

A Survey of Common Therapeutic Facilities Available in Soccer Coaching: Soccer Coaches Perspective


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The purpose of the study was to find out a survey of common Therapeutic Facilities Available in Soccer Coaching. The subjects for the purpose of the study were selected from the Zonal and All India Inter- University football championship. The total respondents of the study were 20 (Inter-University Football coaches). The survey method was used in conducting the study. The questionnaire were framed and prepared in consultation with many experts. The percentage was calculated for each response to the data for the purpose of the present study. The study observed that 68.75% of soccer coaches had expressed Less availability of sports medicine expert, 48.75% expressed Lack of advanced therapeutic modalities, 38.75% expressed Poor consultation and diagnosis in treating and rehabilitation of injuries, 31.25% expressed Poor guidance from coaches in preventing and rehabilitation of injuries and 25% expressed Too much time is consumed in treating injuries in treating injuries in our country, 100% of soccer coaches were not satisfied with the facilities available in the country for the treatment of soccer injuries, the available sources for adopting for their players in faster recovery from training were Physiotherapy (40%), Consultation with general doctor (10%), Consultation with specialist (10%) and Therapeutic exercises (65%), 100% of soccer coaches had expressed that their players use protective gears.

Keywords: Therapeutic Facilities, Soccer Coaching, Murvey Method, Soccer Football Coaches, Sports Medicine Expert, Rehabilitation, Recovery, Physiotherapy, Therapeutic Exercises

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Introduction

Soccer has become a very popular game in the world. Almost all the nations play the game both for enjoyment and competition. Modern soccer is very fast by its nature and it demands high level of special fitness. The spectators and players enjoy the game of soccer with great amount of merriment. It is a game of constant action and requires continuous adaptation to the changing situation by the team as well as the individual players. Although it is a team game, there is an ample room for players to display their brilliancy through individual performance with the ball as well as through team play, involving technical and tactical knowledge. It is a game that sends people from all over the world into frenzy, creates national and international heroes too like Pele, the Great of Brazil, Diego Maradona of Argentina, Zico of Brazil, Platini of France and the like.

The surgical and nonsurgical management of soccer sports injuries benefit from effective collaboration of the treating surgeon, a physical therapist, and the injured soccer player. Physician to physical therapist communication often doesn't include specific therapeutic modality prescription and a large variation in practice pattern for the use of therapeutic modality exists.

Many athletes have been injured at some point during their training or competition phase. It's just a part of physical sports. Some minor injuries will feel better with rest and we will be able to return to sport. However, the likelihood of re-injuring the tissues goes up without intervention. This is partially because the affected body parts lose proprioception, a specialized variation of the sensory modality of touch that encompasses the sensation of joint movement. (kinesthesia) and joint position (joint position sense). This is also due to the tendons and muscles.

When a player gets injured, their primary goal is recovering from that injury and getting back to field as quickly as possible. For all serious injuries rehabilitation is key to restoring flexibility, endurance, strength and mobility. There is a myriad of therapeutic modalities including thermotherapy, cryotherapy, electrical stimulation, ultrasound and iontophoresis used to reduce pain, restore function and strength and improve mobility. Unfortunately our profession is running lack of such

Emerging facilities, especially in schools, colleges, and local clubs coaching centres.

Statement of the Problem

The purpose of the study was to find out a survey of common Therapeutic Facilities Available in Soccer Coaching

Delimitations

01. The study was delimited to the inter-university soccer coaches, who participated in the Zonal and All India Inter-University football
02. This study was further delimited to the questionnaire method.

Significance of the Study

01. Study may help to find out the type of common Therapeutic Facilities Available in Soccer Coaching
02. Study may help the coaches for the development of a training programme to prevent soccer
03. The study may also help to find out the common treatment procedures using during training and rehabilitation phase.

Respondents

The respondents for the purpose of the study were selected from the Zonal and All India Inter-University football championship. The total respondents of the study were 20 (Inter-University Football coaches).

