



Wolkite University

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COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCE

DEPARTMENT OF SPORT SCIENCE

**ASSESSING ON FACTOR THAT AFFECT THE PERFORMANCE OF
BODIT TOWN FOOTBALL CLUB IN WOLIATA ZONE, SOUTHERN
ETHIOPIA**

**A SENIOR RESEARCH SUBMITTED TO THE DEPARTMENT OF
SPORT SCIENCE FOR THE PARTIAL FULFILLMENTS OF THE
REQUIREMENTS FOR THE BSC DEGREE IN SPORT SCIENCE**

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FACTOR THAT AFFECT THE PERFORMANCE OF BODIT TOWN FOOTBALL CLUB IN WOLIATA ZONE, SOUTHERN ETHIOPIA

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LIST OF ABBRVETION

FC	Foot Ball Club
FIFA	Federation international foot ball association
N	Number Of Sample Size
NGO	Non governmental organization

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ABSTRACT

The objective of this study was to investigate factors that affect the performance of Boditti Kenema male Football club. For this study the researcher was selected descriptive research method and employed simple random sampling. In the study both primary and secondary source of data was applied. The primary data's been collected from player and coaches in Boditti male football club through questionnaires and interview. Also secondary data's was collected from books and internet. The study also encompasses analysis, presentation and interpretation of collected data's and finally appropriate conclusion and recommendation are forwarded concerning what should be to achieve the objective of the football club.

Key words: club, football , performancee ,

CHAPTER ONE

1.INTRODUCTION

This section of the study deals with the problem and its approach, statement of the problem, basic research questions, objective of the study, significant of the study, delimitation of the study, and limitation of the study.

1.1. Background of the Study

Foot ball was the most popular and Engrossed sport in the world. Football was a widely popular sport, (Haugen & Seile, 2015), with nearly 300 million people playing worldwide. (Luxbacher, 1998) It was the national sport at most European and Latin American countries and at many other nations. Football was universally participated in countries across the world. It was a high-intensity, intermittent sport, normally played over 90 minutes, consisting of two 45-minutes halves, with a 15-minutes interval.

During match-play a player's physical performance was typically characterized by total distance covered in a game, total sprint distance and execution of technical skills (pass, shot or cross success). The physical demands of football were in turn, dependent on the complex interaction of the cardiovascular and muscular system in supporting both aerobic and anaerobic energy provision for these football-specific activities (Melese, 2018).

Football was Famous international competition. In football game two teams of 11 players try to kick or held a ball in to each other goal without using their hands. The team scores the most seal was winner. Players must kick the ball or hit their leg (The world book 1994). Modern history of football was started in 1863. This was the period in which 13 men representing football clubs from England and Scotland met to formally arrange the game. The group did not agree on the use of hands and feet in the game. At this time the two site split and founded football organization F.A quickly presented the first laws of football association in 1863 and the sport of modern football (soccer began). An international conference was held in May 21.1904 in which countries representatives from France, Belgium, Holland, Denmark, Sweden, Switzerland and Spain and founded FIFA (Federation International Foot Ball Association) (grade 10 text book: 45-46).

Mainly there were two types of sport. These were individual sport and team sport. Team sports were the most type of sport that takes place through the world. These sport includes any sport which involves players working together towards shared their objective or a team sport was an activity in which a group of individual were participated. [//www.populine.com.] In such kinds of sport, Team members' work together to accomplish ultimate goal which was usually to win. Hence Team members set goals, Make decision, communicate, manage conflict and solve problem in a supportive trusting atmosphere in order to accomplish their objectives.

These can be seen in sport such as football. Soccer is diverse game and so was the requirements em places on the players body. Long lasting work outs develop endurance as well as strengthen them and agility since players are running plenty of sprinting with high speed. To achieve their common setting goals and also one successful and players need the soccer to achieve goal.

The world football cup was held every 4 years prepared by FIFA it still the most organize competition that draws the interested of all people in the modern world. In Ethiopia football was introduced by foreigners who are resident in Addis Ababa in 1924 G.C (1961 E.C). These society were Americans, Indians, Greeks and Italians, they formed community and the held tournaments at“Janmeda.” The sport found it when to Teferi mekonen and Menlik II high schools. These school competitions reproduce the youth to choose football first. After this, this sort of team game is exercising nationally in our country for example, there were football teams formed by boys as weal's started in 1960s. In Ethiopia there are a lot of football clubs which have their own names. Rules and regulation and they have their own managers and coaches the controlled by Ethiopians football federation.

Boditti city was an Ethiopia foot ball club based in boditti, wolaita zone ,Ethiopia. The name called as Boditti Kenema, they were a member of the woliata zone foot ball federation and play in the Boditti Kenema. They have a wish for future to play in Ethiopia national club.

1.2 Statement of the problem

Performance is a vital requirement for any player to score and win a match successfully; however, performance was determined with several factors. As it was well discussed in the works of (Diment, 2011) performance depends on a number of factors, such as physical fitness, psychological factors, player technique, and team tactics. Injuries and squeal from previous injuries can also affect the players' ability to perform. Players of any sport require a basic level of fitness including components of strength, endurance, speed, power, flexibility and agility (Melese, 2018).

