



UNIVERSITI TEKNOLOGI MARA

**COMPARISON BETWEEN APPROACH ANGLES ON INSTEP
KICKING ACCURACY AMONG FOOTBALL PLAYERS**

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TABLE OF CONTENT

CONTENTS	PAGES
LETTER OF TRANSMITTAL	I
DECLARATION	II
APPROVAL PAGE	III
TABLE OF CONTENT	IV
LIST OF TABLES	VII
LIST OF FIGURES	VIII
ACKNOWLEDGEMENT	IX
ABSTRACT	X
CHAPTER 1 INTRODUCTION	
1.1 Background of study	1
1.2 Problem statement	4
1.3 Research questions	6
1.4 Research objectives	6
1.5 Hypotheses	7
1.6 Significance of study	8
1.7 Limitation of study	9
1.8 Delimitation of study	9
1.9 Definition of terms	10

Abstract

The purpose of this study was to investigate the comparison between approach angle on instep kicking accuracy among football players. Sample size for this study was 20 (N = 20) of football players age between 18-19 years old, involved in all the different of approach angle which were self-selected angle, 30°, 45° and 60° on penalty kicking. The results from this comparison between approach angle on instep kicking accuracy among football players was found that there were significant differences in comparison between approach angle on instep kicking accuracy among football players. This showed that there was a different effect when changed the approach angle on instep kicking accuracy among football players. Through this finding, it indicated that different of approach angle has different effect on instep kicking accuracy.

Keywords: Instep kicking, Approach angle, Accuracy.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

One of the large numbers of individuals in favored sports in this world was football. This game gave those who have witnessed or experienced the football game the greatest enjoyment. Football matches required skilful control play, which was commonly trained at multiple stages of training programs, but skills were very difficult to determine (Haziq, 2013). Football required many techniques such as control ball, counter-attack, running, dribbling, passing and kicking that maybe the football players apparently did during the game (Haziq, 2013).

Football in Malaysia was being more professional (Haziq, 2013). Past studies have shown that the main cause of poor quality games among Malaysian football players was lacked of successful kicking technique (Deros, Ali & Ismail, 2012). In football, for a short, accurate passing and for shooting a goal, the instep kicking technique was commonly used by the football players (Kellis & Katis, 2007).

Football players utilized the instep kick skill in many conditions, in example short and long distance passes and penalty kicks (Shariman, Rahmat & Norasrudin, 2014). Kicking was useful to be one of the basic qualifications that footballers used in several games and sports including football (Ferraz, 2015). Successful kicking technique was a useful aspect for a football player. Therefore, it was highly crucial for guided and monitored coaching technique to understand the biomechanics of football kicking (Kellis & Katis, 2007).

CHAPTER TWO

LITERATURE REVIEW

2.1 Football

Lees and Nolan (1998) stated that, football was the most common sports in the world. As the football is the most popular sport in the world, so it was often referred to as the world game. This sport branch has 208 football-allied organizations (Alcock, 2010). It was estimated that there were 200 million active players who played football (Castellanos, et al, 2014).

The main strategy of attacking and defending was used in a football match. The development of the football game was moving towards simplification and speeding up of all actions at all times and at every part of the field. The consequence of such an approach to the game were quick and accurate combinations, short and long passes (Dukic, 2000).

The football game was one of the favourite sports to millions of people in this world. This games gave huge enjoyment to those who were spectating or experiencing in the game of football. Either The FIFA World Cup or in big league in Europe such as English Premier League, the football games would boost the human emotions and feelings in any situations and conditions. Football game required a skilful play in control, which were normally trained at different levels of training programs but skills were very difficult to learn. Football required many techniques such as control ball, counter-attack, running, dribbling, passing and kicking that maybe the football players apparently did during the game (Haziq, 2013).