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AAHPER TEST

Introduction:-

AAPHER Physical Fitness Test: This test was designed to help the teachers of physical education and other recreation leaders in the field to find out the performance levels of their students, compare them with national norms and inspire them towards the higher levels of achievements.

Test Contents: The test consists of the following six items:

- (a) **Pull ups:** In case of girls, the pull-ups are to be started from a flexed arm hang. This test item judges the arm and shoulder girdle strength.
- (b) **Flexed Leg Sit-ups:** This test is meant to judge the efficiency of abdominal and hip flexor muscles.
- (c) **Shuttle Run:** This test item is meant for judging the speed and change of direction.
- (d) **Standing Long Jump:** For judging the explosive power of leg muscles.
- (e) **50 Yard Dash or Sprint:** For judging speed.
- (f) **600 Yard Run:** For judging endurance.

Administration of Tests:

These tests can be conducted in a gymnasium or out-doors. The only apparatus required in these tests is a horizontal bar having a diameter of approximately 1 ~ inches for pull-ups and flexed arm hang for girls. However, arrangement should be made for the timing and recording of all scores with the help of timers and recorders.

Item No. 1—Pull up: This item should be done from a hanging position on the bar by using the overhead grasp (with palms facing outwards). The arms and legs of a subject should be fully extended. From hanging position, the subject should raise his body with his arms until his chin is placed over the bar. Then, he should lower his body to a full hanging position. In doing so, the knees should not be bent and the pull should not be jerky or snap pull. The number of completed pull-ups is the score of the subject. **Item No. 1 (Girls)—Flexed-arm Hang:** In this test item for girls, the subject is required to hang from the bar with flexed arms and overhead grasp. She should raise her body to a position where the chin is above the bar, the elbows are flexed and the chest is close to the bar. The stopwatch is started as soon as a subject assumes such

a hanging position and is stopped when the subject's chin falls below the level of the bar. The time recorded in seconds for which a subject holds the hang position is her score.

Item No. 2—Sit-ups: For this test meant for boys and girls, the subject should lie on his or her back with knees flexed and kept not more than 12 inches from the buttocks. The hands of the subject should be placed at the back of the neck, fingers clasped and elbows touching the mat. From this position, the subject should raise his or her head and elbows forward upwards till the elbows touch the knees. This constitutes one sit-up. The number of correctly performed sit ups in 60 seconds from the start of the first sit-up is the score of a subject.

Item No. 3—Shuttle Run: For this test item, two parallel lines are drawn at a distance of 30 feet from each other and two blocks of wood are placed behind one of the lines. The subject has to stand behind the other line and on the signal "Ready", "Go" should run to pick up one block, run back to the starting line and place the block behind the line. He should again turn back to pick up the second block and bring it also behind the starting line. Two such trials are given.

The better time of the two trials to the nearest 10th of a second is the score of the subject.

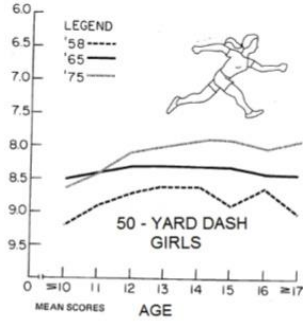
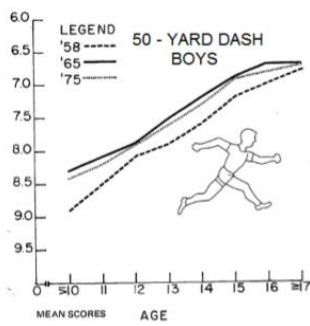
Item No. 4—Standing Long jump: In this test, a subject is required to stand behind a take-off line, with feet apart. He takes a jump forward by extending his bent knees and swinging the arms forward.

The best jump recorded, out of the three trials given, is the score of the subject. The jump should be recorded in feet and inches.

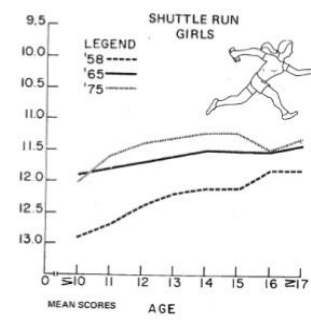
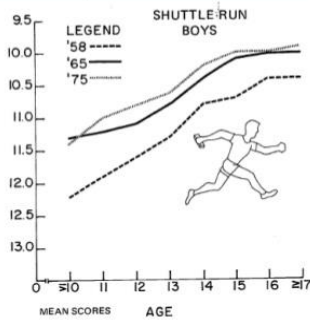
Item No. 5—50 Yard Run: Two lines are drawn at a distance of 50 Yards from each other. The subject is made to run from the start line to the finish line and his time taken is recorded in seconds (nearest to the tenth of a second.) This indicates his score.

Item No. 6—600 Yard Run: This run can be organized on a track, on a football field or an open area marked for this purpose. In this test item, a subject runs a distance of 600 Yards, the subject takes a standing start from the start line. The subject may walk in between. However, the objective is to cover the distance in the shortest time, when he crosses the finish line, he is informed of his time. The time taken to run the distance is recorded in minutes and seconds.

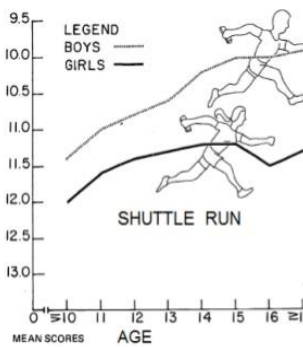
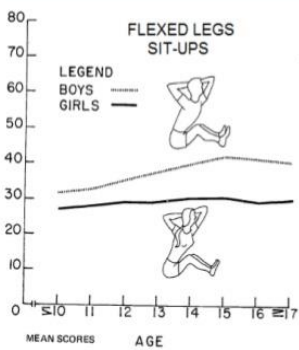
AAPHER Motor Fitness test



