

UNIVERSITI TEKNOLOGI MARA

**THE COMPARISON BETWEEN ARTIFICIAL
TURF AND NATURAL GRASS ON SPEED
AND AGILITY PERFORMANCE AMONG
AMATEUR FOOTBALL PLAYERS**

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of the requirements for the degree of
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AUTHOR'S DECLARATION

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I, Mohd Nazrul Azman Bin Ramli (I/C Number: 970108-11-5123) hereby, declare that this work not previously been accepted in substance for any degree, locally or overseas, and is not being concurrent, submitted for this degree and any other degree. This research project was the best result of my independent work and investigation, except, where otherwise stated. I absolve Universiti Teknologi Mara (UiTM) and the Faculty of Sport Science and Recreation from any blame because of my work. All verbatim extracts have been distinguish by quotation marks and sources of information have been specifically acknowledge.

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ABSTRACT

The purpose of this study was to investigate the comparison two different surfaces which are artificial turf and natural grass on speed and agility performance among amateur football players of team Goyang FC, Kuantan. The total of 25 amateur players from team Goyang FC, Kuantan (n=25) were selected as the sample of the study using purposive sampling technique and will test in two different surfaces (artificial turf and natural grass). The component of speed and agility were measured using 30 Meter Sprint Test and Illinois Agility Test. Statistical analysis of the tests was conducted by using paired sample t-test. A set of data was recorded and been analyze. There was a significant different for the artificial turf and natural grass on speed and agility test. Hence, it was concluded that artificial turf and natural grass show a difference on speed and agility of the players.

Keywords: Agility, Artificial turf, Football, Natural grass, Speed

TABLE OF CONTENTS

	PAGE
AUTHOR' DECLARATION ACKNOWLEDGEMENTS	i
LETTER OF TRANSMITTAL	ii
AFFIRMATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	ix
LIST OF FIGURES	x
LIST OF SYMBOLS	xi
CHAPTER 1: INTRODUCTION	1
1.1 Background of the study	1
1.2 Problem statement	3
1.3 Research objectives	4
1.4 Research hypothesis	5
1.5 Significance of the study	5
1.6 Operational term	6
1.6.1 Artificial turf	6
1.6.2 Natural grass	6
1.6.3 Speed	7
1.6.4 Agility	7
	vi

1.7 Limitation	7
1.7.1 Level of experience	7
1.7.2 Physical individual	8
CHAPTER 2: LITERATURE REVIEW	11
2.1 Football and skill component	9
2.2 Speed on football performance	11
2.3 Agility on football performance	13
2.4 Field surface on football	14
2.4.1 Natural grass	14
2.4.2 Artificial turf	15
CHAPTER 3: RESEARCH METHODOLOGY	17
3.1 Research design	17
3.2 Participant	17
3.3 Conceptual framework	18
3.4 Instrumentation	19
3.4.1 Football field	19
3.4.2 Stopwatch	19
3.4.3 Measuring tape	19
3.4.4 Cone and markers	19
3.5 Data collection procedure	20
3.5.1 30-meter sprint test protocol	21
3.5.2 Illinois test protocol	22
3.6 Data analysis	24