Fitness was possibly the greatest asset that players can have in minimizing their risk of injury. Skills training systematically prepare the athlete to sustain collisions and other physical demands of his/her chosen sport. Poorly designed training programs can contain or lead to training errors which can overload the body's natural ability to adapt to the demands of sport, leading to injury (Schlabach, 1994). A good training program should include fitness, strength activities, agility work and both offensive and defensive skills practice (Harris, 1985) .

Offensive skills include kicking, leading, marking, hand balling, gathering the ball from the ground, bouncing the ball on the run and racking. (Barker et al, 1993). Barker and colleagues realized that age was a very important factor in determining playing status. Many athletes were starters because they have been in the program longer than other athletes. Other scholars in the field have also recommended that age as factor for performance. Accordingly larger athlete may increase performance capabilities in some positions, although, having an excess amount of body fat may be detrimental to the athletes performance (Melese, 2018).

Even if performance lowering was a problem of many players worldwide, the performance problem of players was becoming serious in most of player in our country. A good instance for this was Boditti Kenema male Fc, most players in this club show under performance on different matches. Hence this study is intended to investigate the factors affecting the performance of Boditti Kenema male Fc (boditti city sport and tourism office ,2020).

1.3 Basic Research questions

1. What are the factors that affect the effectiveness of Boditti Kenema male football club?
2. What are the problems seen in the management process of Boditti Kenema male football club?
3. Do the coaching method affects to improve their effectiveness during training (game) Boditti Kenema male football club?
4. what about the performance of player of Boditti Kenema male football club?

1.4 Objective of the study

This study has both general and specific objectives.

1.4.1. General objective

The general objective of this study was to investigate major factor that affect the performance of Boditti Kenema male football club and give possible solution.

1.4.2. Specific objectives

- ❖ To assess the factors that affects the effectiveness of Boditti Kenema male football club.
- ❖ To examine the problem of management process in Boditti Kenema male football club.
- ❖ To assess the performance of player of Boditti Kenema male FBC.

1.5. Significance of the study

It was believed that identifying the factors that affect the performance of one club have a good benefit. Hence, this paper was believed to have the following significance:

- ❖ It helped the club manager and other concerned bodies to get awareness about factor that affect the performance of their football club.
- ❖ It was creates awareness the coach, players and other about the problem and gives guide lines to solve those factors.
- ❖ It was help as or can serve as reference materials for those who are interested to make further studies about the factor that affect the performance of Boditti Kenema male football club.

1.6. Limitation of the study

When the researcher conduct this research paper, there were limitations that the researchers faced these problems was lack of time to collect the necessary data from different ways so as to conduct good research financial problems (budgetary) to broad the research as comprehensive as possible and lack of transportation service to collect the exact data the researcher was faced . These and other problems make the research to limit this topic to one football club

1.7. Delimitation of the study

The geographical scope of this study was limited in woliata zone specifically on the boditti town male football club players senior, and all stakeholders in the club. Thematically the study was intended to see and investigate the major factors and challenges affecting the performance of players in the club.

1.8. Operational Definitions / Definition of key Terms

Club: an association of of members joining together for some purpose especially sport or recreation.

Coaching: is a form of development in which a person called a *coach* supports a learner or client in achieving a specific personal or professional goal by providing training and guidance.

Football: was a game in which two teams each contend to get a round ball into the other team's goal primarily by kicking the ball.

Team Sport: any sport that was played between two or more team, e.g. football, (Dictionary of sport an Exercise science).

Team: is a group of individuals (human or non-human) working together to achieve their goal. As defined by Professor Leigh Thompson of the Kellogg school of management

Technique: away of performing an action (Dictionary of sport an Exercise science).

Training: the activity of imparting and acquiring skills.

Performance : the act of performing a play,concert or some other form of entertainment.

1.9 Organization of the study

The paper is organized under five chapters these are chapter one states about the introduction and Background of the study, chapter two states with review of related literature and concepts of football club, chapter three indicates about the methodology of the study and chapter four and five states about the data analysis's and presentation and summary, conclusion,recommendation, reference and appendix of the study respectively.

CHAPTER TWO

2. REVIEW OF RELATIVE LITERATURE

This section of the study deals with the, Review of literature, Concept of team sport, coaching process for success in foot ball, steps to coaching and monitoring to success, set create goal and expectation, the key Charterers tic of coach and monitor for success, the main function of an effective coach, sport nutrition for foot ball, Nutrition interact with physiological demands and Self-confidence of players.

2.1. Concept of Team Sport

There were two types of sport activities. These were team sport and individual sport activities. Team sports were the most type of sport that takes place in the world. This sport involves players or team members working together towards shared their objective. Team sport was a group of individual on the same work together to accomplish an ultimate goal. This was usually to win those opposing team [William; Dyer, Jeffery2007)

Team members set goals make decision, communication, and conflict and solve problems in supportive trusting atmosphere in order to accomplish their objectives. These can be seen in different team sports such as football. (William; Dyer, Jeffrey2007)

- ❖ Foot ball was a diverse game and the requirement it places on the player`s body. Long lasting work outs develop endurance, as well as strength and agility since players are running plenty of sprinting with high speed to achieve their common setting goal. [Yakama Aggrwal, (2006)Encyclopedia of sport and game]

2.2. Coaching Process for Success in foot ball

An effective coaching process requires that goals and expectations were clearly understood. It were essential that the player being coached receive all the appropriate training based on his (her job responsibility and future developmental need. Behavior observation, communication and finally Behavior modification was essential to success at coaching. This also includes feedback and reinforcement. (BY Rick Johnson 2005)

2.3. Steps to Coaching and Monitoring to Success

An effective coaching process has five basic steps to coaching and monitoring.

