

UNIVERSITI TEKNOLOGI MARA

**COMPARISON OF SPEED, AGILITY AND LEG
STRENGTH BETWEEN ATTACKER AND
DEFENDER AMONG UITM PAHANG
FOOTBALL PLAYERS**

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ABSTRACT

The purpose of this study is to investigate the comparison of speed, agility and leg strength between attacker and defender among UiTM Pahang football players. A total of twenty six subjects (N=26) from UiTM Pahang football players were selected through purposive sampling. The study compared the speed, agility and leg strength between attacker and defender position of the footballer. Independent Sample T-Test was used in this study to compare the mean score of the variable for two different groups. During the test, all subjects performed three trial of the 30 meter sprint and Illinois agility test. After an of 48 hours rest, they performed the 1RM back squat for leg strength by using 1RM direct procedure. Based on the Independent Sample T-Test result, there was no significant difference between speed, agility and leg strength performance between attacker and defender position. The speed performance between the attacker and defender position ($p = 0.399$). The agility performance between the attacker and defender position ($p = 0.151$). The leg strength performance between the attacker and defender position ($p = 0.294$). To conclude, this research suggests there are no different of speed, agility and leg strength performance between attacker and defender position among amateur football players ankle taping does not affect vertical jump performances among amateur football players.

KEYWORDS: *Football, Speed, Agility, Leg Strength, Position*

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