your coach?	v/good	60%
		good	40%
		satisfactory	-
		not good	-
8	Does your coach demonstrate correctly each skill in training session?	Yes	76%
		No	24%
9	If your answer for question number 16 is yes, what kind of diet is recommended?	Before exercise	40%
		During exercise	20%
		After exercise	40%
10	How did you get your special event?	By your coach	60%
		By your interest	40%
		By peer group influence	-
		By your family advice	-
Total		20	20

60% of the respondents have replied in their questioner that they have a very good relationship with them, while, 40% of the respondents said that they have a good relationship with the coach concerning the demonstration skill of the coach in the project,.

76% of them said 'yes,' while the rest replied no, with regard to the training technique (i.e. 14%). 65% of them have agreed that he does so. But 35% of them don't agree when come to the knowledge transfer of the coach to the young trainees, 77% of them replied that the coach has a good treatment to the weak women foot ball player. The rest percentage i.e. 23% doesn't have the consent.

69% of the trainees have witnessed that the coach has a training of plan before the session, while 31% of them don't say that he does do so, with regard to diet, 90% of them claim that they don't get proper diet, while 10% of them witnessed that they got a proper diet.

**Table 11. Questionnaires selected women foot ball players in Fageta Locomo project center**

No	Item	Response	Point
1	Do you believe that your coach's method of training is capable to improve your ability?	Yes	65%
		No	35%
2	Does your coach give special treatment for weak women foot ball players?	Yes	77%
		No	23%
3	Does your coach plan to a training unit?	Yes	69%
		No	31%
4	Have you got adequate diet after training?	Yes	10%
		No	90%
5	In your diet which type of nutrients are taken commonly?	Carbohydrate	70%
		Protein	12%
		Vitamin and mineral	11%
		Fat	7%
6	Do you have understanding about diet before during and after training program?	Yes	-
		No	100%
7	Have you examined your health by physicians during the time of screening while you join this project?	Yes	54%
		No	46%
8	During the time of screening, have you measured your fitness level?	Yes	-
		No	100%
Total		20	20

With regard to proper diet, all of the female players unequivocally assured me that they don't take proper diet before, during and after each training session. With regard to the content of their diet 70% of them take food more of carbohydrate, 12% of them take food which are rich in protein. While 7% of the women players take some foods which are rich in fat and 11% of them feed on vitamins and minerals and all of them don't have a deep know how about nutrients.

Concerning their health condition 54% of them claims that they have been examined at the time of screening where as 46% of them don't get examination.

During screening of the female players health professionals never examined them before their entry and they have been simply selected by their coach. The same thing is true that the players don't know their physical fitness.

60% of the women players claim that they got their special game like friend ship by their coach where 40% of them have been initiated by their groups.

#### **4.2.4. Trainees of Guagussa woreda women foot ball project center**

The trainees are 29 in number which means hundred percent are females. In addition, 85% of the women players comes from school, 8% of them comes from other projects, 6% comes from villages and the remaining percentage i.e 1% from the local kebele.

**Table 12 Questionnaires for selected women foot ball players in Guagussa woreda project center**

No	Item	Response	Point
1	Where you come from this project?	School	85%
		Other project	8%
		Village	6%
		Kebele	1%
2	How many days you have a training per week?	2 days	-
		3 days	100%
		4 days	-
		4 days & above 4 days	-
Total		20	20

With regard to the training days, all of them answer that they exercise 3 days a week and 99% of the women players claim that they do training 2 hours a day and 1% of them do exercise for 3 hours.

70% of the players approved that their coach always help them while the rest percentage ( i.e 30% of them ) claims that they don't do so. Concerning the punctuality of the women players, 92% of them conclude that they arrive on time, while 8% of them don't arrive on time.

With regard to supply of equipments, all they unequivocally witnessed that they get insufficient equipments from government.

**Table 13. Questionnaires for selected women foot ball players in Guagussa woreda project center**

No	Item	Response	Point
1	How long you train per day?	2 hours	99%
		3 hours	1%
		4 hours	-
		4 and above 4 hours	-
2	Does your coach assist you in each training session?	Yes always	70%
		Yes some times	30%
		No	-
3	Are you responsible to arrive on time during each training session?	Yes	92%
		No	8%
4	Does your coach is responsible to arrive on time during each training session?	Yes	98%
		No	2%
5	Rate of the relation between you and your coach?	V. good	68%
		Good	22%
		Satisfactory	10%
		Not good	-
6	If your answer for question number seven is yes from where of support you got?	From EFF	40%
		Regional sport commission	50%
		Woreda	6%
		From others	4%
7	Does your coach demonstrate correctly	Yes	64%

No	Item	Response	Point
	each skill in training session?	No	36%
8	Do you believe that your coach's method of training is capable to improve your ability?	Yes	61%
		No	39%
9	Does your coach give special treatment for weak women players?	Yes	50%
		No	50%
10	Does your coach plan to a training unit?	Yes	73%
		No	27%
11	Have you got adequate diet after training?	Yes	-
		No	100%
12	In your diet which type of nutrients are taken commonly?	Carbohydrate	75%
		Protein	9%
		Vitamin & mineral	9%
		Fat	7%
13	Do you have understanding about diet before, during and after training program?	Yes	-
		No	100%
14	Have you examined your health by physicians' during the time of screening while you join this project?	Yes	69%
		No	31%
15	During the time of screening have you measured your fitness level?	Yes	72%
		No	28%
16	How did you get your special game i.e friendship game?	By coach	30%
		By peers	70%
17	If your answer for question number 16 is yes, what kind of diet recommended?	Before exercise	35%
		During exercise	20%
		After exercise	45%
Total		20	20

Furthermore all of them in the questionnaire have told that the Ethiopian foot ball Federation doesn't gives regular and adequate facilities and equipments.