2.4. Set Create Goals and Expectations

Setting goals and objectives was no easy task. They must be measurable, attainable, relevant and timely (SMART) goals and objectives are the first step in effective coaching. The player should participate in this process after all the goals should be specific to that individual and they must take ownership as goals or expectations change. It is your job as coach to communicate these changes to your players. The goal should be negotiated not dictated [Rick Johnson 2005].

2.4.1. Training

To be an effective coach, you need to understand the player's strength and weakness. This includes a thorough understanding of their training need and accomplishments making sure that the player has the opportunity to get the required training to develop their skill set was prerequisite to effective coaching. One of your or coaches challenging responsibilities as a coach it to identify the skill and knowledge the player needs and arrange for the appropriate training (Rick Johnson 2005).

2.4.2. Behaviour Observation

As a coach observing the players behavior and noting specific that need attention and discussion was a primary responsibility. It was important that you collect and record both positive and negative performance along the way to add credibility to your feedback. (Rick Johnson 2005).

2.4.3. Feedback

Meeting with the player regularly to discuss performance and other issue was absolutely critical to their development. The key was not in telling the player what to do but it was helping the player find the answers on their own. This can be done by asking very specific thought provoking question. Make sure you give the player kudos for all the positive behavior observed. (Rick Johnson 2005)

2.4.4. Positive Reinforcement

Believed it or not players want to be held accountable if we re-going to hold player accountable. They have to know how they are performing specifically we should emphasize the positive aspect of their performance. Focusing on the good things a player accomplishes will motivate them to continue to do good work and in turn will ensure repeat performance. (Rick Johnson, 2005).

2.5. The key characteristics of coaches and monitor for success

An effective team coaches should have the following important characteristics such as development others, delegation, communication and sensitivity. Wuset Bucher, (1999) Foundation of physical education, London.

2.6. The Main Function of an Effective Coach

An effective soccer coach should have the following main functions in order to be effective for one team. These are; Yakama Aggrwal, (2006) Encyclopedia of sport and game,

- ❖ Development of personality.
- ❖ Courage strong will.
- ❖ Kindness moral qualities of the personality, honesty.
- ❖ Responsibility being of principal deviation.

2.7. Sport Nutrition for foot ball

As service to the soccer community we were pleased to present the following nutrition guidelines from nutrition expert (Stephanie Nuns,)

Studies have shown that aging a fueling and hydration plan for competition can improve performance, and we explore how nutrition can help players the physiological demand.[Wuset Bucher, (1999) Foundation of physical education, London].

2.8. Nutrition interact with physiological demands

2.8.1. Intensity

Due to the prolonged and vigorous nature of the sport carbohydrates were a foot ball player's main fuel. Good carbohydrate sources include cereals, beans, rice, pasta, bread, fruit, juice, potatoes, whole wheat and tortillas. To conserve muscle glycogen and prevent fatigue have carbohydrate sport drinks before and during practice session and games. ([http; //E-zine Article; com Expert; Rick Johnson 2005](http://E-zine Article; com Expert; Rick Johnson 2005)).

2.8.2. Endurance

Players need to eat balanced diet every day, from every food group, and keep themselves well hydrated. This help to maintain and keep players endurance. [Honey. M. Tenenbaum, (2006) hand book of sprint sport, 3rd edition, New York. (International Foot Ball Association) (grade 10 text book: 45-46).

Sample of a balanced diet or meal plan for players

- Grains 8-15 serving (55-65%), three or more form all grain
- Protein 5-7 ounce (lean source)
- Fruits 2-3 cups (verity)
- Vegetable 2 ½-3 cups verity of intense colors
- Dairy 3 cups (law fat or nonfat)
- Fats/ oils 6 table spoons (heart-healthy)

Sugars 200-300 calories (usually from training supplements) this was sample meal plan everyone has individualized needs based on resting metabolic rate exercise duration intensity current training and body weight.

2.8.3. Hydration

Muscle cramps were the most notorious effect of dehydration but even small amount of dehydration can affect performance. Carbohydrate electrolyte drinks were essential for practices and matches lasting over 60 minutes. The best watt to avoid dehydration was to consume fluid throughout the day.

Your urine should look like lemonade not like apple juice, carry water bottle With you. Stop drinking fountains and take drinks early and regular interval during practice session and games ([http; //E-zine Article; com Expert; Rick Johnson 2005](http://E-zine Article; com Expert; Rick Johnson 2005)).

2.8.4. Strength

Soccer players should have strength for maintain every variable force from the opposite team. To build strength you need high protein in small amount throughout the day. But large amount of protein is unnecessary. Some sources of protein are fish, lean meat eggs, tofu, non-fat milk, on fat cottage cheese etc. consuming carbohydrates before, during and after play conserves portion allowing it to do its work with the muscles. Before and after strength training players should eat carbohydrates and protein 4;1 ration such as whole grain waffle with peanut butter, juice with [Sport text book glode 10:45].yogurt, banana with hand full of nuts, lean meat sandwich, bowl of cereal with non-fat milk etc. and do not fore get to hydrate. (<Http; //www soccer-training-guider-com/soccer nutrition html>).

