



STUDYING ABOUT HISTORY AND PRESENT STATUS OF FOOTBALL

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ABSTRACT

The 2017 FIFA U-17 World Cup will be held in India. Adolescent football players are in the midst of a significant physiological transition while still practicing and playing at the highest levels of the sport. Several studies have examined the nutritional awareness and meal preparation abilities of India's top teen football players. This investigation was designed to examine how football players' nutrition education influences their nutrition understanding, attitudes, behaviors, and fitness levels. Purposive sampling was used to choose 320 male high school football players from leagues and academies in Mumbai and Indore. The teams were then split into a random experimental group (EG) and a control group (CG). The electronic digital body composition analysis system measured the subjects' body mass index and body fat percentage. The cyanine methemoglobin technique was used to determine the hemoglobin level. Football players' nutritional habits were evaluated using a questionnaire that was pilot tested, with data coming from a 24-hour meal recall and the food frequency approach, as well as scientific literature and experts in the field of sport nutrition. We measured fitness with the vertical leap, the 50-meter sprint, the 12-minute walk/run Cooper test, and the maximum oxygen consumption (V02 max). EG participated in a six-month nutrition education intervention. The "Fuel up for football" nutrition education communication package was developed and implemented. These packages included sequential, interactive sessions covering a wide range of topics related to nutrition; information was disseminated through PowerPoint lectures, games, contests, demonstrations, conversations, posters, fact sheets, and written handouts.

Keywords: - Football, FIFA world cup, Football Players, Game, Players.

I. INTRODUCTION

As far as international football tournaments go, the Under-17 FIFA World Cup will be the largest ever held in India. The 2017 FIFA U-17 World Cup will be held in India. There is little doubt that

football is growing in popularity in India, what with the 2014 introduction of the Indian Super League (ISL), the emergence of professional sports academies aimed at talent discovery, and India's imminent role as World Cup host.

Football is characterized by low-intensity (endurance) intervals punctuated with brief bursts of high-intensity (sprinting) exercise. Short bursts of high-intensity sprinting characterize the game, which also include frequent directional changes, sprinting, accelerating, decelerating, tackling, dribbling, and passing.

The objective of football is to score a goal by kicking the ball, running with it, passing it to other team members, or otherwise advancing it to the opposing team's end of the field.