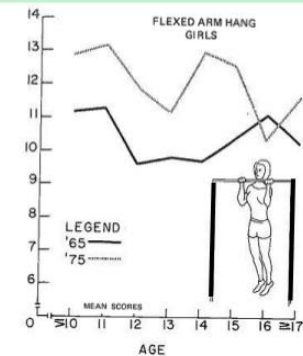
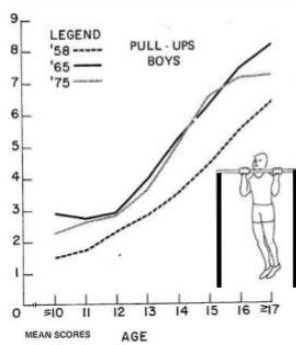
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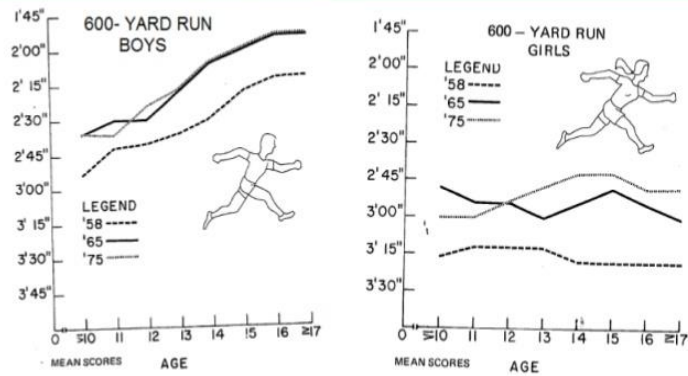
AAPHER Motor Fitness test



AAPHER Motor Fitness test



AAPHER Motor Fitness test



****The above pictures are the graphs plotted for various types of AAHPER Motor Fitness Tests for both boys and girls.**

BARROW FITNESS TEST

Introduction:-

The Barrow Motor Ability Test was developed by Dr. Harold M. Barrow in 1953 for partial fulfilment of the degree of Doctor of Physical Education in the School of Health, Physical Education, and Recreation at Indiana University. Dr. Barrow is now head of the Physical Education Department at Wake Forest College, Winston-Salem, North Carolina.

Objective:-

The purpose of his study was to develop an easily administered test of motor ability of college men. The results may be used for classification, guidance, and measurement of achievement.

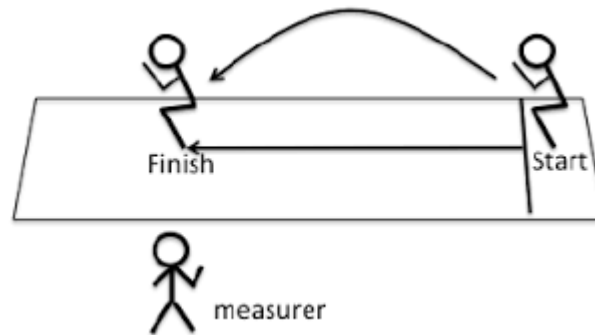
Methods of the test:-

For measuring general motor fitness, the three-item test battery of Barrow is used. In this test, battery of three items such as standing broad jump, zig-zag run and medicine ball are used to measure the general motor ability of an individual. The details of administration of these tests are described below:

1. Standing Broad Jump (for measuring leg strength)

Equipment and material: A mat of 5x12 feet and a measuring tape, if the mat is unmarked.

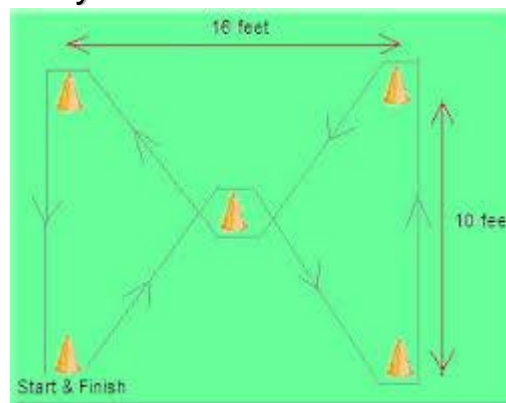
Procedure: A take-off line is marked on the ground. Subject stands just behind the take-off line with the feet several inches apart. The subject swings the arms and bends the knees to take a jump in the long jump pit. Three trials are given to the subject. The distance is measured from the take-off line to the heel or other part of the body that touches the ground nearest to the take-off line. All jumps are measured and the best one is recorded.



2. Zig-Zag Run (for measuring agility and speed)

Equipment and material: Stopwatch, five obstacles and space enough to accommodate the 16x10 feet course.

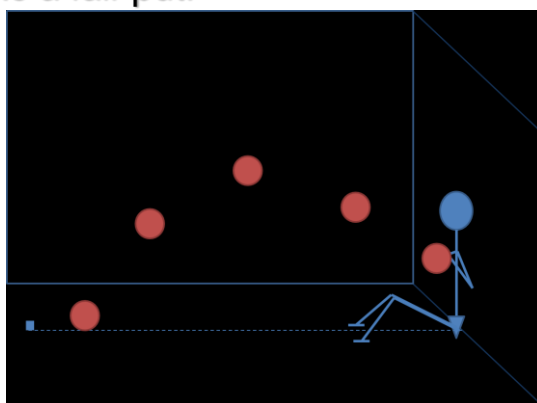
Procedure: The subject begins from a standing start on the command to run. The subject runs the prescribed pattern stated to him as quickly as he can run. The subject runs the prescribed pattern stated to him as quickly as he can without gasping. Three complete circuits are run. The stopwatch is started when the command to run is given and stopped immediately when the subject crosses the finish line. The time is recorded to the nearest tenth of a second. Before running the zig-zag run, the subject should warm up properly. The subject should wear proper fitting shoes with good traction to avoid blisters and slipping. Demonstration of the pattern of the course should be given by the administrator before the beginning of the run.



3. Medicine Ball Put (for measuring arm and shoulder strength)

Equipment and material: A medicine ball and measuring tape.

Procedure: The subject stands between two restraining lines which are 16 feet apart. In case of girl, a medicine ball of 1 kg is provided, whereas in case of boys a medicine ball out as far as possible without crossing the restraining line. He/she should hold the medicine ball at the junction of the neck and shoulder then the ball should be put straight down the course. Three trails are given to him/her. The best of three trails is recorded. The distance is computed to the nearest foot. A put in which the subject commits a foul is not scored. However, if all the trails are foul, subject he/she should try until he/she make a fair put.