With regard to their relationship with their coaches more than half of them (i.e. 68% said that they have good relationship with their coach while the 22% said well the remaining 10% said is satisfaction.

None of them forwarded negative comment against their coach all of them have a good relationship with their coach.

Concerning the skills of demonstration of their coach 64% of them said that he shows them each skill in each training session, while the rest 36% said 'No'.

The training technique of their coach is presented as follows when viewed from trainees point of view 61% of them said 'Yes' while rest 39% said No.

With regard to the treatment of the coach to weak women players 50% of them have agreed that the coach offers positive treatment the weak players, while half of them and said No. 73% of the young trainees witnessed that their coach prepares a plan before each training as session where as 27% of them protests that he doesn't do so. With regard to a proper diet, all of the women players unequivocally assured me that they don't take proper diet before, during and after each training session. With regard to the content of their diet 75% of them the take food more of carbohydrate, 9% of them take food which are rich in protein while 9% of the young women player takes some foods which are rich in vitamin and minerals and the remaining percentage i.e 7% the players takes some foods which are rich in fat.

Concerning their health condition 69% claims that they have been examined at the time of screening where as 31% of them don't get examination. It is by the motives offered to the women players by the coach when the researcher come to the level of the players viewed from themselves 72% of them Yes while 28% have disagreed about their physical fitness 30% of them are initiated with their coach , while 70% of them have been spurred with peer group influence.

#### **4.3. Observations of Administrative officers towards the launched project**

It is quite clear that the administrative officers play a vital role in improving the projects by controlling and evaluating the overall performance which are situated in different woredas of the Awi zone from the side of the government.

The administrative officers are one of the decisive target populations which are accomplishing their task in the Awi zone are under detailed study.

This target group is observed from different and vital points. These listed are follows.

- Evaluation on nature of appraisal on the projects
- The aid that Awi zone offer to the project
- The availability of sport experts
- The management of financial and material aids EFF
- The view of administrative organs towards the launched projects

**Q.** What kind of support do you offer to coaches?

With regard to support to the project coaches 100% said that they give professional support i.e. technical aid and different coaching material

**Q.** how often do you monitor and evaluate coaches?

Concerning monitoring the foot ball project, they under take once per year with regard to evaluation, all of them said 'No'

**Q.** Do you have a regular evaluation with regard to the women foot ball project? All of the respondents said that there is no regular evaluation of the launched project

**Q.** what kind of support do you give to the player in the project?

The entire respondent said that support for the project once a year, i.e. sport wearing and other facilities like shoes and balls

**Q.** Do you check the annual reports of the coach about this performance?

100% replied that the coach present annual report

**Q.** Do you prepare a game? If yes, how frequent you do so?

100% of them said no in relation to preparing special game like friend ship game.

Q. What kind of support do you get from EFF?

Support to trainee coaches develop their coaching skill

Q. Do you properly dispense women foot ball wearing and equipments to the coaches and the players on time?

All of them dispensing, 100% of them said ' Yes '.

Q. Is their regular super vision and monitoring?

90 % said that no regularly supplies and monitoring the coaches and the rest 10% of them said 'Yes'.

Q. How do you evaluate the overall performance of the women foot ball project?

100% of they said that there is no regular evaluation due to shortage of budget and other factors.

#### **4.3.1 Nature of evaluation or Appraisal**

It is well under stood that any work activity has to be evaluated or appraised regularly or periodically.

Thus, the administrative organ of the Awi zone youth and sport office has the obligation to do the following tasks.

- ✓ Monitor
- ✓ Aid (technical, tactical and also equipment and so on.
- ✓ Evaluation and so on of the women foot ball project which are launched in the Awi zone.

However based on the interview they had repaid they informed me the nature of evaluation is not so intense.

#### **4.3.2 Support towards the women foot ball project**

With regard to support i.e financial, technical and material, it is described as follows.



### **A) Financial Aid**

It is quit under stood that the launched projects needs many aids, concerning with the projects in Awi zone administrations. They support the Dangila town women project center, Ingebara project center, Fageta Locomo women project center, Gugossa woreda women project center and the Chagenie women foot ball project center.

However, it is necessary to help the all launched projects, because there will meet be unfair competence among the projects. And the EFF is helping the aforementioned project. But the reason is not yet known.

### **B) Material Aid**

With regard to the material aid, the EFF provides in some extent all the launched women foot ball project center.

### **C) Technical Aid**

In my interview, I have gathered the following data. The officers and exports perform their work below what is expected.

The first thing, there is no periodic monitoring of the projects, so it is hardly possible to know the progress of the women foot ball project.

In addition, there is no any significant position to offer regular training to the coaches who are assigned to the projects. So it is very unlikely to have effective and talent full women foot ball players.

The Awi zone youth and sport office does it have a well be fined and organized foot ball plan for game like monthly, quarterly, semi- annually or annually foot ball game.

## **4.4. Observations of the women foot ball players' parents**

Parents or families of the women foot ball players in the project have their vital role in producing very good players. However, since less than half of the parents have a very low monthly income, they couldn't purchase what their minors in the project needs for foot ball.

A data has been collected through interviewing.

The following table depicts the average income of the women players parents.

