

## Components of physical fitness that are important in my chosen activity

### Activity: Football

There is no question now that the fitness side of the game now is vital for a winning team to be successful and knowing how to improve all the components that make up the Physical profile of a player is very important. Building Stamina, Agility, Speed, Strength, flexibility and skill takes a lot of knowledge and planning to be effective throughout the season; to enable the team to function for eight or nine months is very hard if you want to avoid injuries.

**Acceleration:** This is the rate at which a person can reach top speed from a standing still position. Acceleration is key for wide sided players and forwards, this is because in these positions players need to be able to beat defenders either to have a strike at goal or to pass to another player in a goal scoring situation. Wide sided players often accelerate away from their defenders to cross the ball in.

**Agility:** Agility is the ability to change the direction of the body quickly. Goalkeepers are good examples of people who have this ability to do this; they have to be extremely agile to be able to save shots from all different directions. A situation when attackers may need to be agile is when a challenge is made upon them. They may need to avoid the tackle and changing the shape of the body will prevent any injury to them. Midfield players need to be agile when taking opposing players on, being able to twist and turn with the ball and able to confuse a player so you can beat them is a go

**Coordination:** the ability to control the movement of the body in co-operation with the body's sensory functions e.g. catching a ball (ball, hand and eye co-ordination). Useful also when running with a ball, being able to run at speed and do different skills with the ball e.g. a step-over.

**Balance:** The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints).

Two types of balance:

Static Balance - ability to retain the centre of mass above the base of support

Dynamic Balance - balance under changing conditions of body movement

Can be very useful in a match situation when running with the ball at speed. Have the similar values as agility.



**Speed:** Speed is the quickness of movement of limb.

Speed can be a very important component during a football match, it is helpful when taking on opposing players and also for defenders keeping up with attackers and preventing the attacker. The importance of speed can be shown by the amount of great players who use it in the modern game.

**Stamina/Endurance:** Endurance is developing the energy production system(s) to meet the demands of the event.

Stamina/endurance is important for keeping up with the game you are participating in. This becomes essential for a player should his role in the team require him to run about the pitch, it is very important in a game situation if you are playing a pressing tactic.

**Strength:** The common definition is the ability to exert a force against a resistance.

A player's strength determines how well he can impose himself within the centre of the field, it is very important to have a few strong players in your team, it is always good if you have some kind of physical presence in the centre of midfield or defence.