Sl. No.	Name	Jump	Zig-Zag Run	Medicine Ball
1.	Anup Singh	1.95 m	39 s	12 ft
2.	Arpan Sen	1.89 m	42 s	11.52 ft
3.	Ritesh Saha	2.03 m	30 s	12.95 ft
4.	Ankit Karmakar	2.00 m	45 s	12 ft
5.	Anupam Goswami	1.93 m	50 s	10 ft
6.	Varun Bhalla	1.98 m	51 s	10 ft
7.	Swarup Ghosh	2.00 m	43 s	12 ft
8.	Vivek Singh	1.94 m	43 s	11.98 ft
9.	Ramesh Paul	2.09 m	30 s	13 ft
10.	Mohit Aggarwal	1.99 m	41 s	11.39 ft

ASANAS

VAJRASANA:-

Vajrasana वज्रासन (/vədʒ' rɑːsɪnɪ/; IAST: vajrāsana), "vajra Pose", is a sitting asana in yoga. It is a kneeling position sitting on the heels. A person need not be sitting in an erect position to do it.

Description

The practitioner sits on the heels with the calves beneath the thighs. There is a four finger gap between the kneecaps, and the first toe of both the feet touch each other and sit erect.

Benefits

This asana may help in digestive issues like constipation. It also strengthens the muscles of the legs and back.

Contraindications and cautions

Some orthopaedic surgeons claim Vajrasana may be harmful to knees. It has also been linked to damage to the common fibular nerve resulting in foot drop, where dorsiflexion of the foot is compromised and the foot drags (the toe points) during walking; and in sensory loss to the surface of the foot and portions of the anterior, lower-lateral leg. In this context, it has been called "yoga foot drop".



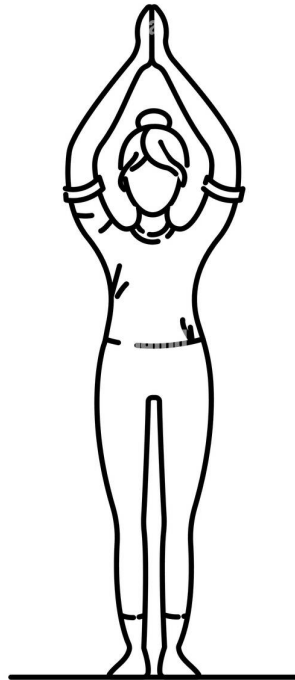
ASANAS TO PREVENT OBESITY

3.1.1 TADASANA

This is a traditional posture. The final position of this asana resembles the palm tree. Palm trees are usually erect and straight. Therefore, one should be straight and erect in this asana

Technique

1. Stand with feet together or about 10 cm apart (for beginners), hands by the side of the thighs.
2. Distribute weight equally on both the feet to keep the body steady.
3. Raise arms over the head. Interlock the fingers and turn the palms upward.
4. Place hands on top of the head.
5. Fix eyes at a point on the wall slightly above the level of the head. The eyes should remain fixed on this point throughout the asana.
6. Inhale and stretch the arms, shoulders and chest upward.
7. Raise heels, coming up onto the toes.
8. Stretch whole body without losing balance or moving the feet.
9. Hold the breath and the position for a few seconds.
10. Lower the heels while breathing out and bring hands to the top of the head. This is one round.



Breathing awareness

Breathing should be synchronized with the raising and lowering of the arms and balance should be maintained while stretching the whole body.

Things to remember while performing this Asana:

1. Do not move eyes from the point, it makes you lose balance.
2. While returning to starting position, first bring the heels on the floor slowly. Do not jerk as it can make you lose balance.

Benefits

1. Strengthens the legs, knees, ankles, arms, and chest.
2. Stretches and opens the hips, groins, hamstrings, and calves; shoulders, chest, and spine
3. Increases mental and physical equilibrium.
4. Helps improve digestion.
5. Reduce anxiety, stress, back pain and sciatica.

Contraindications

Avoid doing this asana if you are suffering from

1. Migraine
2. Diarrhoea
3. low or high blood pressure
4. neck and back injuries

KATICHAKRASANA

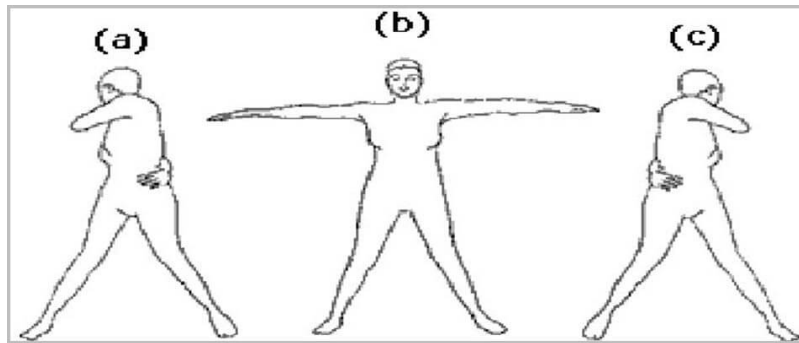
The name of this yoga asana comes from *Kati* meaning waist and *chakra* meaning circle. Katichakrasana, literally means rotation of the waist. It gives a nice stretch to the waist and helps in making it more flexible and supple.

Technique

1. Keep the legs 2-3 feet apart.
2. Raise both the arms up to shoulder level with palm facing each other and keep them parallel.
3. While exhaling, twist the body towards the left side so that the right palm touches the left shoulder, come back with inhalation.
4. While exhaling, twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.
5. This is one round: repeat it two more times.
6. Relax in Samasthiti

Breathing awareness

1. Inhale, come back to the centre.
2. Exhale, turn to your left and repeat the yoga posture on your left side.
3. Do the same on either side.



Benefits

1. Good for relieving constipation
2. Strengthens and improves the flexibility of the spine and waist
3. Good for arm and leg muscles
4. Opens up the neck and shoulders and strengthens the abdominal muscles and lower back
5. Beneficial for those with sedentary or deskbound jobs

Contraindications

1. Avoid practicing Katichakrasana during pregnancy, or if you have hernia, slip disc, or have had an abdominal surgery recently.
2. Consult your doctor before practicing this yoga posture if you have chronic spinal disorders.

PAVANMUKTASANA

The name comes from the Sanskrit word pawan meaning wind and mukta meaning “free”. Thus, Pawanmuktasana is also known as the wind removing asana.

Technique

1. Lie on back, stretching your legs straight.
2. Now bend your right knee and hold it with your hands, pressing it towards your abdomen. Breathe out, while lifting up your head and try to touch your knee with your chin.
3. Breathe in and stretch your legs straight.
4. After that press your abdomen with your left leg.
5. Then press your abdomen with both legs, placing your chin between your knees. From this position, swing your body back and forth 5 to 10 times, then swing your body left to right and vice versa 5 to 10 times.

