

UNIVERSITI TEKNOLOGI MARA

**INSTEP KICKING ACCURACY BASED ON PLAYING
POSITIONS AMONG MALE UITM PAHANG
FOOTBALL PLAYERS**

By

MOHD AZIZI BIN ISHAK

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AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledgement that I have been supplied with the Academic Rule and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


Name of Student : Mohd Azizi Bin Ishak

Student I.D. No. : 2012844542

Programme : Bachelor of Sport Science (Hons)

Faculty : Sport Science and Recreation

Dissertation Title : Instep Kicking Accuracy Based On Playing
Positions among Male UiTM Pahang
Football Players.

Signature of Student : 

Date : September 2014

ABSTRACT

Kicking accuracy is an important component of soccer performance. It is the component of football performance that can be measured discretely and making it a good for performance research. The objective of this study is to compare the instep kicking accuracy based on playing position among male football players. All the subjects for this research were 18 subjects (N=18), which were divided between defenders (N=6), midfielders (N=6) and forwards (N=6). We constructed a plywood target measuring 243.5cm wide x 122cm high. Carbon paper applied to the surface of the target allowed measurement from a bull's-eye to 10 ball marks left by kicks. The results showed that the mean of defenders (35.50 ± 1.05), midfielders (31.67 ± 1.51), and forwards (37.50 ± 1.05). There were significant differences in instep kicking accuracy between playing positions among male football players, which are the value ($p < 0.05$). Hence, the instep kicking accuracy between playing position absolutely have a differences. In conclusion, midfielders are more accurate, so that midfielder's position is better than others when to take a penalty or free kicks. Hence, the instep kicking accuracy can be improved by using this testing design as a training session.

Key word. Instep kick, kicking accuracy, forward, midfielder, defender, football

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENT	iv
LIST OF TABLES	vi
LIST OF FIGURES	vii
LIST OF APPENDICES	viii
CHAPTER ONE: INTRODUCTION	
1.1 Background of Study	1
1.2 Statement of Problem	4
1.3 Research Objective	5
1.4 Hypothesis	5
1.5 Definition of Terms	5
1.6 Delimitation of Study	6
1.7 Limitation of Study	6
1.8 Research Assumption	7
1.9 Significance of Study	7
CHAPTER TWO: LITERATURE REVIEW	
2.1 Introduction	9
2.2 Valid and Reliable Method for Kicking Accuracy	9
2.3 Mechanics of Angular Velocity on Instep Kick	10
2.4 Instep Kicking By Non-Preferred Leg	10
2.5 Biomechanics Characteristic or Determinant of Instep Kick	11
2.6 Influence Accuracy of Soccer Kick	11
2.7 Summary	12

CHAPTER THREE: RESEARCH METHODOLOGY

3.1	Introduction	13
3.2	Research Design	14
3.3	Sampling	14
3.4	Instrumentation	15
3.5	Procedure	18
3.6	Data Analysis	19

CHAPTER FOUR: RESULTS

4.1	Introduction	20
4.2	Descriptive Analysis for Demographic Profile	21
4.3	Instep Kicking Accuracy between Defenders, Midfielders and Forwards	23

CHAPTER FIVE: DISCUSSION RECOMMENDATION AND CONCLUSION

5.1	Introduction	24
5.2	Discussion	24
5.3	Conclusion	29
5.4	Recommendation	29

REFERENCES	30
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APPENDICES	32
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