2.9. Self-confidence of players

One foot ball team should have self confidence in order to effective during training and game because self-confidence is a belief or feeling that you were equal to the task and hand. (<Http; //www.populine.com. sport psychology-self confidence in sport mark. Your ego work-to>)

2.9.1. Source of self confidence

One soccer team (player can get and develop their own self condition form six different source of self-confidence.

- Performance accomplishments; were the strongest contributors to sport condition, when you performance skill. Success fully, you will generate confidence and be willing to attempt something slightly more difficult.
- Being involved with success of others; can also significantly booster your confidence, especially if you beehive that performer you involved with closely matches your own qualities or abilities.
- Verbal persuasion; was means of attempting to change attitudes behaviors of those around us. And this includes changing their self-confidence a player might reinforce that be repeating the message over and over to him or herself as from self persuasion.

- Imagery experiences; have to do with player's recreation much sensory images of successful performance in their mind.
- Psychological states; can reduce fleeing of confidence though phenomena such as muscular palpitation and butter files in stomach.

Emotional states; was the source of self-confidence and relates to how you control the emotion associated with competition. Such as excitement and anxiety.

CHAPTER THREE

3. RESEARCH DESIGN AND METHODOLOGY

This section of the study deals with the, description of the study Area, study design, study population, sampling technique and sample size, data collection instrument, Questionnaire, interview, data collection procedure and data analyze methods.

3.1. Description of the Study Area Geographically

The study area was located approximately 390km at South of Addis Ababa specifically, in woliata zone, boditti was small town and 18km far away from woliata sodo town. The research was taken place in boditti town.

Boditti was town in southern Ethiopia located in the woliata zone of south nation national and people region, this town has a latitude and longitude of $6^{\circ}58'N$ $37^{\circ}52'E$ / $6.96^{\circ}N$ $37.867^{\circ}E$ with an elevation of 2050 meters above sea level.

3.2. Study Design

The research employed descriptive survey research design in order to find explore and describe the data or characteristics needed for the research. In this descriptive survey research design the researcher employed both quantitative and qualitative research method. Quantitative research method employed to the study with the information gained from close-ended questionnaire. In addition to that qualitative method was used to analyze data that was collected from the open-ended questionnaire and the interview.

3.3. Sampling technique and sample size

The researcher was employed simple random and purposive sampling technique to investigate the problem. Based on this from the total population of the study sample populations were selected by simple random and purposive sampling techniques.

In this regard;

- From those 23 club players ----- 12 players,
- From those 10 coaching staff ----- 6 coaches was used as a sample for the study through an execution of purposive sampling techniques.

As a result and indicated on above , 12 players and 6 coaches was selected purposely and randomly. Based on this the total population of the study was 18.

3.4. Source of data

Both primary and secondary data were used for the study. Primary data was collected using two data collection techniques namely questionnaires and interviews. Secondary data was collected through literature and document reviews.

3.5. Data collection procedure

Before the questionnaire distribute to the players and coaches some relevant information was given for respondent to help them knowing understand each items the questionnaires. The procedures was; First the questionnaire was distributed to the player and coaches

- ☞ The distributed questionnaire was collected.
- ☞ The player and coaches responses was presented in table form.
- ☞ The table was interpreted and analyzed.

3.6 Instruments of data collection

In order to get detail and reliable information from the respondents, the researcher was employed two data collecting instruments which are questionnaire and interviews.

3.5.1 Questionnaire

Questionnaire were prepared in English and translated to Amharic to make it more clarify and distributed to the players and coaches. The questionnaire included both close- ended and open ended questions. The questionnaires were pre- tested before the actual data collection was undertaken.

3.5.2 Interview

In order to get reliable and actual data and to conclude in a well manner as well as to give appropriate recommendation and possible solutions the researcher were conducted interview with sport officer.

3.7. Method of data analysis

The collected data was analyzed both qualitatively and quantitatively according to the number of responses given by the respondents. After the data was gathered then information was grouped, tabulate and interpreted in terms of percentage Data entered into Microsoft office Excel 2007 sheet every day after administering questionnaire to prevent loss of data. Descriptive statics such as table, figures, percentages, means, and standard error of means and figures was used to summarize and present the results of the study.

CHAPTER FOUR

4 DATA ANALYSIS AND INTERPRETATIONS

This chapter deals with the analysis and interpretation of the data obtained from the subjects players and coaches through questionnaire and interview. This chapter has two parts. Part one deals about result from the player's questionnaire, here data, obtained from players through questionnaire were displaced in table and interpretation. Part two deals with results from coach's questionnaire and interview.

4.1 Demographic Characteristics of respondents / Age

Table 3 characteristics of the player

Number	Item	Number of respondent	Percentage
Age	15-20	5	41.67
	20-25	4	33.33
	26-35	3	25
	Total	12	100
1. Sex	Male	12	100
	Total	12	100
2. Educational back ground	5-8	1	8.33
	9-12	4	33.33
	college	3	25
	Degree	4	33.33
	Total	12	100
3. Years of serving	1-5 years	8	66.66
	6-10 years	3	25
	11-15 years	1	8.33
	Above 10 years		
	Total	12	100

As the researcher understand from table number 4.1.1 most 5 (41.67%) of the respondents were adult, 4 (33.33%) of players were youngster and the rest 3 (25%) of players found at age of 26-30. This indicates that most of players found at their proper age for performing soccer component, specially technical and tactical. According to the above table indicated that 12(100%) of the respondents replied that were male. and 5-8(8.33%),9-12(33.33%),college(25%),and Degree(33.33%) under other Educational back ground. respondent responded that 1-5 year. 8(66.66%) responded that above 5-10 years and 3(25%) responded that above 10-15 years 1(8.33%) of service. The researcher understand form this table the players involved in the study they have more of experienced for coaching and leading the team.