Breathing awareness

Breathe normally throughout the asana. Be aware of the coordination of the movement.



Benefits

1. Stretches the neck and back.
2. The abdominal muscles are stretched and the internal organs are compressed which increases the blood circulation and stimulates the nerves, increasing the efficiency of the internal organs.
3. The pressure on the abdomen releases any trapped gases in the large intestine.
4. Digestive system is improved.
5. Relieves constipation.
6. Strengthens the lower back muscles and loosens the spinal vertebrae.
7. It is beneficial for women too. Massages the pelvic muscles and reproductive organs and is beneficial for menstrual disorders.
8. Reduces fats in the abdominal area, thighs and buttocks.

Contraindications

1. Must be avoided if there is recent abdominal surgery as there is a lot of pressure on the abdomen.
2. Anyone suffering from hernia or piles should avoid this asana.
3. Pregnant women should not practice this asana.

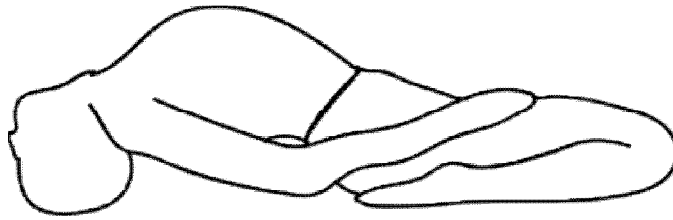
MATSYASANA

The Sanskrit word Matsya means fish. Hence, Matsyasana refers to the fish pose. According to the ancient Yogic texts, Matsyasana can restore spinal strength and overall body balance, consequently leading to a better physical and emotional outlook.

Technique

1. Begin Matsyasana by lying down in Savasana (Corpse Pose). Stretch arms and legs out, relax the body and take a few deep breaths.
2. Place your palms under your hips in a way that the palms are facing the ground. Now, bring the elbows closer to each other, placing them close to your waist.
3. Cross your legs so that your feet cross each other at your middle, and your thighs and knees are placed flat on the floor.
4. Breathe in and lift your chest up in a way that your head is also lifted, and your crown touches the floor.

5. Make sure the weight of your body is on your elbows and not on your head. As your chest is lifted, lightly pressurize your shoulder blades.
6. Hold the position only until you are comfortable. Breathe normally.
7. To release from Matsyasana gently raise the head up, lowering the chest and head to the floor and bring the hands back along the sides of the body.
8. Ensure the head is at complete rest and the lower spine is close to the floor. Relax in Savasana and take few breaths. When ready, go back into the asana again and hold it for longer time and take the asana deeper with every exhalation.



Breath awareness

1. Begin slow inhalation and exhalation and as you exhale throw the chest out and bring the head deeper down.
2. Slowly inhale and bring the head up and release the head and shoulders.
3. Relax the body as you exhale and stretch the entire back down to the floor or mat and take few breaths.

Benefits

1. Matsyasana opens and stretches the neck muscles and shoulders.
2. Helps in opening the chest and corrects round shoulders too.
3. Gives relief from respiratory disorders by encouraging deep breathing.
4. Strengthens the back muscles with the formation of the arch.
5. Helps tone the parathyroid, pituitary and pineal glands.
6. This posture helps to regulate emotions and stress.

Contraindications

Matsyasana should not be practised by someone suffering from

1. high or low blood pressure
2. neck injuries or injury to any part of the lower or middle back.
3. migraine.
4. spondylitis
5. heart ailments
6. Women who are pregnant should not attempt this yoga asana.

HALASANA

Hala means plough. This posture is known as Halasana because in its final position the shape of the body resembles the Indian plough.

Technique

1. Take supine position, hands straight by the side of thighs, palm resting on the ground.
2. Slowly raise your legs together at an angle of 30 degree without bending at the knees by pressing your hands.
3. After a few seconds raise your legs further upto 60 degrees angle and maintain the position for a few seconds.
4. Now slowly bring the legs to a 90 degrees angle.
5. Pressing both hands bring the legs slowly towards the head.
6. Continue bending of legs till toes touch the ground and then stretch your legs backward as far as possible.
7. Now place both the palms on the head making finger lock. Bring the elbows on the ground.
8. While returning back to original position first release the finger lock. Stretch the hands straight and place them on the ground by the side of the body.
9. Lower the waist and raise the legs from the ground Slowly let the waist rest on the ground and stop bringing the legs at 90 degree angle.
10. Slowly come back to the original position.



Breath Awareness

1. Keep the breath under control and ensure it is not irregular and erratic.
2. With a deep inhalation raise the legs to 90 degrees and exhale completely.
3. Remain in this position for a few breaths and allow the flow of blood to happen.

Benefits

1. Due to the disturbance of abdominal muscles if there is a complaint of Dyspepsia or constipation, it can be corrected by practice of this asana.
2. The practice of this asana is helpful in certain types of Diabetes.
3. Maximum benefits of Halsana can be derives when Bhujangasana is practised immediately after Halasana.

Contraindication

Halsana should not be practiced

1. by the ones suffering from cervical spondylitis or stiffness in spine.
2. By a person suffering from abdominal injuries or Hernia.

PASCHIMOTTANASANA

The word paschimottasana comes from the Sanskrit words paschima meaning west or back of the body and uttana meaning intense stretch or extended. In this asana one has to sit and intensely stretch the back forward.

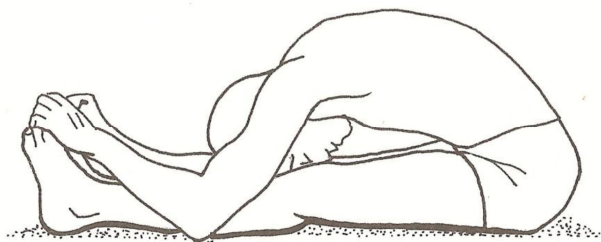
Technique

1. Sit, stretching both the legs together in front, hands by the side, palms resting on the ground. Fingers should remain together pointing forward.
2. Loosen your back muscles and bend the body forward as far as it is possible.
3. Maintain this position and loosen your hands and place them where they are comfortable. It would be better if they are put on the thighs.
4. Practice it daily and keep bending forward a little more. Finally hold the big toes with forefingers of respective hands and place the forehead on the knees.
5. After a few seconds raise the head, release the toes and come to the original position.