**Table 14. The average income of the players' parents**

	High	Medium	Low	Total
Parents				
Income	-	55%	45%	100%

With regard to the willingness of the parents, almost more than 78% of the house holds / women player parents / are wining to give their children to the launched projects.

With regard to fulfillment of materials the following table will be describe it.

**Table 15. Families support for women players**

No	Description	High	Middle	Low
1	Sport materials	-	56%	44%
2	Wearing	-	60%	40%
3	Food	-	60%	40%
4	Rest	-	70%	30%
5	Hygiene	-	65%	35%

Concerning motivation, 60% of the families offer motivates, while 40% don't do so.

With regard to beneficiaries that will be obtained from the prospective players, 60% of the parents are optimistic while the rest not.

Family, I would like to express the nature of the families with regard to education and reforming foot ball 55% of them want to do both where as the rest 45% of them don't do so.

In addition more than 70% the parents of the players are usually observed in encouraging and motivating the player. However the rest percentages are indifferent to the foot ball.

## CHAPTER FIVE

### SUMMARY CONCLUSION AND RECOMMENDATIONS

#### SUMMARY

Every research work needs to be summarized. This portion is dedicated to finalize the main issues that are raised in the previous chapters of the research paper.

I have tried to summarize by raising several point of the target populations.

#### 5.1 Existing facts of the research in the Awi zone

##### A) Research of Dangela women foot ball project.

First a fall, the coaches in the Awi zone is not well trained most of them but in some extent graduate sport science from higher institute. Hence the same thing is true for the coach of the Dangla town women foot ball project.

The main thing that I have raised this is to mention that the quality and nature of coaching is poor.

Moreover, based on my questionnaires, the coach in Dangela only one coach have coaching License and work experience but ever most of the coach in this town doesn't have coaching certificate and also doesn't have a good know how on training method and annual or periodic plan. Hence those couldn't offer a formal training due to this and other important factors. And the coach doesn't get the opportunity to get further training programmed to improve his competency to this end. Most of the cache doesn't know anything about nutrition. As it has been mentioned the chapter two the thesis, makes metabolic demands on the body of players. So balanced and adequate diet repairs damaged tissue, recuperate fatigued muscle and regenerate neology.

However, both the coach and the players are un aware of utilizing proper diet. In addition, the Awi Zone youth and sport office and the Regional sport commission doesn't have a close contact so as to monitor and evaluate the coach in the area more over the foot ball project. Doesn't gets

proper and sufficient materials the coach and the players to cover the costs of sport materials by themselves.

That is why; we couldn't see any strong and successful women players raised in the project under discussion.

### **B) Coach of Awi zone, Injebeara town women foot ball project**

Before discussing the personal attribute and competency of the coach I want to raise them to geography, weather conditions and attitude of the specific area.

It is situated in the western part of the country specifically in Awi zone. It has an average altitude of around 894m. So it is low land area with cold temperature.

Thus, sport professionals advise that it is suitable for foot ball training and other sport like all games.

As it has been mentioned in the previous section, this coach didn't graduate from a renowned or higher educational institute in sport science he also trains the player as par timer, because he works in the woredas sport office.

Here, I would like to mention other draw backs of the coach. First of all balanced and adequate diet is crucial for every person and especially for the sport trainees. Because they loss much calories of energy during training, so they need a proper diet to replenish what they lost. But the coach knows in some extent about nutrition and exercise.

In addition to this, he doesn't have a well designed periodic and annual plan on game prepared annually by the Ethiopia foot ball federation. Therefore, he couldn't know his strength and weakness. Rather someone from the Awi Zone youth and sport office avails himself in this annual evaluation and report program. So this trend by itself poses a negative impact on the competency of the players.

The coach tries to plan his annual time table or schedule for training; however it is not that much sound or interesting, furthermore, he hardly knows the principles of training. He simply trains the young players who are accommodated in the foot ball project and the Awi zyouth and sport office and the regional state government sport commission doesn't give opportunity to have

more sustainable training. Thus the coach can't improve his competence knowledge and skills to this end the Awi Zone youth and sport office expert doesn't have and sound contact with the project. So it doesn't make a close monitoring and evaluation. Hence these and other factors aggravate the efficiency or quality of the women foot ball project. Because no one woman players has been recruited to the national women foot ball team of Ethiopia since five years.

### **C) Coach of Awi Zone, Fegeta Locomea woreda women foot ball project**

First of all the coaches in the Fageta locma are not well trained, only one coach 2<sup>nd</sup> level foot ball coach certificate holder, most of the coach doesn't have certificate and graduate sport science from higher institute.

As it has been mentioned in the previous section, this coach has graduate from a higher educational institute in sport science.

Here , I would like to mention other personal profile of the coach. First fo all balanced and adequate diet is crucial for every person and especially for the trainees.

Because they loss much calories of energy during training. So they need a proper diet to replenish what they lost. But the coach is well aware of nutrition and exercise.

In addition to this, he has a well designed periodic and annual plan tournament prepared annually by the Ethiopian foot ball federation.

Therefore, he knows his strength and weaknesses. Rather someone from the Awi Zone youth and sport office expert had support himself in this annual evaluation and report program and also he record a day to day performance of the women players.

The coach tries to plan his annual time table or schedule for training, furthermore, he hardly knows the principle of training. In other wards he has a deep know on methods of training. In this woreda they have so many interested foot ball coach to train the women's but most of them has no coaching certificate with foot ball. In addition to this, the Awi Zone youth and sport office doesn't give they can opportunity to have additional and sustainable training. Thus the coach can't improve his competence knowledge and skill.