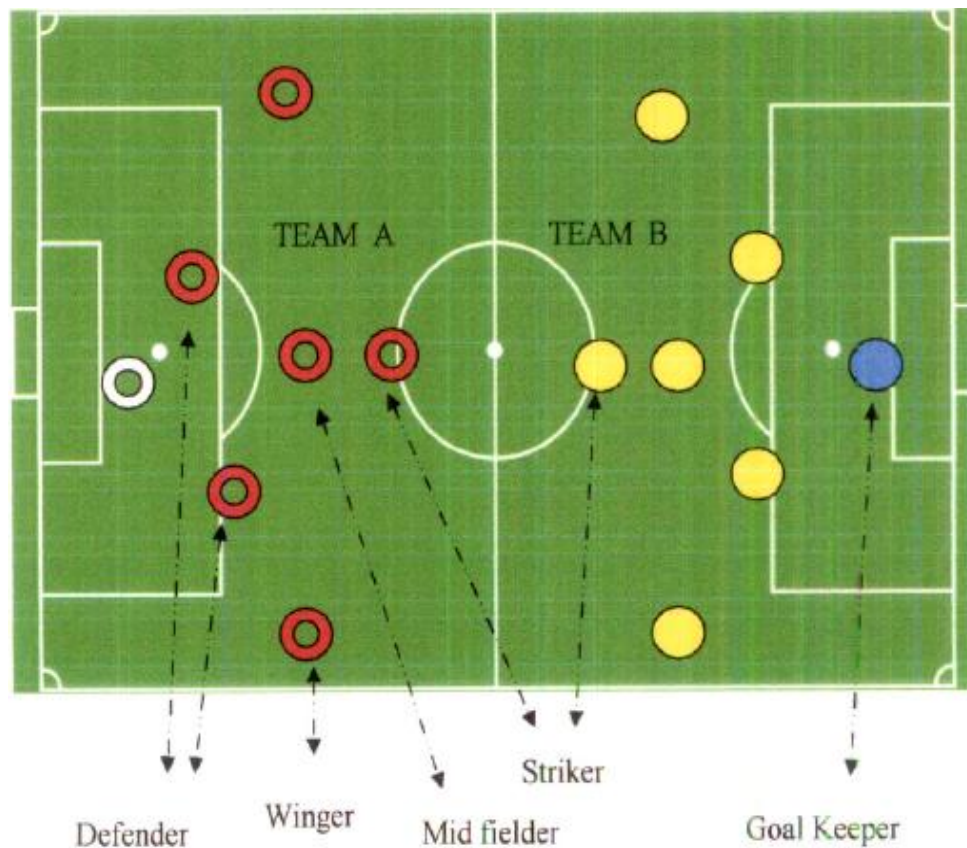


Figure 1.1 Football field and players positions

II. GAME BASICS

Football is a team sport in which players work together to advance the ball down the field, dribble past defenders, and then kick or head the ball past the detuvdirg goalkeepers into the goal net. A coin is flipped to determine which team will select the ends and who will kick off to start the game. The winning side of the coin toss will get to decide whether to kick off or choose ends.

When the referee blows the whistle, one player takes a place-kick (kicking the ball while it is stationary in the middle of the field) into the other team's half. All players are inside their own end of the field, and all kicker-opposing players are at least 10 yards away from the ball. Unless another player touches or plays the ball, the kicker will not touch it again. When a team scores*, a member from the losing team kicks off to restart play. Restarting games at halftime involves switching ends and having the other team's starting kickoff player take the opening kick. Depending on the number of participants and other factors, such as the age of the players, modern football is played in either an 11-a-side, 7-a-side, or 5-a-side format. The under-17 and under-14 divisions of the 7-a-side football tournament are the most common.

11-a-side: Two sides, each with a goalkeeper and a variety of outfield players (defenders, midfielders, wingers, and strikers), face off in a single game.

7-a-side: Two teams, each with six outfield players (defenders, midfielders, wingers, and strikers) and a goalkeeper, compete in a match. The standard roster includes three more players who are designated as "substitutes."

5-a-side: Five outfield players (defenders, midfielders, wingers, and forwards) and a goal keeper make up each team in a contest.

III. THE ORIGIN OF THE GAME

As a term, "football" is older than written history. An official Chinese military document from the Han Dynasty (about 2nd century BC) mentions a game with similar rules to football. The name for it was "Cuju" (Tsu Chu). Football was outlawed by tyrants like Edward the III and Richard the II. After more than a thousand years, the British re-invented the game. In 1863, a schism occurred within the football community, leading to the formation of two distinct leagues: association football and rugby football, traveling in opposite directions as a result of a dispute over the establishment of game rules. Hence, it was in England that the first Football Association was established. The Football Association had 50 member clubs just eight years after it was founded. The dominance of Britain on other continents paved the way for the sport of football to spread there. Later, in 1873, the Scottish Football Association, FA of Wales, and the French Football Association were established (1880). New Zealand (1891), Argentina (1893), and Chile (1903) were a few more countries who established their own football federations in the late 19th and early 20th centuries (1895). Switzerland. Belgium (1895).(1895). After Italy and Germany in 1898, Uruguay in 1900, Hungary in 1901, and Finland in 1902 (1907).

France, Belgium, Denmark, the Netherlands, Spain, Sweden, and Switzerland were the original seven members of FIFA (Fédération Internationale de Football Association) when it was established in May 1904 in Paris. In 1912, 21 national associations joined FIFA as a result of the community's steady expansion. Football's first World Cup was played in 1930, and since then it's grown to feature 41 teams. As of the 2000 FIFA conference, FIFA has 204 members from all

around the globe. The International Football Association Board (IFAB) was established in 1886 to establish and maintain the rules of modern football. The International Federation of Association Football (FIFA) is responsible for organizing the most renowned international football competition, the FIFA World Cup, which is also the most watched athletic event on the planet.

IV. THE HISTORY OF FOOTBALL IN INDIA

May be traced all the way back to when the British colonialists first introduced the sport to the Indian subcontinent. Army sides played the first organized football games. Under the British Raj, several football clubs sprung up over India. The 'Calcutta Club of Civilians' and the 'Gentlemen of Barrackpore' played in India's first football game in 1854. * The 'Calcutta FC' was India's first football club, formed in 1872. The following years also saw the founding of the Dalhousie Club, the Merchants Club, and the Navy Volunteers Club. Football in India has its roots in Calcutta (now known as Kolkata). Some football clubs, like the National Club of India (formerly called MohunBagan Athletic Club) in 1889, may trace their roots back to this state. Eventually, in 1893, the Indian Football Association (IFA) was formed. Shimla is the site of India's (and the world's) third-oldest annual football competition, which was first played in 1808. The event is known as the Durand Cup, after its founder, the former Foreign Secretary of India, Sir Mortimer Durand.

