

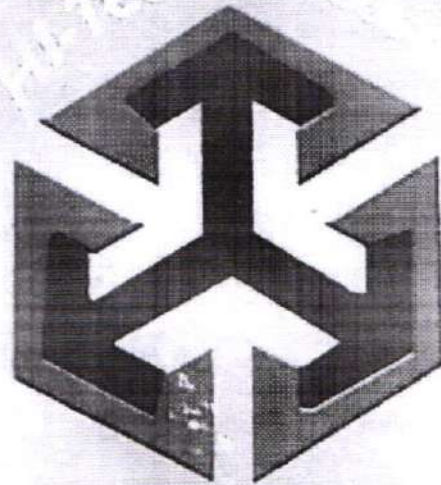
ISSN 2231-6671

International Registered and Recognized  
Research Journal Related to Higher Education for all Subjects

# Hi-TECH RESEARCH ANALYSIS

Aug-2021 - Jan-2022

21-22



EDITOR IN CHIEF  
DR. BALAJI KAMBLE



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## Effect of Aerobic exercise on Football kicking skills of Football Players

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### Research Paper - Physical Education

#### ABSTRACT

*Foot Ball is very popular game in India. In schools colleges and even in clubs number of youth play football. This is most popular game though out the world. Scholar decided to conduct a study on the effect of aerobic exercises on the skills of football. This is most popular game thought out the world. Scholar decided to conduct a study on the effect of aerobic exercises on the skills of football players. Therefore the scholar selected a problem. "The effect of aerobic exercises on kicking skills of football players". For the study the scholar selected Mc Donald soccer (Football) skill test the skill test consist measuring accurate kicking ball control and judgment of moving ball in soccer (football) controlled kicking skill is the most fundamental. Skill element of soccer (football) playing.six week aerobic training program was given to 25 football players and then their foot ball skills were tested there was positive significant effect of the aerobic exercises on the foot ball kicking skill of football players*

#### For Kicking Test :-

Equipments stopwatch, A soccer kickboard; soccer balls three and soccer field.  
(football field).