Breathing awareness

Breathe slowly and deeply during the final position or release breath out if holding for a short duration.

Inhale while returning to the starting position.



Benefits

1. It stretches the muscles of the back from head to the ankles. It contracts the muscles of the anterior part of the body.
2. Improves the process of respiration and the functions of the intra-abdominal glands, especially the secretions.
3. Improves flexibility of the lumbar region, the hips and thighs (back side of thighs and calves).
4. Massages and tones the abdominal and pelvic region including all organs such as the liver, pancreas, kidneys, adrenals, spleen and intestines.

5. Improves blood circulation in the back region and tones the spinal nerves.
6. Improves alignment of the vertebral column.

Contraindications

In case of a painful and enlarged liver or spleen, herniated discs or acute appendicitis you should not do paschimottanasana until you are relieved of the symptoms.

ARDHA MATSYENDRASANA

The name comes from the Sanskrit words *ardha* meaning half, *matsya* meaning fish, and *eendra* meaning king. The final position of this asana is just like Half Lord of the Fish that is why it is called “ardhamatsyendrasana”. This asana is also known as “Half Spinal Twist Pose”.

Technique

1. Sit extending both the legs together in front, hands by the side, palm resting on the ground. Fingers should remain together pointing forward.
2. Fold the right leg at knee. Slowly set the right heel at the perineum.
3. Now folding the left leg, bringing it from above the right knee, place it by the side on the ground. The knee of the left leg should remain towards sky.
4. Bring the right hand on the left side of the left knee. The left knee should remain at the left side of the right armpit.
5. Now straighten the right hand and hold the toe or ankle of the left leg.
6. Twisting the body to the left side look backwards, place the left hand bringing it from the back on the right thigh. Gaze should be towards back.
7. While returning to the original position first release the hand from the thigh and turn head forward.
8. Now bring the back to normal position after loosening the right hand.
9. Bring the left leg in original position.
10. Now bring the right leg also in original position.
11. Repeat it similarly from the other side by folding the left leg first.



Breathing awareness

1. Inhale in forward position.
2. Exhale while twisting the trunk. Breathe deeply and slowly without strain in the final position.
3. Inhale while returning to the starting position.

Benefits

1. It is very useful in constipation and dyspepsia.
2. This asana improves liver efficiency and removes debility of kidney.
3. It is very useful in diabetes.
4. It is very beneficial for the muscles of shoulder and back.

Contraindications

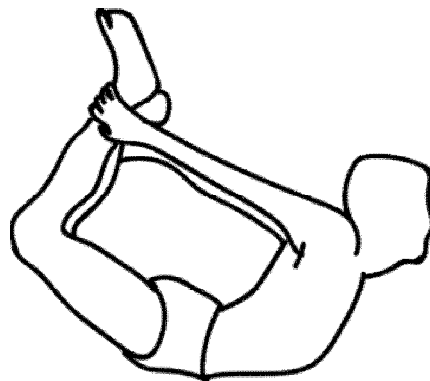
1. Should be avoided during pregnancy and menstruation due to the strong twist in the abdomen.
2. People who have undergone heart, abdominal or brain surgeries should not practice this asana.
3. Care should be taken by those suffering from peptic ulcers or hernia.
4. Those with severe spinal problems should avoid the asana. While those suffering from mild slipped disc can benefit from this asana but in severe cases it should be avoided.

DHANURASANA

The name Dhanurasana comes from the Sanskrit words *Dhanura* meaning bow. The final position of this asana is like a bow that is why this asana is called dhanurasana.

Technique

1. Take prone position, legs together, and hands straight by the side of the thighs, chin resting on the ground.
2. Fold the legs at the knee and bring them to the thighs. Knees must remain together.



1. Bring your hands backward and hold the toes of respective legs with the thumb and forefinger of the respective hands.
2. Raise your legs up a bit and simultaneously raise your head and chest.
3. Holding the toes, pull the legs towards your ears and bring the toes near the ear. Gaze in front.
4. While returning to the original position loosen your hands, take legs backward, let the thighs touch the ground, leave the toes and ultimately bring the legs and hand to the first position.

Breathing awareness

Inhale deeply in the starting position. Retain breath inside while coming into the final position; Breathe slowly and deeply. Exhale while returning to the starting position.

Benefits

It makes the spine and back muscles flexible, removes nervous weakness.

It cures constipation and removes excess fat.

It acts as a cure for dyspepsia, rheumatism and gastrointestinal disorders.

It improves digestion and appetite.

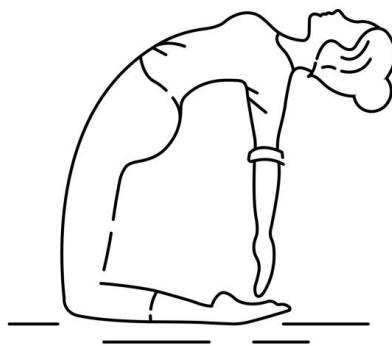
Contraindications

1. A person suffering from high blood pressure, back pain, hernia, headache, migraine or abdomen surgery should not practice dhanurasana.
2. Ladies should not practice this asana during pregnancy and during periods.

USHTRASANA

Ustra means **Camel**. So Ushtrasana refers to the camel pose.

Ushtrasana is an **intermediate level back-bending yoga posture** known to open Anahata (Heart chakra). This yoga posture adds flexibility and strength to the body and also helps in improving digestion.



Technique

1. Sit in Vajrasana
2. Stand on the knees, and raise the arms beside the body on the shoulder level.
3. Keep the knees and feet together or can be separated if needed.
4. While exhaling twist to the right side and place the right palm on the right heel.
5. Bending a little bit more to back place the left palm on the left heel.
6. In the final position push the abdomen and hips forward, with the thighs vertical to the floor, and bend the head and spine backward according to the flexibility.
7. Try to relax the whole body, especially the back muscles, in the final position.
8. Weight of the body should be evenly supported by the legs and arms. The arms should anchor the shoulders to maintain the arch of the back.
9. Exhale and bring back the abdomen and the thighs from the vertical position.
10. Return to the standing position by inhaling and slowly raising the left hand from the heels. Bring left arm to the shoulder level and then the right arm in the same way.
11. Exhale lowering the arms and come back to vajrasana.