Table 2 the respondent's response on the players way of training

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
2	Do you agree that the annual plan of the club	Yes	11	91.67
		No	1	8.33
	TOTAL	12	100	

As clearly indicated in the above table, majorly of respondents 11 (91.67%) responded that the annual plan of club players accepted before starting the preparatory period. While only 1 (8.33%) responded that the club players were not use simple way during preparatory period. This shows that the club players use simple way it help a players to train complex exercise in to simple ways and it saves time for practicing complex exercise.

Table 3 question related to relationship between player and coach

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
3	How about the co-operative working relationship between player and coach staff?	Very high	5	41.67
		High	4	33.33
		Medium	3	25
		TOTAL	12	100

The researcher understand form table number 3 indicated that the majority of respondent about 5(41.67%) of respondent replied very high. 4(33.33%) of the respondent high and of the respondent medium 3(25%). The researcher understands this players and coaches relationship very high

Table 4 the respondent response does your players give appropriate dormitory service

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
4	Does you have appropriate dormitory service?	YES	3	25
		NO	9	75
		TOTAL	12	100

Concerning to table 4 3(25%) of respondents that the players give appropriate dormitory service where as 9(75%) the player that not give appropriate dormitory service. The researcher understand that the players give appropriate dormitory service properly.

Table 5 respondent response on the material of training session

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
5	Do you have appropriate material on the training session?	YES	4	33.33
		NO	8	66.67
		TOTAL	12	100

As indicated the above table number 5, 4 (33.33%) of the player responded that the materials on the training session was not enough. whereas 8(66.67%) of the rest respondent responded that

There were enough materials during training session. The researcher understands that Boditti male foot ball club has enough materials to perform training properly.

Table 4 player's response on the training field comfortable to perform the training exercise

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
6	Does the training field comfortable to perform the training exercise?	Yes	9	75
		No	3	25
		TOTAL	12	100

As we can observe from table number 6, 9(75%) of respondents responded that the players encourage training exercise .there was 3(25%) respondents who responded negatively .This show that the players encourages training exercise time.

Table 7 the respondent response on the club pay monthly salary on time

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
7	Does the club pay monthly salary on time?	YES	4	33.33
		NO	8	66.67
		TOTAL	12	100

Regarding to table number 7, 4 (33.33%) respondents answered and there was 8(66.67%) of the respondent who answered negatively that the club pay monthly salary on time.

Table 8 question related to the coach prepare physical fitness training program to enhance the performance of the player

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
8	Does the coach prepare physical fitness training program to enhance the performance of the player?	YES	10	83.33
		NO	2	16.67
		TOTAL	12	100

As the above table show that most of respondent 10(83.33%) responded that there is physical fitness training program to enhance the performance of the player. And only 2(16.67%) of responded that there is no physical fitness training program to enhance the performance of the player.physical fitness training program to enhance the performance of the player

Table 9 the respondent response does your coach use variety of drills during each training session

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
9	Does your coach give use variety of drills during each training session?	YES	10	83.33
		NO	2	16.67
		TOTAL	12	100

Concerning to table 9, 10(83.33%) of respondents that the coach give use variety of drills during each training session for training whereas 2(16.67%) the player that not give variety of drills during each training session .The researcher understand that the coach give for training properly.

Table 10. do you have train 3-4days per week and 2-3 hours per a session

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
10	Do you have train 3-4days per week and 2-3 hours per a session?	YES	12	100
		NO	0	0
		TOTAL	12	100

As it is depicted that in the above table 10, 12(100%)responded that they have trained 3-4 days per week and for 2-3 hours per a session.All informant said that they had training sessions per a week and to contact hours in each session. It is possible to see that the frequency of their training session was not up to the standards. This might because of their age level economical, parental issues, educational factors and the like. It is believed that there should be five days of training per week to bring about the required performance level of a football player.

Table 11: Have you ever been injured during training session or on match competition

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
11	Do you ever been injured during training session or on match competition?	YES	12	100
		NO	0	0
		TOTAL	12	100

As it is shown that 12(100%) of the respondents have replayed that they have occurred an injury and no injury have replayed they did not faced any injuries.

Table 12 The coach contact kindly and honest.

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
12	Does the coach contact kindly and honest with you?	YES	9	75
		NO	3	25
		TOTAL	12	100

According to table 12, 9(75%) of respondents were responded that yes and 3(25%) of respondents responded that no, the shows there is problem which affect the coach contact kindly and honest with you.