To this end, the Awi Zone youth and sport office provides the project with limited. Hence these and other factors aggravate the performance of the women foot ball project, because no one women players represent in this woreda that is women player can't join with other clubs.

## **D) Coach of the Awi Zone, Gogussa woreda women foot ball project**

First a fall the coaches in this woreda are well trained but not graduate sport science from higher institute.

The main thing that I have raised this is to mention that the quality and nature of coaching is good.

Moreover, based on my questionnaires, the coach in Gogussa woreda have a good know how on training methods and annual method. And the coach get the opportunity further training programmed to improve his competence to this end. The coach had replied that they don't usually get proper diet. So balanced and adequate diet repairs damaged tissue, other muscle in our body.

However both the coach and the player are normally sharp known about before during and after exercise of utilizing proper diet. In addition, the Awi Zone youth and sport office doesn't have a close contact so as to monitor and evaluate the coach in the area more over the foot ball project doesn't get proper and sufficient materials because the coach and the players not cover the cost of sport materials by themselves. That is why,we couldn't see any stronger talent full and successful women players rose in the project under discussion.

### **5.1.1 Women foot ball players in Dangela town foot ball project**

It has been described that this project were established by the regions sport commission on 2003 E.C

The project lacks the following items

- Sport Wearing
- Foot ball equipments and facilities
- Nutrition/ balanced and adequate diet

It has been seen simply by the inherent motives of the players who are young female's students and their age ranges from 13 up to 16 years. More than 40% parents are poor and less than 60% of them lead a medium life level. So this family member can support their children with regard to basic needs only, for this reason the young women foot ball players in the project can't be successful.

Besides, since their equivalent project in Injebara women foot ball project is far from that of Dangela it is quite difficult to have competition the females player don't get any sort of aids/ support from families due to their economic status.

### **5.1.2. Women foot ball players in Injebeara town foot ball project**

It was established a round 2003 E.C by the Awi zone youth and sport office and the Amhara regional sport commission a signed the Awi zone youth and sport office to make close monitoring and evaluation.

However the agent/ i.e. the Awi Zone youth and sport office/ don't carry out its responsibilities very well. In has been assigned to do the following duties and responsibilities.

- To offer close monitoring and evaluation
- To provide motives and incentives
- To provide a regular and sustainable training to the coach
- To resolve problems that may arise in women foot ball projects and to present a report.

Due to these very reasons, the project become so weak and female players who are being raised up are not a ball to join either the national foot ball club or other new club because the coach not enough well trained.

### **5.1.3 Women foot ball player in Fageta Locama woreda foot ball project**

It has been described that this project were established by the Awi Zone youth and sport office on 2000 E.C. and the project has performing with great efficiently. Thus several women players have been nominated to the national women foot ball team of the country and to other renowned clubs.

After the survey was made by the Amhara regions sport commission in the entire country and since this project is suitable foot ball training are to women but the Awi Zone youth sport office doesn't carry out its responsibilities very well. The following problem had been happened.

- It doesn't close monitoring and evolution
- It doesn't evaluate the overall performance of women foot ball project
- It doesn't check the annual reports of the coach about their performance

- It doesn't support the women foot ball project on punctual way.
- It doesn't provide a regular and sustainable training to the coach.

Due to these problems the project becomes so weak and players who are being raise up are not able to join well trained club.

#### **5.1.4. Women foot ball player in Gogussa woreda foot ball project**

It was established around 2001 E.C that time the regional sport commission was so strong and the project has performing with great efficiently. Thus several female foot ball players have been nominated to the national club of the regions and other renowned club.

After the survey was named by Ethiopian foot ball federation in the entire country and since this project is on suitable area for women foot ball training, it has been reestablished in 2003 E.C and has been embraced and supported by Ethiopia foot ball federation since then. And EFF assigned the regions sport commission to make a close monitoring and evaluation.

However the agent/ i.e the region sport commission/ don't carry out its responsibilities very well.

In has been assigned to do the following duties and responsibilities.

- To provide sufficient equipments to the women foot ball project
- To offer close monitoring and evaluation
- It doesn't give improve your competency of coaching have you attended course of coach
- It doesn't motive to the women players

Due to these very reasons, the project becomes so not strong and who are being raised up are not a bale to join either the national women foot ball team or club.

Thus its performance declines from time to time. And this is in turn is a potential threat to the development of women foot ball in Ethiopia.

Almost more than half of the coach in this woreda takes the coaching activates a secondary work be sides coaching like this woreda other project has applied. Because those who has been hired in the woredas youth and sport office as a permanent staff.

#### **5.1. 5 Parents of the women foot ball players.**

First of all, the majority of the parents don't have the vision/ insight/ that their children will be tough, competent and success full both to themselves and to the nations as well. The parents are also un ware of to the sport, specially foot ball most of the parents say that foot ball is much of charging or body contact game so, ever children can be injured, and also disabled.



Here it is important to raise one vital point that causes declination of the project performance. Around this area/ i.e. Awi zone/ the community including the women players' parent economy include in lower level. They led their life with lower monthly paring. They only manage to fill their daily basic needs of themselves and their minors. Thus they are not capable helping the female players even with what they have. And this situation presents/ contributes negative impact to the projects effectively.

### **5.1.6 Administrative organ**

The Awi zone youth and sport office together with its experts is responsible for the launched women foot ball projects in the Awi zone and they have been assigned to control, monitor and evaluate every activity with regard to sport game for this monitoring has a special importance for the development of female foot ball.