Breathing awareness

Slow inhalation and exhalation while taking position and bringing the body to proper position and alignment.

With every inhalation raise the chest up and spine in, and relax the body with exhalation.

Inhale and release the neck first, slowly bring the body back to the initial position and here exhale completely.

Benefits

It promotes stretching of anterior muscles and contraction of the posterior muscles.

Generates favourable influence on ovaries, thyroid and other endocrine glands.

Develops strength and confidence.

Beneficial for digestive and reproductive organs.

It loosens up the vertebra and stimulates the spinal nerves, relieving backache, rounded back and drooping shoulders.

It is helpful for asthmatic people.

Contraindication

Avoid this asana in case of

hernia

abdominal injuries

back problems

severe arthritis

vertigo

pregnancy.

SURYA BHEDHANA PRANAYAMA

Surya is the sun and *bhedhana* means to get through. In Surya bhedhana Pranayama all inhalations are done through the right nostril and all exhalations through the left.



Technique

1. Sit in any meditation posture e.g. Padasana, Sukhasana etc. Close your eyes.
2. Keep the left nostril closed with the middle and ring finger of the right hand.
3. Slowly inhale without making any sound through the right nostril as long as you can do it comfortably.
4. Then bring your hand down and place it on the knees and retain the breath by firmly pressing the chin against the chest. Simultaneously contract your rectum muscles.
5. This point cannot be reached at the very outset. You will have to increase the period of retaining breath gradually. This is the limit of the sphere of practice of Surya Bhedhana Pranayama.
6. Exhale very slowly, without making any sound through the left nostril by closing the right nostril followed by releasing the rectum muscles (anal lock), chest from the chin lock.
7. Relax and come back to original position. Do this 3 to 5 times.

Benefits

This Pranayama should be performed again and again, as it purifies the brain and destroys the intestinal worms and diseases arising from excess of wind (Vayu).

It helps to manage rhinitis and various sorts of neuralgia.

The worms that are found in the frontal sinuses are removed.

It is good for persons suffering from low blood pressure.

FOOTBALL:-

INTRODUCTION:-

Football is a family of team sports that involve, to varying degrees, kicking a ball with the foot to score a goal. Unqualified, the word football is understood to refer to whichever form of football is the most popular in the regional context in which the word appears. Sports commonly called 'football' in certain places include: association football (known as soccer in some countries); gridiron football (specifically American football or Canadian football); Australian rules football; rugby football (either rugby league or rugby union); and Gaelic football. These different variations of football are known as football codes.

Various forms of football can be identified in history, often as popular peasant games. Contemporary codes of football can be traced back to the codification of these games at English public schools during the nineteenth century. The expanse of the British Empire allowed these rules of football to spread to areas of British influence outside the directly controlled Empire. By the end of the nineteenth century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional football competitions. During the twentieth century, several of the various kinds of football grew to become some of the most popular team sports in the world.

Common elements

The various codes of football share certain common elements: Players in American football, Canadian football, rugby union and rugby league take up positions in a limited area of the field at the start of the game. They tend to use throwing and running as the main ways of moving the ball, and only kick on certain limited occasions. Body tackling is a major skill, and games typically involve short passages of play of 5–90 seconds.

Association football and Gaelic football tend to use kicking to move the ball around the pitch, with handling more limited. Body tackles are less

central to the game, and players are freer to move around the field (offside laws are typically less strict).

Common rules among the sports include:

Two teams of usually between 11 and 18 players; some variations that have fewer players (five or more per team) are also popular.

A clearly defined area in which to play the game.

Scoring goals or points by moving the ball to an opposing team's end of the field and either into a goal area, or over a line.

Goals or points resulting from players putting the ball between two goalposts.

The goal or line being defended by the opposing team.

Players being required to move the ball—depending on the code—by kicking, carrying, or hand-passing the ball.

Players using only their body to move the ball.

In all codes, common skills include passing, tackling, evasion of tackles, catching and kicking. In most codes, there are rules restricting the movement of players offside, and players scoring a goal must put the ball either under or over a crossbar between the goalposts.

Etymology

Main article: Football (word)

There are conflicting explanations of the origin of the word "football". It is widely assumed that the word "football" (or the phrase "foot ball") refers to the action of the foot kicking a ball. There is an alternative explanation, which is that football originally referred to a variety of games in medieval Europe, which were played on foot. There is no conclusive evidence for either explanation.

Early history

Ancient games

A painting depicting Emperor Taizu of Song playing cuju (i.e. Chinese football) with his prime minister Zhao Pu (趙普) and other ministers, by the Yuan dynasty artist Qian Xuan (1235–1305)

The Ancient Greeks and Romans are known to have played many ball games, some of which involved the use of the feet. The Roman game

harpastum is believed to have been adapted from a Greek team game known as "ἐπίσκυρος" (Episkyros) or "φαινίνδα" (phaininda), which is mentioned by a Greek playwright, Antiphanes (388–311 BC) and later referred to by the Christian theologian Clement of Alexandria (c. 150 – c. 215 AD). These games appear to have resembled rugby football. The Roman politician Cicero (106–43 BC) describes the case of a man who was killed whilst having a shave when a ball was kicked into a barber's shop. Roman ball games already knew the air-filled ball, the follis. Episkyros is recognised as an early form of football by FIFA.

A Chinese game called Cuju (蹴鞠), Tsu' Chu, or Zuqiu (足球) has been recognised by FIFA as the first version of the game with regular rules. It existed during the Han dynasty, the second and third centuries BC.[citation needed] The Japanese version of cuju is kemari (蹴鞠), and was developed during the Asuka period. This is known to have been played within the Japanese imperial court in Kyoto from about 600 AD. In kemari several people stand in a circle and kick a ball to each other, trying not to let the ball drop to the ground (much like keepie uppie). The game appears to have died out sometime before the mid-19th century. It was revived in 1903 and is now played at a number of festivals.[citation needed]

There are a number of references to traditional, ancient, or prehistoric ball games, played by indigenous peoples in many different parts of the world. For example, in 1586, men from a ship commanded by an English explorer named John Davis, went ashore to play a form of football with Inuit (Eskimo) people in Greenland. There are later accounts of an Inuit game played on ice, called Aqsaqtuk. Each match began with two teams facing each other in parallel lines, before attempting to kick the ball through each other team's line and then at a goal. In 1610, William Strachey, a colonist at Jamestown, Virginia recorded a game played by Native Americans, called Pahsaheman.[citation needed] On the Australian continent several tribes of indigenous people played kicking and catching games with stuffed balls which have been generalised by historians as Marn Grook (Djab Wurrung for "game ball"). The earliest historical account is an anecdote from the 1878 book by Robert Brough-Smyth, *The Aborigines of Victoria*, in which a man called Richard Thomas is quoted as saying, in about 1841 in Victoria, Australia, that he

had witnessed Aboriginal people playing the game: "Mr Thomas describes how the foremost player will drop kick a ball made from the skin of a possum and how other players leap into the air in order to catch it." Some historians have theorised that Marn Grook was one of the origins of Australian rules football.