4.2 Analysis of coach's questionnaire

Table 13 characteristics of the coach

Number	Item	Number of respondent	Percentage
Age	25-30	3	50
	31-35	2	33.33
	35-36	1	16.67
	Total	6	100
1. Sex	Male	6	100
	Total	6	100
2.Educational back ground	9-12	0	0
	college	0	0
	Degree	4	66.67
	Msc	2	33.33
	Total	6	100

Level of coach liscense	First level	1	16.67
	Second level	0	
	“C” liscense	5	83.33
	“B” liscense	0	
	“ A” liscense	0	
	Total	6	100
3.Experience of coach	1-5 years	4	66.67
	6-10 years	1	16.67
	11-15 years	1	16.67
	Above 10 years		
	Total	6	100

As the researcher understand from table number 13 most 3 (50%) of the respondents were adult, 2 (33.33%) of were coach youngster and the rest 1(16.67%) of coach found at age of 25-36. This indicates that most of coach found at their proper age for performing soccer component, specially technical and tactical. According to the above table indicated that 6(100%) of the respondents replied that were male. Degree 4(66.67%) and 2(33.33) were Msc under other Educational back ground. respondent responded that 1(16.67) First level,and 5(83.33)“C” liscense. respondent responded that 1-5 year. 4(66.67%) responded that above 5-10 years and 1(16.67%) responded that above 10-15 years 1(16.67%) of service. The researcher understand form this table the players involved in the study they have more of experienced for coaching and leading the team.

Table 14: club administrative body set regular meeting program to solve the problems

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
14	Does the club administrative body set regular meeting program to solve the problems?	YES	5	83.33
		NO	1	16.67
		TOTAL	6	100

As the above table 14 shows that 5(83.33) of the respondents have responded that they got incentives from the club whereas 1(16.67%) got the club administrative body .It can be clearly seen that getting the club administrative body.

Table 15 annual plan of club before starting the preparatory

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
15	Do you agree that the annul plan of the club is accepted by the club player with discussion before starting the preparatory ?	Yes	4	66.67
		No	2	33.33
		TOTAL	6	100

Concerning to table number 15, 4(66.67%) of respondent got yes and 2(33.33%) of respondent were responded no.

Table 16 co-operative working relationship between player and coach staff

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
16	How about the co-operative working relationship between player and coach staff?	Very high	4	66.67
		High		
		Medium	2	33.33
		TOTAL	6	100

The researcher understand form table number 16 indicated that the majority of respondent about 4(66.67%) of respondent replied very high,.2 (33.33%) of the respondent Medium and of the respondent medium . The researcher understands this players and coaches relationship very high

Table 17 the respondent response do you have coach give appropriate dormitory service

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
17	Do you have appropriate dormitory service?	YES	2	33.33
		NO	4	66.67
		TOTAL	6	100

Concerning to table 17 2(33.33%) of respondents that the coach give appropriate dormitory service where as 4(66.67%) the coach that not give appropriate dormitory service. The researcher understand that the coach give appropriate dormitory service properly.

Table 18 respondent response on the material of training session

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
18	Do you have appropriate material on the training session?	YES	4	66.67
		NO	2	33.33
		TOTAL	6	100

As indicated the above table number 18, 4 (66.67%) of the coach responded that the materials on the training session was not enough. whereas 2(33.33%) of the rest respondent responded that There were enough materials during training session. The researcher understands that Boditti male foot ball club has enough materials to perform training properly.

Table 19 society support during training and match day

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
19	How about the society support during training and match day?	Very high	3	50
		High	1	16.6
		Medium	2	33.33
		TOTAL	6	100

The researcher understand form table number 19 indicated that the majority of respondent about 3(50%) of respondent replied very high, 1(16.67%) of the respondent high and 2(33.33%) of the respondent medium . The researcher understands this coaches was very high.

9. Availability of comfortable football field for training

Table 20 : Availability of comfortable football field for training

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
20	Does the training field is comfortable football field for training?	Yes	4	66.67
		No	2	33.33
		Total	6	100

As it is shown in the above table that 4(66.67%) of the respondents have responded that they have sufficient football field for training whereas 2(33.33%) have responded they did not have sufficient football field for training. Most of the coach (66.67%) said that they have a comfortable football field. Whereas 33.33% of them responded that their training field was not comfortable. As the researcher observed the training field, it was a satisfactory for applying all techniques and tactics of football training. When it comes to the responses of the coach. It seems that it was only their persons views related to the comfortably of their training field, one can see that this coach didn't have the opportunity to compare their own training field with other football playing field, they might also have, the lack of knowledge about football field per FIFA's standard.

Table 21 the respondent response the club pay monthly salary on time

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
21	Does the club pay monthly salary on time?	YES	0	
		NO	6	100
		TOTAL	6	100

Regarding to table number 21, 6 (100%) respondents answered that the club pay monthly salary on time.

Table 22 question organized annual training plan

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
22	Do you have an organized annual training plan?	YES	3	50
		NO	3	50
		TOTAL	6	100

As the above table show that most of respondent 3(50%) responded that there is organized annual training plan, And 3(50%) of responded that there is no organized annual training plan.

Table 23 question annual training plan is much with annual fixture

NO	ITEM	ALTRNATIVES	NUMBEROF RESPONDENTS	PERCENTAGE
23	Does annual training plan is much with annual fixture ?	YES	5	83.33
		NO	1	16.67
	TOTAL	6	100	

As the above table show that most of respondent 5(83.33%) responded that there was annual training plan plan is much with annual fixture, And 1(16.67%) of responded that there was no annual training plan.