However, it has been observed that the Awi zone youth and sport office has completely or partially failed to accomplish the following major activities.

- It doesn't properly supply necessary materials to the projects on time.
- It usually fails to offer technical assistance
- It doesn't have close monitoring and regular evaluation
- It doesn't prepare foot ball competition so that the female foot ball players in the project couldn't get the opportunity to share experience among the players.
- It doesn't give a regular training to the coaches in the projects to improve their technical competence.
- In addition it has a very low relationship with the Ethiopian foot ball federation.
- To this end, it doesn't have a properly designed plan so that it doesn't accomplish its task effecting in order to attain its final target /goal/.

## **CONCLUSIONS**

The terminating portion of the paper is presented as follows it is an important section of the paper for it is shortens the main idea of the study. This chapter devoted to conclude point which have paramount importance or significance like the nature of women foot ball projects in the Awi zone, Quality of training, fruitfulness and soon.. I have explained these major points below.

## 5.2 Women foot ball projects in Awi zone

The Ethiopian foot ball federation and regions sport commission after conducting a sound survey in the entire Coventry had established women foot ball projects in different Awi zone area. Dangela town female foot ball project located in the Awi zone was established 2003 E.C by the Amehara regional sport commission the main reason that this project was selected are:-

- A) The young women foot ball players of this specific site have usually good physical appearance that is suitable for foot ball.
- B) There are other miscellaneous reasons for selection the project. Right after its establishment the Amhara regional sport commission tries to fulfill the following facilities
  - Players and coach's Sport wearing
  - Foot ball equipments
  - Financial aid to the female foot ball project

At the beginning, the project was a bale to produce represents the Awi Zone 2 or 3 talent female foot ball players who have been selected to the big foot ball club However, due to some persistent problems the performance of the project decline from time to time in the previous chapter, I tried to explain the major cause and as to how the project has started in performance.

Besides, there are other women foot ball projects which had been established by the regional state sport commission and the Awi Zone youth and sport office, these are.

- Dangla town women foot ball project center
- Injebara town women foot ball project center
- Fageta locma woreda women foot ball project center
- Gogussa woreda women foot ball project center
- Chagnie town women foot ball project center

Even these project sites are suffering from the same malignant problems as the one mentioned above than foot ball in situation have been for warded to alleviate the irregularities existing problems/ this is the main objective of the study in other words, I have tried to show the problem which prevails in the aforementioned women foot ball project from different angles.

### 5.3 Quality of Training

As it was described in the preceding chapters of the paper quality of training is affected by several parameters. These are

- Competence and knowledge of the coach
- Interest and performance of the women players in the project
- The supply of material and financial aid from Ethiopian foot ball federation, the region sport commission and the Awi Zone youth and sport office.
- The awareness of the female foot ball trainees' parents with regard to foot ball and soon and so forth.

The cumulative failure which has happened in the above mentioned of performance in the project site of the Awi zone. Therefore, concerned organs and the society are highly responsible to get rid of these persistent problems which are halting the development of foot ball. Unless the irregularities have to be solved as quickly as possible, the final outcome will be very bad.

Everybody knows that whenever certain problem happens, an immediate solution has to be searched and provided with. Else, the existence of what we are striving for will vanish. Thus with regard to the existing quality of training, a serious attention will be given for better achievement.

Truly speaking, metal solutions must be given in order to produce tough and competent you women players from the projects who can the substitute the existing renowned female players.

It is a vivid fact that our performance becomes very international scenarios. Even the main cause begins from the projects in the entire nation. To this end, the women foot ball projects in the Awi zone are part and parcel of those in the country. The failures in the projects under discussion will have a significant effect up to the national level.

### 5.4 Achievement of the women foot ball project

Basically there are two major achievements in every achievement, these are:-

- Positive achievement and
- Negative achievement

Here, I try to discuss both achievements of the projects using different criteria. These criteria/ requirements consist of the following major component/.

a) Productivity

- b) Achievement
- c) Nomination

### **A) Productivity**

With regard to productivity, the Awi Zone women foot ball projects have lower efficiency. When we say productivity, it means rising up of competent and tough female foot ball players.

However, the under performance of the region's foot ball federation, it doesn't enough or follow up women project through out each zone. So the Awi zone youth and sport office accomplishing the following important tasks.

- It doesn't make proper monitoring and evaluation of the projects activity
- It doesn't usually prepare game one to the other
- It doesn't have regular appraisal of the coaches' deeds
- It fails to prepare further training to the coaches so that they could improve their skills know how.

### **B) Achievements**

It is well known that the Amhara regional state sport commission always prepared female foot ball game every year, on woreda level and zonal level, the achievement of the Awi zone is lower when compared with that of other zone.

In addition to this most of the time the Awi zone youth and sport office. Prepare women foot ball game to make competition among kebeles, woredas and zones; that is why achievements of the projects decline from time to time.

### **C) Nomination**

Since the Awi Zone youth and sport office doesn't work properly, it has been unable to see the female players that can be nominated to the national team and other renowned women foot ball clubs.

This is because of

- The disorganized working habit of Awi Zone youth and sport office
- Absence of sound management
- Lack of close control and evaluation

## **5.5 Administration Organs**

With regard to the launched women foot ball projects, the major administrative bodies are

- EFF/ Ethiopian foot ball federation/
- The region's sport commission
- The Awi zone youth and sport office

These three bodies are highly responsible for development of women foot ball sport through supplying material and financial aids, monitoring, evaluating motivating individuals in the project. Although they have been observed while they are disposing their duties and responsibilities, it is not that much satisfactory.