The Māori in New Zealand played a game called Ki-o-rahi consisting of teams of seven players play on a circular field divided into zones, and score points by touching the 'pou' (boundary markers) and hitting a central 'tupu' or target.[citation needed]

Games played in Mesoamerica with rubber balls by indigenous peoples are also well-documented as existing since before this time, but these had more similarities to basketball or volleyball, and no links have been found between such games and modern football sports. Northeastern American Indians, especially the Iroquois Confederation, played a game which made use of net racquets to throw and catch a small ball; however, although it is a ball-goal foot game, lacrosse (as its modern descendant is called) is likewise not usually classed as a form of "football." [citation needed]

These games and others may well go far back into antiquity. However, the main sources of modern football codes appear to lie in western Europe, especially England.

Ancient Greek football player balancing the ball. Depiction on an Attic Lekythos, Piraeus, 400-375 BC.

A Song dynasty painting by Su Hanchen (c. 1130-1160), depicting Chinese children playing cuju.

Paint of a Mesoamerican ballgame player of the Tepantitla murals in Teotihuacan.

A revived version of kemari being played at the Tanzan Shrine, Japan.

An illustration from the 1850s of Australian Aboriginal hunter gatherers.

File:Children in the background are playing a football game, possibly Woggabaliri.

A group of aborigines playing football in Guiana.



RULES OF THE GAME:-

International rules football (Irish: Peil na rialacha idirnáisiunta; also known as inter rules in Australia and compromise rules in Ireland) is a team sport consisting of a hybrid of football codes, which was developed to facilitate international representative matches between Australian rules football players and Gaelic football players.

The first tour, known as the Australian Football World Tour, took place in 1967, with matches played in Ireland, the United Kingdom, and the United States. The following year, games were played between Australia and a touring County Meath Gaelic football team, Meath being the reigning All-Ireland senior football champions. Following intermittent international tests between Australia and Ireland, the International Rules Series between the senior Australian international rules football team and Ireland international rules football team has been played intermittently since 1984, and has generally been a closely matched contest. The sport has raised interest and exposure in developing markets for Gaelic and Australian football and has been considered a development tool by governing bodies of both codes, particularly by the AFL Commission.

International rules football does not have any dedicated clubs or leagues. It is currently played by men's, women's, and junior teams only in tournaments or Test matches.

Rules:-

The rules are designed to provide a compromise or combine between those of the two codes, with Gaelic football players being advantaged by the use of a round ball and a rectangular field measured about 160 yards long by 98 yards wide (Australian rules uses an oval ball and

field), while the Australian rules football players benefit from the opportunity to tackle by grabbing between the shoulders and thighs and pulling to the ground, something banned in Gaelic football. The game also introduces the concept of the mark, from Australian rules football, with a free kick awarded for a ball caught from a kick of over 15 metres, where the kick must be in the forward direction if originating from a teammate.

A player must bounce, solo or touch the ball on the ground once every 10 metres or six steps. A maximum of two bounces per possession are allowed, while players can solo the ball as often as they wish on a possession. Unlike in Gaelic football, the ball may be lifted directly off the ground, without putting a foot underneath it first. Players however cannot scoop the ball off the ground to a team-mate, nor pick up the ball if they are on their knees or on the ground. If a foul is committed, a free kick will be awarded, referees (called umpires in Australian Rules) can give the fouled player advantage to play on at their discretion.

Scoring in International rules football

The game uses two large posts usually sets 6.5 metres apart, and connect 2.5 metres above the ground by a crossbar with goal net that could extend behind the goalposts and attached to the crossbar and lower goalposts, as in Gaelic football. A further 6.5 metres apart on either side of those and did not connected by a crossbar are 2 small post, known as behind post, as in Australian rules football.

Points are scored as follows:

Under the crossbar and into the goal net (a goal): 6 points, umpire waves green flag and raises both index fingers. Over the crossbar and between the two large posts (an over): 3 points, umpire waves red flag and raises one arm above his head.

Between either of large posts and small posts (a behind): 1 point, umpire waves white flag and raises one index finger.

Scores are written so as to clarify how many of each type of score were made as well as, like Australian football, giving the total points score for each team; for example, if a team scores one goal, four overs and 10 behinds, the score is written as 1-4-10(28), meaning one goal (six points) plus 4 overs ($4 \times 3 = 12$ points) plus 10 behinds ($10 \times 1 = 10$ points), for a total score of 28 points.

An international rules match lasts for 72 minutes (divided into four quarters of 18 minutes each). Inter-county Gaelic football matches go on for 70 minutes, divided into two halves, and Australian rules matches consists of four 20 minutes quarters of game time, although with the addition of stoppage time, most quarters actually last between 25 and 30 minutes.

As in Gaelic football, teams consist of fifteen players, including a goalkeeper, whereas eighteen are used in Australian rules (with no keeper).

