

Ability of Football Players Asesment; A Literature Review on Scopus Indexed Journals

Yudhi Purnama*, Tandiyo Rahayu, Taufik Hidayah, Sudjatmiko

Universitas Negeri Semarang, Indonesia

*Corresponding Author: yudhipurnama@students.unnes.ac.id

Abstract. Every soccer team wants to achieve the highest in their respective league. One of his top achievements is having a very reliable soccer player. Players must have the ability to play football in all aspects, both physical, mental, abilities, skills and tactics. This study aims to find out what assessments are made of a soccer player by summarizing several Scopus indexed articles. The method used in this study is a systematic literature review. Search range for articles in 2017-2023. The keywords used are "instruments" OR "instruments" AND "assessment" AND "ability" OR "performance" AND "soccer" OR "football". The results of the literature show that there are several types of assessments carried out to determine the skills of a soccer player, including: endurance, speed, muscle strength, agility, coordination, balance, passing, shooting and dribbling the ball. The conclusion in this study is to know good physical condition and good football playing skills, soccer players must carry out valid and reliable assessment to get accurate results.

Keywords: Asesment; Ability; Football Player

INTRODUCTION

Sport evaluation is fundamental in the training process for every athlete or team and is an indispensable support for coaches (D'Isanto et al., 2019), for example in research (Hewit et al., 2012) and several research evaluations in other sports. Particularly in football, previous literature review studies by (Svensson & Drust, 2005) and (Ali, 2011) on the evaluation of soccer abilities have a time span that has been described. Therefore, a recent literature review is needed. Identification of talent in soccer is a continuous process, and searching for new tools enables the selection of future professional players, there should be tools enabling the identification of those skills (Szwarc, 2021). The ability of athletes greatly influences the achievements to be achieved by a team, all abilities as a professional soccer player must be in a team to become number one (Sabarit, 2022).

Even though there is a recent literature study by (Klingner, 2022), this research only focuses on assessment in small side soccer. Another study by (Koopmann, 2020) (Rechenchosky et al., 2021) also focused only on adolescents to assess knowledge skills and tactical performance. Thus, this condition is also a gap in this research to be able to discuss the evaluation of football abilities that have existed so far and are not limited to the age of the test takers. In addition, the writing of this literature article also has a newer time span, namely from 2017 to 2023. Such conditions make this research have a novelty value by examining different aspects compared to previous research

and with a more up to date timeframe.

Based on this, this literature research is a feasible research to be conducted to enrich literacy studies on ability assessment in the sport of football. In addition, this research also has the potential to be used by other researchers as an effort to find gaps in future research on evaluating abilities in the sport of football.

METHODS

The research method used in this research is a Systematic Literature Review. The tool used in the article search process uses Publish or Perish Version 8 with a focus on Scopus indexed articles. Article search range from 2017-2023. The article search process uses the Prisma guidelines proposed by (Azril et al., 2019). Furthermore, the findings in each article will be evaluated and interpreted (Donthu et al., 2021).

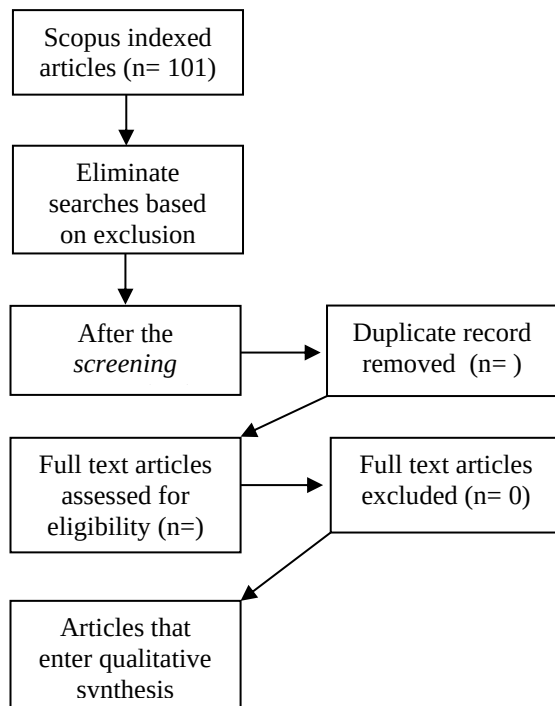


Figure 1. Prisma Analysis Version (Azril et al., 2019)

The keywords used in this research are "instruments" OR "instruments" AND "assessment" AND "ability" OR "performance" AND "soccer" OR "football". All article findings

that are relevant to the study of football ability assessment will be displayed in the research results according to a predetermined timeframe.