4.3 The open ended questions

The first question which was asked the players” what are the challenge that influence the performance of the club, lack of finance, infrastructure,lack of awareness and also coach affect your training program as generals” as the coach mentioned as lack of equipment and facilities, lack management lack of awareness of player, medical case, and not enough budget to get transportation. And so on where some of the problem that affect training program.

The second question which was asked what is expected from the players,coaching staff, administrative,family(fans),and stakeholders to overcome the challenge of the club,as the player responded as, having common meeting usual discussion,financial support from the government or NGO and the question which was asked to the coach what are the opportunity challenge that affect the performance of club,applying organized NGOS or government office,upgrade the skill of coach,properly managing club, clash educational time training ,improving player skill, motivating player and the other was players gain to city or body kenema.

Third question which was asked what are the problem that affect the result of the problem were lack of incentive for the player,improper management,lack of balanced diet for player dishonesty, migration of player to knowed club and the coach question was what are the strength and weakness of player of the club, the answer were; not keeping training time, lack of balanced diet, the player strength is do not gain salary or other incentive and weakness is player to need another incentive that is big weakness.

4.4 Interpretation and analyzing of interview

The interview was held with mainly payers and coach of the club. The players response was summarized as follows; The first question that the researcher of finance raised for the players about the challenge that influence the performance of the club, and The coach's response for the first question was that the researcher raised for the coach, about affect training program.

The interviewee replied that for the above question raised by the researcher stated as follow

- ✓ lack of finance,
- ✓ infrastructure,lack of awareness.

The second question that the researcher raised for the players is to overcome the challenge and of the club coach's is challenge that affect the performance of club . As the interviewee said for the above

There is challenge of players such as;

- ✓ having common meeting usual discussion,
- ✓ financial support from the government or NGO

There is the opportunity challenge that affect the performance of club such as,

- ✓ Applying organized NGOS or government office
- ✓ upgrade the skill of coach,
- ✓ properly managing club,
- ✓ clash educational time training
- ✓ improving player skill,
- ✓ motivating player and the other was players gain to city

. The third question that the researcher raised for the player problem that affect the result of the problem and coach's about strength and weakness of player of the club

The replied answers for players stated as follows

- ✓ lack of incentive for the player,
- ✓ improper management
- ✓ lack of balanced debit for player dis honesty,
- ✓ migration of player to knowed club .

The replied answers for players stated as follows

- ✓ not keeping training time,
- ✓ lack of balanced diet,
- ✓ the player strength is do not gain salary or other incentive
- ✓ weakness is player to need another incentive that is big weakness.

4.5 Major Findings

- ❖ All players have good discipline during training program.
- ❖ Player and coach's relationship very good.
- ❖ The coach's good communication skill and reliable language.
- ❖ The coach encourages and motivates the players during training period.
- ❖ Motivation of the player high in the club.
- ❖ The living area does not effect on their performance.
- ❖ There was no enough material in the club.

CHAPTER FIVE

5 . SUMMARY, CONCLUSION AND RECOMMENDATION

This section of the study deals with the. Summary, Conclusion, recommendation and Reference.

5.1 Summary

The main objective of this study was to investigate the major factor that affect the performance Boditti Kenema male football club. The research attempted to investigate the challenges that affect the club. In order to meet the objectives, descriptive survey method was applied to conduct the study both qualitative and quantitative methods were employed. The main data collection instruments were questionnaire and interview.

The research was conducted in Boditti Kenema football club and involved 18 samples which were players, coaches and sport officers.

According to the study the result shows week administration performance due to poor co-operative working tradition, week monitoring and evaluation of the club activity, the availability of facility and equipment was poor, lack of motivation from the side of coaches and players, as well lack of quality of training and shortage of finance were major problems.

5.2 CONCLUSION

Based on the findings of the study, the research comes to put with the following conclusions.

- The club has practiced poor administration system, mainly due to poor co-operative working and poor discussion habit was showed with coaching staff, players and stakeholders. The dormitory services of the club are not suitable for players.
- The club also has financial problem, lack of sport materials, inappropriate training field and unsatisfactory support from the society.
- There is also absence of annual training plan; poor quality of training is practiced in the club, and lack of balanced diet as responded by the majority of the respondents.
- The club also has a poor motivation of coaches and players, lack of players team spirit, lack of theoretical training to improve the performance of the p-players, weak support and treatment when players get injured.

5.3 RECOMENDATION

As to the light of the problems identified the following recommendations are presented.

- The club administrators should have exercise co-operative work; strengthen discussion with all the concerned bodies.
- The club should facilitate better dormitory services.
- The club should ensure financial adequacy by innovating income generating activities the club should make availability of the necessary sport materials and suitable training field for sustainable performance of the club.
- The support of the fans is strongly needed with sustained and none fluctuating to ascertaining the successful progress of the club.
- The club should establish strong fans association.
- The club should set up organized annual training plan to enhance the performance of the club. The club should ensure the quality of training programs design.
- The club should facilitate and practice good nutritional habits to enhance the performance of the club.
- The club should establish strong monitoring and evaluation system as well training program.
- The coaches have to be creative's and able to organize a good training program.
- The club should have organized friendly matches during preparatory period.
- Supplementing the club members and recognizing their effort by providing incentives is one of the ways of improving the performance of the club.
- Developing the spirit of club members is strong bases enhanced the successes of the club.