2006 rule changes

A number of rule changes were introduced before the 2006 International **Rules Series:**

per quarter was reduced from 20 minutes to 18 minutes

A player who received a red card is to be sent off and no replacement is allowed; in addition to this a penalty is awarded regardless of where the incident takes place (Previously a replacement was allowed and a penalty was only awarded if the incident happened in the penalty area)

A yellow card now means a 15-minute sin bin for the offending player, who will be sent off if he receives a second card

2008 rule changes

Maximum of 10 interchanges per quarter

Teams are allowed only four consecutive hand passes (ball must then be kicked)

Match time reduced from 80 minutes to 72 minutes (18 minutes per quarter)

Goalkeeper can no longer kick the ball to himself from the kick-out[2]

Suspensions may carry over to GAA and AFL matches if The Match Review Panel sees fit

A dangerous "slinging" tackle will be an automatic red card

A front-on bump (known as a shirtfront in Australian football) endangering the head will result in a red card

Physical intimidation can result in a yellow card

Keeper can not be tackled or touched when the keeper is charging

An independent referee can cite players for reportable offences from the stands

Yellow card sin bin reduced to 10 minutes

2014 rule changes

Maximum number of interchanges per quarter increased from 10 to 16
Unlimited number of interchanges allowed at quarter and half-time breaks

Number of consecutive hand-passes teams are allowed increased from 4 to 6

Marks will not be paid for backwards kicks caught by a teammate

Goalkeepers required to kick the ball out beyond the 45m line after all wides, behinds and overs

Failure of a goalkeeper to kick over the 45m line will result in a free kick to the opposition (from the 45m line)

About the ball:-

A football is a ball inflated with air that is used to play one of the various sports known as football. In these games, with some exceptions, goals or points are scored only when the ball enters one of two designated goal-scoring areas; football games involve the two teams each trying to move the ball in opposite directions along the field of play.

The first balls were made of natural materials, such as an inflated pig bladder, later put inside a leather cover, which has given rise to the American slang-term "pigskin". Modern balls are designed by teams of engineers to exacting specifications, with rubber or plastic bladders, and often with plastic covers. Various leagues and games use different balls, though they all have one of the following basic shapes:

a sphere: used in Association football and Gaelic football

a prolate spheroid

either with rounded ends: used in the rugby codes and Australian football

or with more pointed ends: used in American football and Canadian football

The precise shape and construction of footballs is typically specified as part of the rules and regulations.

The oldest football still in existence, which is thought to have been made circa 1550, was discovered in the roof of Stirling Castle, Scotland, in 1981. The ball is made of leather (possibly from a deer) and a pig's bladder. It has a diameter of between 14–16 cm (5.5–6.3 in), weighs 125 g (4.4 oz) and is currently on display at the Smith Art Gallery and Museum in Stirling.



Fig:- Football

About the field:-

In American football, the standard field dimensions are 120 yards long and 53 $\frac{1}{3}$ yards wide. The last 10 yards of length on either end of the field are considered "end zones" in which a player scores. These dimensions are consistent for football played at the high school, college and professional (NFL) level.

Length of a Football Field Football Field Dimensions

The total length of a football field is 120 yards. The playing field is 100 yards (360 feet) long, and each end zone is 10 yards (30 feet) deep. The field is marked with a yard line every 5 yards, and every 10 yards is marked by a field number. The hash marks are 1 yard apart, used to mark each down when the ball is between the yard lines.

RELATED: 4 Football Conditioning Drills That Work

Width of a Football Field

The standard football field is 53 $\frac{1}{3}$ yards, or 160 feet, wide. The primary difference among different levels of play is the space between the two sets of hash marks:

High School — 53 feet, 4 inches

College — 40 feet

NFL — 18 feet, 6 inches

All plays begin on or between the hash marks, depending on where the previous play ended. For example, if the previous play ended along the right sideline, the ball will be placed on the right hash mark.

RELATED: How Football Sizes Change at Each Level of the Sport

Goal Dimensions

Football Goal Post Dimensions

The football goal crossbar is 10 feet high, and the posts are an additional 20 feet high, for a total height of 30 feet. NFL and NCAA goal posts are 18 feet, 6 inches wide. High school goal posts are 23 feet, 4 inches wide.



Fig:- Football Field

Skills:-

The importance of a skill depends to an extent on the player's position on the field. Overall, football skills can be divided into four main areas, namely outfield technical, physical, mental and goalkeeping technical abilities.

Physical skills:

- Pace
- Agility
- Sprinting
- Stamina
- Power
- Endurance
- Jumping
- Balance
- Strength

Strength to resist tackles
Resistance

Mental skills

As the last line of defence, goalkeepers must be able to make quick, athletic saves. Here, the skill of England's Gordon Banks robs Brazil's Pele of a good scoring opportunity in their legendary confrontation. Mexico, 1970

Intelligence (game understanding)

Vision (ability to see build-up play ahead to others or ability to see a pass or awareness of players around you)

Composure (ability to control the game at any critical situation in the match)

Leadership (able to guide the youngsters in the field and be able to motivate and inspire others)

Communication (can be considered a mental ability)

Decision-making (determine in advance what to do)

Goalkeeping skills

Jumping (can be considered a physical ability)

Agility (can be considered a physical ability)

Balance (can be considered a physical ability)

Communication (can be considered a mental ability)

Goal kicker (can be considered a technical ability)

Handling (can be considered a technical ability)

Positioning

Reflexes (can be considered a mental ability)

Distribution (ex; Throwing, punting) (can be considered a physical ability)

One on ones

SOME NATIONAL AND INTERNATIONAL MATCHES:-

 **Premier League**



● **English Football League**



● **La Liga**



● **FIFA**



● **UEFA Champions League**



● **Indian Super League**



- **Santosh Trophy**



- **I-League**



- **Federation Cup**



Where Pride Meets Passion

- **Calcutta Football League**



SOME NATIONAL AND INTERNATIONAL STADIUMS:-

- **Wembley Stadium, London, capacity 90,000 With construction costs of a whopping £757m and complaints about a lack of atmosphere, Wembley has had its critics. But look at it, it is big**



- **Rose Bowl in Pasadena, California, USA, capacity 93,420 The former home of LA Galaxy still hosts occasional USA international matches and was the venue of the 1994 World Cup final**



- **FNB stadium Soccer City Stadium in Soweto, Johannesburg, South Africa, capacity 94,736 The host stadium for the World Cup final in 2010 and also the home of the South African team Kaizer Chiefs**



- **The Camp Nou in Barcelona, capacity 99,345 The Catalan club wants to update its home since 1957 to include a roof and extra seats that would increase its capacity to 105,000 and maintain its status as the biggest football stadium in Europe. Directors may even vote to build a new ground**



- **The Azteca Stadium Mexico City, Mexico, capacity 105,064 First opened in 1966, the Azteca was the venue of Diego Maradona's 'Hand of God' goal and then his sublime second against England at the 1986 World Cup**



● **The Salt Lake Stadium aka Yuva Bharati Krirangan in Kolkata, India, capacity 120,000 Built in 1984, the stadium has been home to Mohun Bagan AC, Mohammedan Sporting Club, East Bengal FC and the India national football team**