The MohunBagan Club won the IFA-Shield Trophy in 1911, marking the first time Indian footballers have ever tasted success. As the award had previously been won by British teams located in India, this triumph is especially significant. The All India Football Federation (AIFF) was established in 1937 as a result of the subsequent growth in the number of Indian football clubs. It was in 1948 when the AIFF officially joined FIFA*. One of the first members of the Asian Football Confederation, *AIFF joined in 1954. (AFC). The years from 1951 and 1962 are remembered as India's greatest footballing era. Because of consistently strong play, Indian football clubs have been invited to and participated in a variety of international tournaments. The Indian athlete earned honor to his country by winning gold medals in the Asian Games in New Delhi (1951) and Jakarta (1962). In 1956, India set another benchmark by being the first Asian nation to get to the semifinals of the Olympic football tournament. These Olympics were place in Melbourne, Australia.

V. THE PRESENT RANKING OF INDIAN TEAM

According to FIFA's rankings, and that's a number that's been steadily dropping. India's highest ever position in the top one hundred was #94, achieved in February 1996. While Indian football clubs have been consistently successful recently, the national squad has yet to make its impact at major international competitions.

India is hosting the FIFA Under-17 World Cup, giving Indian football players an opportunity to show the world what they're made of. While athletes and coaches are well-versed in the fundamentals of physical training, they frequently overlook the importance of eating right.

Unfortunately, many athletes' performance suffers because of their lack of nutritional understanding and poor eating habits. A player's performance can benefit greatly from learning about the nutritional value of food and fluids and using proper nutritional tactics into regular training and competition.

There are plenty of talented, untapped young people playing football all around India; what's missing is the proper vetting and nurturing, including both physical and nutritional education.

VI. NUTRITIONAL REQUIREMENTS OF FOOTBALL PLAYERS

Calorie requirements

The physical and metabolic demands of football practice and games change from season to season, from level of competition to player type. The players in football are required to work in shifts. It has been estimated that the average oxygen consumption for top football players is about 70% of maximal VO₂, despite the fact that the players conduct low-intensity activities for more than 70% of the game. The high rates of creatine phosphate (CP) use and glycolysis seen in elite athletes may be at least partially responsible for this phenomenon. An elite athlete may undertake anywhere from 150 to 250 quick, intensive movements every game. Glycogen stored in skeletal muscle is the primary substrate for ATP synthesis. And it's possible that low levels of glycogen in some muscle fibers contribute to tiredness towards the end of a game. During a game, free fatty acids (FFA) in the blood rise to somewhat offset the gradual decrease in glycogen. Players' physical needs throughout a game vary greatly depending on their physical capabilities and tactical roles on the team.

Carbohydrate Recommendations:

Athletes require more carbohydrates in proportion to their level of physical activity. A minimum of 50% of a player's caloric intake should come from carbs (Rodriguez, Di Marco & Langley, 2009). The basic method to keep optimal function is to consume enough carbohydrates. Carbohydrate needs range from 5–7 g/kg/day during light training to about 10 g/kg/day during heavy training or matches. Athletes need carbs to help keep their blood sugar stable. Football players should consume enough carbohydrates between practices and games to replenish their muscular glycogen reserves and satisfy their training's energy demands.

Protein Recommendations:

Athletes rely heavily on protein for muscle development and repair in response to strenuous exercise (Philips, Moore & Tang, 2007). Protein and amino acids have been found to be essential for the development and upkeep of muscle mass (Philips, 2012). Protein aids in cell division, tissue healing, enzyme formation (which is essential for many chemical processes), nutritional balance management, and disease defense. The need for protein in the diet increases with activity,

and getting enough calories is crucial if you want to use that protein for muscle development and repair.

Endurance athletes should consume between 1.2 and 1.4 grams of protein per kilogram of body weight per day; strength and resistance exercisers should consume between 1.2 and 1.7 grams of protein per kilogram of body weight per day (et al., 2007). The Indian RDA (2010) suggests a protein intake of 1.12 g. kg⁻¹. Day for a 15- to 16-year-old boy.