The survey method was used in conducting the study. The research scholar framed and prepared the questionnaire in consultation with many experts. Utmost care was taken in preparing the questionnaire to ensure maximum coverage of area of the field of study so as to obtain maximum, worthwhile and meaningful responses from the respondents. The responses to the questionnaire were in the form of 'Yes' or 'No' which were to be answered by the respondents by tick mark the appropriate statements and in the form of filling the blanks according to their choice in the column provided.

Pilot Study

After all the necessary items in the questionnaire were formulated in an organized manner and to

The satisfaction of the research scholar and experts, the questionnaire was administered to a small group of people. The purpose was to discover if the meaning of all statements on the questionnaire was clear and if the question was adequate to obtain the information desired.

Statistical Procedure

The percentage was calculated using percentage analysis for each response to the data for the purpose of the present study.

Results

Table-1 and Fig-1 shows that 68.75% of soccer coaches had expressed Less availability of sports medicine expert, 48.75% expressed Lack of advanced therapeutic modalities, 38.75% expressed Poor consultation and diagnosis in treating and rehabilitation of injuries, 31.25% expressed Poor guidance from coaches in preventing and rehabilitation of injuries and 25% expressed Too much time is consumed in treating injuries in treating injuries in our country.

Table-1

QUESTION: What problem do you face in treating injuries in our country?

Enclosed as Annexure 01

Figure-01

Percentage of Response to What problem do you face in treating injuries in our country?

Enclosed as Annexure 02

Table-02

QUESTION: Are you satisfied with the facilities available in the country for the treatment of soccer injuries?

Enclosed as Annexure 03

Figure-02

Indicates that 100% of soccer coaches were not satisfied with the facilities available in the country for the treatment of soccer injuries.

Enclosed as Annexure 04

Table-03

QUESTION: Do you think

That the players get adequate diet for the recovery from training and competition?

Enclosed as Annexure 05

Figure-03

Shows that 10% of soccer coaches felt that their players got adequate diet for the recovery from training and competition and 90% of them didn't agree with it.

Enclosed as Annexure 06

Table-04

QUESTION: What are the available sources for adopting in faster recovery from training?

Enclosed as Annexure 07

Figure-04

Indicated that the available sources for adopting in faster recovery from training.

Enclosed as Annexure 08

Table-5

QUESTION: Do your players use protective gears?

Enclosed as Annexure 09

Figure-5

Shows that 100% of soccer coaches had expressed that their players use protective gears.

Enclosed as Annexure 10

Conclusions and Recommendations

- 01. It is noticed that 68.75% of soccer coaches had expressed Less availability of sports medicine expert, 48.75% expressed Lack of advanced therapeutic modalities, 38.75% expressed Poor consultation and diagnosis in treating and rehabilitation of injuries, 25% expressed Poor guidance from coaches in preventing and rehabilitation of injuries and 25% expressed Too much time is consumed in treating injuries in treating injuries in our country.
- 02. It is indicated that 100% of soccer coaches were not satisfied with the facilities available in the country for the treatment of soccer injuries.

01. It is indicated that 10% of soccer coaches felt that their players got adequate diet for the recovery from training and competition and 90% of them didn't agree with
02. The study reveals that the available sources for adopting for their players in faster recovery from training were Physiotherapy (40%), Consultation with general doctor (10%), Consultation with specialist (10%) and Therapeutic exercises (65%).
03. The study shows that 100% of soccer coaches had expressed that their players use protective gears.
04. Preventive conditioning exercises should be administered to soccer players in order to prevent
05. The training programme for inter-university soccer players should be planned in a systematic and scientific way, so that the total training load can be
06. More sports medicine experts and advanced therapeutic modalities to be made available to inter-university soccer players for the better treatment and rehabilitation of
07. Soccer coaches should be trained more scientifically to enable them to handle injuries in a better way.
08. The soccer players should be used proper protective gears to prevent
09. Ground conditions should be improved to minimize injuries among soccer

Annexure

Table-1

QUESTION: What problem do you face in treating injuries in our country?