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APPENDIX -1
WOLKITE UNIVERSITY
COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCE
DEPARTEMENT OF SPORT SCIENCE

Questions to be filled by players:-

The purpose of this questioner is to get necessary data on the performance of Boditti Kenema male football club: Challenges and future prospects. Therefore, your response has great value in this in this research outputs. Thank you in advance for your valuable time and efforts.

Notice:-

- ❖ Not need to write your name
- ❖ For closed ended questions, make "circle" on your answer letter.
- ❖ For open ended questions write your short answer.

Part one: - Demographic characteristics of respondents

1. Age _____
2. Sex _____
3. Educational background
 - A. 1-4 grade
 - B. 5-8 grade
 - C. 9-12 grade
 - D. College Diploma
 - E. Degree
 - F. Masters Degree
 - G. If any other (specify) _____
4. Experience in playing football in the known clubs _____

Part two: - Close-ended questions

Administered questions for administration factors

1. Does the club administrative body set regular meeting day to solve the problems in your club?
 - A. Yes
 - B. No
 - C. I don't know

2. Do you agree that the annual plan of the club is accepted by the club players with discussion before starting the preparatory period?

- A. Yes B. No C. I don't know

3. How about the co-operative working relationship between administrative with players and coach staff?

- A. Very high B. High C. Medium D. Low E. Very low

4. Do you have appropriate dormitory service?

- A. Yes B. No C. I don't know

5. Do you have appropriate materials on the training session?

- A. Yes B. No C. I don't know

6. Does the training field is comfortable to perform the training exercise?

- A. Yes B. No C. I don't know

7. Does the club pay monthly salary on time?

- A. Yes B. No C. I don't know

8. Does the coach prepare physical fitness training program to enhance the performance of the player?

- A. Yes B. No C. I don't know

9. Does the coaches use a variety of drills during each training session?

- A. Yes B. No C. I don't know

10. Do you have train 4-5 days per week and 2-3 hours per a session?

- A. Yes B. No C. I don't know

11. Have you ever been injured during training session or on match competition?

- A. Yes B. No C. I don't know

12. Does the coach contact kindly and honest with you?

- A. Yes B. No C. I don't know

Part three: - Open-ended questions

1. What are other challenges of Boditti Kenema male football club that influence the performance of the club?

2. What is expected from the players, coaching staffs, administrative, family, society (fans), and stakeholders to overcome the challenges of the club?

3. What are the problem affect the result of club?

APPENDIX -2

WOLKITE UNIVERSITY

COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCE

DEPARTEMENT OF SPORT SCIENCE

Questions to be filled by coaches:-

The purpose of this questioner is to get necessary data on the performance of boditi kenma male football club: Challenges and future prospects. Therefore, your response has great value in this in this research outputs. Thank you in advance for your valuable time and efforts.

Notice:-

- ❖ Not need to write your name
- ❖ For closed ended questions, make "circle" on your answer letter.
- ❖ For open ended questions write your short answer.

Part one: - Demographic characteristics of respondents

1. Age ----- 2. Sex -----

3. Educational background

- A. 1-4 grade
- B. 5-8 grade
- C. 9-12 grade
- D. College Diploma
- E. Degree
- F. Masters Degree
- G. If any other (specify) -----

4. Level of coaching license

- A. First level
- B. Second level
- C. "C" license
- D. "B" license
- E. "A" license

5. Experience in coaching football clubs _____

Part two: - Close-ended questions

1. Does the club administrative body set regular meeting program to solve the problems in your club?

- A. Yes B. No C. I don't know

2. Do you agree that the annual plan of the club is accepted by the club players with discussion before starting the preparatory period?

- A. Yes B. No C. I don't know

3. How about the co-operative working relationship between administrative with players and coaching staff?

- A. Very high B. High C. Medium D. Low E. Very low

4. Do you have appropriate dormitory service?

- A. Yes B. No C. I don't know

5. Do you have appropriate materials on the training session?

- A. Yes B. No C. I don't know

6. How about the society support during training and match day?

- A. Very high B. High C. Medium D. Low E. Very low

7. Does the training field is comfortable to perform the training exercise?

- A. Yes B. No C. I don't know

8. Does the club pay monthly salary on time?

- A. Yes B. No C. I don't know

9. Do you have an organized annual training plan?

- A. Yes B. No C. I don't know

10. Does the annual training plan is much with annual fixture?

- A. Yes B. No C. I don't know

Part three: - Open-ended questions

1. What are other challenges of Boditti Kenema male football club that influence the performance of the club?

2. What are the opportunity of the challenge that affect the performance of club?

3. What are the strength and weakness of player of the club?

APPENDIX- 3

Observation checklist Name of observer _____

Date of observation_____ Club_____

Time of observation _____ starting _____ ending _____

Sign of observer_____

No	Items	Unsatisfactor y	Satisfacto ry	Very good	Excell ent
1	Does all playing fields are comfortable to apply all techniques and tactics			✓	
2	Do all players properly wear their sportswear during the training session?				✓
3	Does the number of balls enough preferably one for each or one between two?				✓
4	Do coaches have plan during training?	Daily		✓	
		Weekly		✓	
		Annual	✓		
5	Attendance		✓		
6	Do coaches use note book during training?		✓		
7	Feed back			✓	
8	Do the clubs have enough amounts of cones?				✓
9	Does the trainees are disciplined during training?			✓	
10	Does the environment around the field are compatible for the training?			✓	