Fat recommendations:

The ideal percentage of calories from fat is between 20% and 35%. In 2010, a boy in India who is 16 years old needs 47.5 grams of fat in his diet to meet the RDA. Moderate consumption of fatty foods is encouraged, with an emphasis on monounsaturated and polyunsaturated fats rather than saturated and Trans fats.

Athletes might be hampered by either too much or too little fat. Fat is a complicated source of energy that also offers important fatty acids and aids in the absorption of fat-soluble vitamins.

Micronutrient recommendations:

Athletes should ensure their diets include sufficient calcium. Beneficial effects on bone health have been seen. Proper blood clotting, neuronal impulse transmission, muscular contraction, and calcium homeostasis are all dependent on calcium. The Indian RDA (2010) calls for a daily calcium consumption of 800 milligrams for teenage boys between the ages of 15 and 16. Iron is crucial for improving athletic performance because it allows muscles to work for longer and the body to use more oxygen for longer periods of time during exercise.

Low amounts of iron in the body prevent the red blood cells from transporting enough oxygen across the body to meet the demands of exercise. The Indian RDA (2010) suggests a daily iron consumption of 30 mg. for a male teenager between the ages of 15 and 16.

Fluid and electrolytes recommendations

As you work up a sweat, your body is trying to regulate its temperature after producing heat via exercise. Replacing the water that is lost via perspiration is essential to the athlete's health and performance. More than a 2% loss of bodily fluids causes dehydration (Sawka et al., 2007). Aerobic and anaerobic performance, as well as mental agility, are all negatively impacted by dehydration (Rodriguez et al., 2009). Athletes should drink water before, during, and after exercise, as advocated by the American College of Sports Medicine (ACSM), the American Dietetic Association (ADA), and the Dietitians of Canada (DC) (Joint position, 2000; Position statement, 2007; Joint position, 2009). Athletes in team sports are constantly shifting between high- and low-intensity workouts, which can lead to significant fluid loss (Volpe et al., 2009).

Competition Eating : Nutrition on match day.

What a player eats and drinks in the days leading up to a game and during the game itself can have an impact on the outcome by minimizing tiredness and maximizing performance. Consuming carbohydrates and fluids shortly after a game or workout has been shown to hasten healing. A player's dietary regimen should be tailored to their specific requirements. What you eat on game day depends on how long it's been since your last practice or game. To perform at their best, athletes should follow their nutrition plans and take advantage of opportunities to ingest carbohydrate and water before and after the game.

Both physical and mental performance degrades with exhaustion, although this is to some extent mitigated by eating carbs and other nutrients. Even in cold climates, football training and games cause significant sweat losses.

VII. CONCLUSION

In conclusion, the present status of football is vibrant and evolving. Football continues to be one of the most popular sports globally, captivating millions of fans, players, and stakeholders around the world. The sport has undergone significant developments, both on and off the field, shaping its current landscape.

On the field, football has seen remarkable achievements and intense competition. Prominent leagues, such as the English Premier League, La Liga, Bundesliga, Serie A, and many others, showcase some of the world's finest talent and generate tremendous excitement among fans. Major tournaments like the FIFA World Cup, UEFA European Championship, and Copa America draw massive viewership and unite nations in their passion for the game.

Football has also witnessed notable changes in terms of gameplay and tactics. Teams have become more tactically astute, emphasizing possession-based strategies, high pressing, and fluid attacking movements. Technological advancements, such as VAR (Video Assistant Referee), have been introduced to enhance the accuracy of decision-making, adding a new dimension to the sport.

Off the field, the business aspect of football has grown exponentially. The sport has become a multibillion-dollar industry, with clubs attracting substantial investments, lucrative sponsorships, and broadcasting deals. This influx of resources has transformed football into a highly competitive and commercialized arena, with clubs constantly striving for success on and off the pitch.

Moreover, football has taken significant strides towards promoting diversity, inclusion, and social responsibility. There has been a greater emphasis on addressing issues like racism, sexism, and discrimination within the sport, with various initiatives and campaigns promoting equality and fair

play. Additionally, football has increasingly become a platform for raising awareness about social and environmental issues, leveraging its global reach to make a positive impact.

However, challenges persist within the football world. Financial disparities between clubs, corruption, and the growing influence of agents remain ongoing concerns. There is also a need for continued efforts to ensure player welfare, both physically and mentally, amidst the demanding schedules and pressures of the game.

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