### **5.5.1 EFF/ the Ethiopian foot ball federation/**

Even though there are some irregularities in EFF, it has tried to accomplish the following major tasks to the extent it could

- Dispense foot ball materials to project
- Evaluates and monitors the projects
- Has closer relationship with region's sport commission etc

### **5.5.2 The region sport commission**

Here, this organ fails to dispose major activities, it can be said that the region's sport commission is totally responsible for the failure of the women foot ball projects due to these reasons/.

- There is almost no evaluation and monitoring
- It doesn't dispense materials which it has received from EFF. Rather its staffs make use it. That means those foot ball equipment aids don't reach to the target groups.

Thus, it accounts for the complete decline of the projects. Briefly it has totally ruined women foot ball sport in the regional state.

### **5.5.3 The Awi zone youth and sport office**

The Awi zone youth and sport office is totally responsible for the failure of the women foot ball project due to these reasons.

- There is no prepare female foot ball game competition each woreda and kebele

- It doesn't dispense materials which it has received from region foot ball federation, in addition to that doesn't reach each woreda in a proper time.

### **5.6 Possible Solution**

The problems that prevail in the women foot ball projects should be avoided and it is unadvisable to give because it is so serious.

The following possible solutions are recommended

- There must be a very good management in the Awi zone youth and sport office
- Qualified and full time coaches have to be recruited assigned
- There has to be prepared periodic foot ball game to the female
- The Awi zone youth and sport office must work hard in the cooperation with Amhara regional state sport commission in order to foster the women foot ball.
- The Awi zone youth and sport office must avoid ignorance/ negligence to the launched projects.
- It must also dispose each and every responsibilities and duties as well.

Eventually, provided that the above mentioned corrective Steps/ Solutions are accomplished strictly, there will be a dramatic and deeply promising improvement in the women foot ball projects of the Awi Zone by large.

### **Recommendation**

All the problems and their causes have been mentioned. It is well known that foot ball game is a well renowned sport activity in the world. It is also quite surprising that the money generated from foot ball competition game is tremendous. But the competence of female foot ball players in the Awi zone and other zones become low now days. Since my study is confined to the current status of Awi zone women foot ball projects, I will raise some crucial points to the issue mentioned on the title.

As it was tried to mention in the previous chapter failure and draw backs of the target populations have been discussed in details. Thus important and constrictive opinions are listed as follows which touch each target population under discussion.

## 5.7 Tips of Coaches

As mentioned in the literature review of the paper, coaching means directing, adjusting, leading and training the trainees. Coaches are not only responsible for training the projects trainees but also managing the truth.

Hence here are some tips that the researcher can recommend with regard to the coaches of women foot ball project in the Awi zone. Based on the failures and faults discussed in chapter four of this paper, corrective measures are given.

### A) Concerning the knowledge of the coaches

- The coaches who are assigned in the projects must be qualified in a higher educational institute in sport science.
- They have good experience in coaching
- They don't have to carry out the training traditionally, since foot ball must be supported with modern knowledge
- They should know about medication, modern therapeutic and dispensing pharmaceuticals and any kind.
- They should not permit injured players to participate unless he/ she is proven safe by the team physician if there is any

### B) With regard to selection and recruitment of new women player

Coach should have to identify the children. In other words, they should know who will be best in which foot ball game. Or else, they should have the capability of predicting the talent of the new female player who is best for a certain and specific sphere of foot balls.

They should examine thoroughly the medical certificate of the children because this is very critical to train a foot ball player who has health problems.

In addition, the coaches are advised to use systematic, nongovernmental system of recruitment and selection methods. It is because fitness tests are subjected to large number of internal and external variables which affect the outcome of the test. During fitness testing, the coaches should be prudent enough in considering the following factors. Accuracy of measurements, emotion players' health condition and environment.

### **C) Coaching Activities**

With regard to proper coaching, the coach are highly recommended to accomplish the following vital deeds/ tasks/.

- The coaches must prepare weekly, monthly and annual time table schedule so as to carry out his/ her task effectively and efficiently.
- They should have to hold periodic foot ball game so that they can measure the competence and weaknesses of the players who are being raised in the projects. They must also provide the players with special fitness training to complete fitness component.
- Although it is beyond their capacity, coaches are expected to request and follow up additional regular training program in order to gain more knowledge in foot ball.
- They are also advised to monitor and evaluate the day to day performance of their women players.
- They must list and request important and vital foot ball equipments and wearing and distribute to the players.

### **5.8 Tips of the women players**

With regard to the female players' in the launched women foot ball projects, here are some major corrective and constrictive opinions and comments are forwarded.

- The players must have a good relationship with themselves, coaches and parents as well, for it has a paramount importance for the foot ball
- They must be medically fit and should be trained in their tendency/ propensity that they have chosen.
- They must strictly follow up their training session with great proficiency.
- They must be rewarded when they have an excellent achievement to motivate them , so that they can do better for the next round foot ball competition.
- They must take enough rest to regenerate their body.
- They have good appearance and they should keep themselves from any sort of addition for it has a damaging /divesting effect. In addition, they have to be hygienic.
- They should take a balanced and adequate nourishing diet that they are provided.
- They must have discipline and good ethics and should help each other as much as they could.



- They must have a light respect to their coaches and colleagues and they must be obedient to coaches and their parents.
- They should carry out their responsibilities by having strong courage and winning spirit.
- They should have a strong hope that they will be great persons.