Table 1. Inclusion and exclusion criteria

Criterion	Inclusion Criteria	Exclusion Criteria
Literature type	Article published in scopus international journal	Review article, books, or chapter book
Language	English	Non-English
Timeline	Study in 2017-2023	Studies before 2017
Article purpose	Soccer/football asesment	Has a goal other than soccer/football asesment

RESULT AND DISCUSSION

The following shows the findings of the literature that match the inclusion criteria and worthy of further analysis. The articles in have gone through a process of evaluation and interpretation. This study found 6 (six) article question can be seen in Table 2 below.

Table 2. List of Scientific Literature Related to The Soccer Asesment

Author and Year	Title	Result
M.A. Hammami ^{a b} , W. Ben Klifa ^b , K. Ben Ayed ^b , R. Mekni ^b , A. Saeidi ^c , J. Jan ^{d e} , H. Zouhal (2020)	Performances physique et caractéristiques anthropométriques de jeunes joueuses de football élites nord-africaines : comparaison avec les standards internationaux	Les joueuses ont été testées sur le plan anthropométrique (taille, poids et pourcentage de masse grasse), endurance cardiorespiratoire spécifique au football (yo-yo intermitents test niveau 1 ; YYIRT1), puissance musculaire (Squat jump, Contermouvement jump ; Five Jump test), agilité (t-test avec et sans ballon), habileté au football (Loughborough Soccer Passing Test, LSPT) et tests de vitesse (sprint 30 m avec des temps intermédiaires à 5 et 10 m).
Irineu Loturco, Ian Jeffreys, César C. Cal Abad, Ronaldo Kobal, Vinicius Zanetti, Lucas A. Pereira & Sophia Nimphius (2020)	Change-of-direction, speed and jump performance in soccer players: a comparison across different age-categories	The soccer players performed: (1) squat and countermovement jumps; (2) a maximal 20-m linear sprint speed test, and (3) the Zigzag COD test.
E. Cè, S. Longo, E. Paleari, A. Riboli, E. Limonta, S. Rampichini, G. Coratella, F. Esposito (2018)	Evidence of balance training-induced improvement in soccer-specific skills in U11 soccer players	Balance Training and Control Group underwent two soccer-specific tests (Loughborough Soccer Passing, LSPT, and Shooting, LSST, Tests), and bipedal and unipedal balance evaluations.
Hallvard Nygaard Falch, Håvard Guldteig Rædergård, Roland van den Tillaar (2020)	Association of strength and plyometric exercises with change of direction performances	Three strength and three plyometric exercises, matched in movement patterns, were used. Muscle activity of the different conditions was also

		compared to measure the change of direction (COD) ability is an important task-specific skill for success in team sports
Michal Dragijsky, Tomas Maly, Frantisek Zahalka, Egon Kunzmann, and Mikulas Hank (2017)	Seasonal Variation of Agility, Speed and Endurance Performance in Young Elite Soccer Players	The aim of this study was to investigate changes in the linear running speed (LRS) for 30 m, change of direction speed (CODS), and endurance in young elite Czech soccer players. The following tests were conducted to assess CODS and endurance: Illinois Agility Test (IAT); and intermittent test (Yo-Yo IRT1)
Rosario Ceruso ¹ , Giovanni Esposito ² , Francescsa D'elia ³ (2019)	Coordination Attached To The Qualitative Aspects Of Football	The applied technical aspect of the game, while the latter focus more on the conditional abilities associated with the game (strength, endurance and speed), biomechanics and energy recruitment mechanisms. As for the executive part, the qualitative aspects require a good degree of development of the technical-coordinative capacities, which are divided into literature in special coordination capacities and general coordination skills

There are various types of tests for soccer players, including anthropometrics (percentage of height, weight and body fat), soccer-specific cardiorespiratory endurance (level 1 intermittent yo-yo test; YYIRT1), muscle strength (jump squat, jump contermovement; test Five Jumps), agility (t-test with and without the ball), soccer skills (Loughborough Soccer Passing Test, LSPT) and speed test (30m sprint with split times at 5 and 10m distances) (Hammami et al., 2020) (Cè et al., 2018).

To measure the player's speed and agility using tests (1) squats and countermovement jumps; (2) a maximum linear sprint speed test of 20 m, and (3) a COD Zigzag test. Whereas Loughborough Soccer Passing, LSPT, and Shooting, LSST is used to test kicking skills (Loturco et al., 2020) (Ceruso et al., 2019).

Conditional abilities related to playing on the field are strength ability, change in linear running speed (LRS), change in direction speed (CODS), and endurance in soccer players using the Illinois Agility Test (IAT); and intermittent test (Yo-Yo IRT1)(Dragijsky et al., 2017).

CONCLUSION

Based on the results of the research and discussion, it can be concluded that the types of assessments carried out to determine the skills of

a soccer player, including: physical condition (endurance, speed, muscle strength, agility, coordination, balance) and skills (passing, shooting and dribbling).

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