Enclosed as Annexure 01

SL.NO	RESPONSE	FREQUENCY	PERCENTAGE
1	Less availability of sports medicine expert	55	68.75%
2	Lack of advanced therapeutic modalities	35	43.75%
3	Poor consultation and diagnosis in treating and rehabilitation of injuries	31	38.75%
4	Poor guidance from coaches in preventing and rehabilitation of injuries	25	31.25%
5	Too much time is consumed in treating injuries	20	25%

Figure-01

Percentage of Response to What problem do you face in treating injuries in our country?

Enclosed as Annexure 02

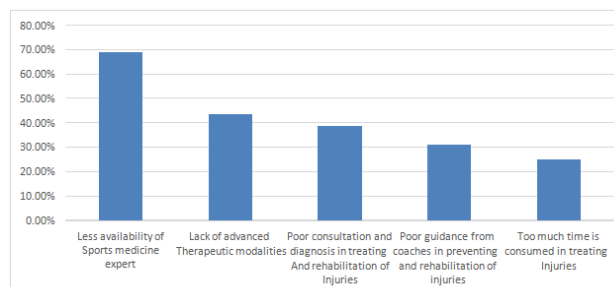


Table-02

QUESTION: Are you satisfied with the facilities available in the country for the treatment of soccer injuries?

Enclosed as Annexure 03

SL.NO	RESPONSE	FREQUENCY	PERCENTAGE
1	Yes	0	0.00%
2	No	20	100%

Figure-02

Indicates that 100% of soccer coaches were not satisfied with the facilities available in the country for the treatment of soccer injuries.

Enclosed as Annexure 04

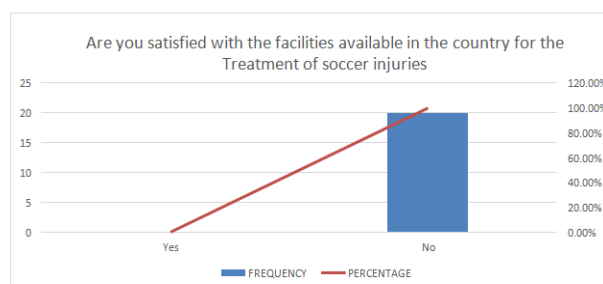


Table-03

QUESTION: Do you think that the players get adequate diet for the recovery from training and competition?

Enclosed as Annexure 05

SL.NO	RESPONSE	FREQUENCY	PERCENTAGE
1	Yes	2	10%
2	No	18	90%

Figure-03

Shows that 10% of soccer coaches felt that their players got adequate diet for the recovery from training and competition and 90% of them didn't agree with it.

Enclosed as Annexure 06



Table-04

QUESTION: What are the available sources for adopting in faster recovery from training?

Enclosed as Annexure 07

SL.NO	RESPONSE	FREQUENCY	PERCENTAGE
1	Physiotherapy	8	40%
2	Consultation with general doctor	2	10%
3	Consultation with specialist	2	10%
4	Therapeutic exercises	13	65%

Figure-04

Indicated that the available sources for adopting in faster recovery from training.

Enclosed as Annexure 08

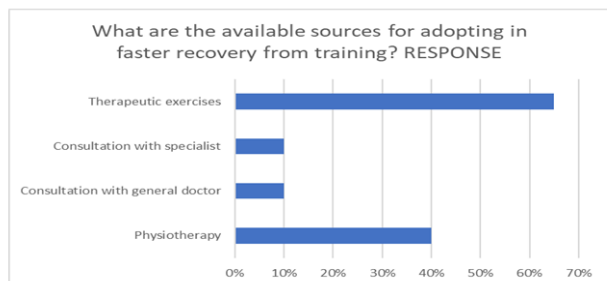


Table-5

QUESTION: Do your players use protective gears?

Enclosed as Annexure 09

SL.NO	RESPONSE	FREQUENCY	PERCENTAGE
1	Yes	20	100%
2	No	0	0.00%

Figure-5

Shows that 100% of soccer coaches had expressed that their players use protective gears.

Enclosed as Annexure 10

Do your players use protective gears?



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