### **5.9 The Administrative persons of the Awi zone youth and sport office**

This target population group has great and decisive potential in fostering the foot ball in the Awi Zone, because it has power of administering the sport activity in the Awi Zone. However it hasn't carried out its responsibilities and duties that are imposed on it.

Thus the following constructive comments are listed if they can alleviate the problems which are frequently Committed.

- The Concerned organ of the Awi zone youth and sport office should have a very close contact with coaches and a regular follow up.
  - Furthermore they monitor and evaluate the overall performance of coaches, players and so on because; this action paves the way to produce strong and tough women players in the entire projects of the Awi zone.
  - They have to provide the projects which facilities like necessary sport wearing and equipments that available and other essential supplies on time, because scarcity / absence of these item can pose strong negative impact on the development of Foot ball.
- The officers are expected to arrange and supply basic needs to the projects like neat water, Training field, technical aids and prepare additional training to the existing coaches.
- They should have to prepare in entire /motive to the best performing women players and coaches so that they will even strive for a better achievements. In addition, they have to evaluate the periodic report of the coaches. This in turn aids to know the status of the female players and the coaches in the projects.
- They are advised to construct gyms and sport centers so that the players can do powering exercise to development their fitness.
- They must prepare annual or semiannual report which states the overall activities done in the zone which will be presented in EFF annual summit.

## 5.10 Tips to parents of the women players

Some points are listed below with regard to the parents of the players who are being raised in the foot ball project in the Awi zone.

- They should have a very good awareness about the importance of foot ball their children, to themselves and to the nation by large
- They should encourage their minors so that they young players will have a good impression or image to the sport that they are under taking
- They should prepare neat, balanced and adequate diet to their minors; because it reaps the female players have good physical appearance and fitness.
- They should have close contact with the coaches so that they can check performance of minor regularly,
- They are expected to offer a routine and overall care, love and control to their minors.

Generally, after having said all the aforementioned tips and facts, it is strong recommended that all the comments and opinions are pursued properly by each target populations, the researcher is quite sure that female foot ball will boom rapidly in the Awi zone This also has its own contribution to the development of foot ball to the country. Briefly this paper is highly dedicated to raise problems and alternate solutions of the women foot ball project of the Awi zone.

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WWW. teacher com fitness tests are subject to a large number of internal and external variables which may affect the outcome of the test.

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**Appendix 1**  
**ADDIS ABEBA UNIVERSITY**  
**SCHOOL OF GRADUATE STUDIES**  
**FACULTY OF LIFE SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**  
**SPECIALIZATION OF FOOT BALL COACHING**

A questionnaire designed on assessment of an implementation and managing arrangement of the current status of women foot ball project especially in Dangila town, Changenie, Gogussa, Fagetalcuma and Ingebera town of Awi zone.

This questionnaire is to be filled by the players. The purpose of this questionnaire is to collect information on assessment and implementation and managing arrangement of the current status women foot ball project it is also based on identifying the major problems on the women foot ball project of Awi zone. Therefore you are kindly requested to fill in the questionnaires that incorporate different issues related to the study.

Your realistic response will achieve the success of this research. In addition the paper will be successful in your genuine response.

Thank you in advance for your response

**I. Back ground information**

**Instruction:** - I- write your own back ground information on the space provided

1. Name of the project Zone-----Woreda-----town -----
2. sex-----
3. Age -----
4. when you joined the Women foot ball project -----

**Instruction II** circle the correct answer based on your opinion for multiple choice questions and fill in the blank for the questions.

1. Where you come from this project?

- A. from the school      B. from other project      C. from villages  
D. from kebele
2. How many days you have a training per week?  
A. 2 days      B. 3 days      C. 4 days      D. More than 4 days
3. How long you train per day?  
A. 1 hours      B. 2 hours      C. 3 hours      D. 4 hours
4. Does your coach assist you in each training session?  
A. yes always      B. yes sometimes      C. No
5. Are you responsible to arrive on time during each training session?  
A. yes      B. No
6. Does your coach is responsible for being on time during each training session?  
A. yes      B. No
7. Have you got adequate facilities and equipment from administration?  
A. yes      B. No
8. If your answer for question number seven is "yes" where you got the support  
A. from the Ethiopian foot ball federation  
B. from the regional sport commission  
C. from your woreda  
D. from other
9. Rate of the relation between you and your coach?  
A. very good      B. good      C. satisfactory      D. not good
10. Does your coach demonstrate correctly each skill in training session?  
A. yes      B. No
11. Do you believe that your coach's method of training is capable to improve your ability?  
A. yes      B. No
12. Does your coach give special treatment for weak women player?  
A. yes      B. No
13. Does your coach plan to a training unit?  
A. yes      B. No
14. Have you got adequate diet after training?

- A. yes                      B. No
15. In your diet which type of nutrients are taken commonly?  
A. carbohydrate      B. protein      C. vitamin and mineral                      D. fat
16. Do you have understanding about diet before, during and after training program?  
A. yes                      B. No
17. If your answer for question number 16 is yes, what kind of diet is recommended?  
Be for exercise -----  
During exercise-----  
After exercise-----
18. Have you examined your health by physical during the time of screening, while you join this project  
A. yes                      B. No
19. During the time of screening, have you measured your fitness level?  
A. yes                      B. No
20. How did you get your special event?  
A. by your coach                      B. by your interest                      C. by peer group influence                      D. by your family advice



**Appendix 2**  
**ADDIS ABEBA UNIVERSITY**  
**SCHOOL OF GRADUATE STUDIES**  
**FACULTY OF LIFE SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**  
**SPECIALIZATION OF FOOT BALL COACHING**

A questionnaire designed on assessment of an implementation and managing arrangement of the current statues of women foot ball project especially in Dangila town, Chagnie town, Gouges, Fegeta locum and Ingebera town of Awi zone.

