

UNIVERSITI TEKNOLOGI MARA

**ANTHROPOMETRY AND SOMATOTYPES
OF MALE SOCCER PLAYERS
ACCORDING TO THEIR PLAYING POSITIONS
IN A SPORTS SCHOOL**

By

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ABSTRACT

The purpose of the study was to determine the anthropometry and somatotypes of male soccer players according to their playing positions. 64 male soccer players (14.08 ± 0.82 years) were purposively selected in Sekolah Sukan Malaysia Pahang. The following anthropometric variables were measured; weight, height, skinfolds, percentage of body fat and lean body mass. Somatotypes data were calculated using the Somatotype Software Version 1.2.5. Results (mean \pm SD) were as follow; weight 55.36 ± 9.36 kg, height 164.2 ± 7.57 cm, BMI 20.41 ± 2.32 , skinfolds 59.7 ± 20.76 mm, % body fat 14.08 ± 1.19 and lean body mass 47.32 ± 6.70 . The mean somatotype of the players was 1.56-3.45-2.74, (endomorph, mesomorph and ectomorph). There were significant difference for players of playing positions in both anthropometry and somatotypes variables ($p < 0.05$) except in endomorphy and mesomorphy ($p > 0.05$). It was concluded that the mean for anthropometry and somatotypes of male soccer players was significant. The inter-positional differences in anthropometry and somatotypes of players mean that a systematic talent identification and selection criterion should be implemented by coaches and team selectors.

Key words: Anthropometry, somatotypes, male soccer players, playing positions.