This questionnaire is to be filled data on assessment and implementation of foot ball project. It is also aimed at detecting the major problems in the foot ball project in Awi zone. And you are kindly requested to fill - in this questionnaire that accommodates different ideas related to the research.

The success of this research depends on your genuine response to the questions.

Thank you in advance for you corporation.

## **II. Back ground information**

**Instruction:** - 1 write your own back ground information of the space provide

Name of the project Zone -----Woreda -----Town-----

1. sex -----
2. Age -----
3. Qualification -----
4. Work experience -----

Instruction: - circle the correct answer based on your opinion for multiple choose questions and fill in the blank for open ended questions.

1. What inspire you to be coach  
A. pear group      B. the love of the foot ball      C. to get money
2. To improve your competency of coaching have you attended upgrading course  
A yes      B. No
3. If your answer to question “2” is yes how far it relates with coaching you the players

- A. highly related  
B. Moderately related                      C. Has no relation
4. How do you rate the current status of women foot ball projects in Awi zone  
A. Excellent    B. very good    C. good    D. poor
5. if your answer for question No 4 is “poor” list the major problem that affect its development  
-----  
-----
6. Do you have good relationship with women foot ball staff?  
A. yes              B. No
7. Do you have adequate Knowledge about prediction?  
A. yes              B. No
8. Do you have annual plan which is allocated for each training session?  
A. yes              B. No
9. Do your follow the plan you already set to accomplish your task successfully?  
A. yes              B. No
10. Does foot ball federation provide equipment’s which are useful for this project?              A.  
A. yes              B. No
11. How is the altitude of your training area?  
A. high altitude                      B. low altitude
12. Mention your weekly training program in short -----  
-----
13. Mention sport nutrition basic form training the game:-----  
-----
14. During the time of screening the players for this Women foot ball project does the play or take full physical examination by professionals?  
A. yes              B. No
15. Do you choose women football player based on the talent while screening to the project?  
A. Yes              B. No
16. If your answer is yes, by what criteria your choose player  
A. by systematic approach    B. by non- systematic    C. by others

17. Have you used fitness test as a tool for players' talent identification?

A. yes                      B. No

18. Mention the way in which you used training method of players in what manner your applied principles of training in your women foot ball project?

Mention some -----  
-----

Do you have day to day report writing habit of your training unit

A. yes                      B. No

19. If the answer for Q. No 20 is yes, what are the point in which your daily report includes?

-----  
-----

20. Do you have physical fitness training which is include in yours training program

A. yes                      B. No

21. If your answer is "yes" list the fitness training and its methods? -----

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**Appendix 3**  
**ADDIS ABEBA UNIVERSITY**  
**SCHOOL OF GRADUATE STUDIES**  
**FACULTY OF LIFE SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**

An interview designed on assessment of an implementation and managing arrangement of the current status of women foot ball project: especially in Dangila town, Chagnie town, Gogussa, Ingebera town and Fegeta locoma of Awi zone.

This interview is to be filled by administrators. The purpose of these questionnaires is to gather the available data in assessment of and implementation of Women foot ball project. This is also aimed at detecting the major problems in the foot ball project of Awi zone. And you are kindly requested to fill-in this questionnaire that accommodates different idea related to the research. The success of this research depends on your genuine response to the questions.

Thank you in advance for you corporation.

**Interview for Administrative organs**

1. What kinds of support do you offer to coaches?
2. How often do you monitor and evaluate coaches?
3. Do you have a regular evaluation with regaled to the Women foot ball project?
4. What kinds of support do you give to the players in the project?
5. Do you check the annual reports of the coach about their performance?
6. Do you prepare a game? If yes, how frequent you do so?
7. What kind of support do you get from the EFF?
8. Do you properly dispense Women foot ball wearing and equipments to the coaches and the players on time?
9. Is there a regular supervision and monitoring?
10. How do you evaluate the overall performance of the Women foot ball project?

**Appendix 4**  
**ADDIS ABEBA UNIVERSITY**  
**SCHOOL OF GRADUATE STUDIES**  
**FACULTY OF LIFE SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**

An interview do signed on assessment of the current status of women foot ball project Dangila town, Changie, Gogussa, Fegetalocum and Ingebera Town of Awi zone in focus.

This interview is to be filled players parents. The purpose questionnaire is to gather the available data on assessment of an implementation and managing arrangement of the current status of Women foot ball project. This is also aimed at detecting the major problems in the Women foot ball project of Awi zone. And you are kindly requested to fill-in this questionnaire that accommodates different ideas related to the research. The success of this research depends on your genuine response to the questions.

Tank you in advance for you corporation.

**Interview questions for player parents**

1. About monthly income.
2. About support for their minors.
3. About willingness of the parents.
4. About fulfillment of materials of their players.
5. About the concerning, motivation and encouraging for minors.
6. About the nature of the family with regard to education.

## DECLARATION

I, the under signed, declare that this thesis is my original work and that all sources used for the thesis have been dully acknowledged

Student name: Assefa workie

Signature: \_\_\_\_\_

Date of submission: august 2013

This thesis has been submitted for examination with my approval as university advisor.

Name: Dr.Solomon Teka.

Signature: \_\_\_\_\_

Date august 2013.