

“Why is a modern footballer not excelling?: A Qualitative Study” *Pakistani Perspective*

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Abstract

Football is one of the most widely played sports in the world and it has become very popular here in Pakistan too. But, this game is incomplete without taking care of oneself properly and by that I mean one needs to have good nutrition, train beyond the bar and rest properly to succeed. This research paper focuses on basic problems that involve a footballer in Pakistan and how they are proving out to be hindrances for a player to move on to next level. This research highlights basic problems amongst footballers and frustration, inability to be in playing eleven of the team, parents being affected and not able to achieve one's goals came out as biggest problems that needed to be resolved. Of course, Pakistan has lack of infracture when it comes to Football or any other sports, but the demand of such popular sport is increasing day-by-day and an adequate solution is needed for these young talented footballers to excel. This qualitative study will help those aspiring footballers get into action after the strong recommendations are implemented here, and the ground-level structure of football is all set and completed.

Keywords : Football,footballer, Sports, Pkaistan

Introduction

Football Education has become increasingly difficult over the period of time. To play Football for years at peak level, one needs to be more than a football player and often has to get involved in various research methods to excel as an athlete. Modern football not only demands performance and match-winning abilities; with the immense talent often overlooked it does not mark embarking of the turnaround and more needs to be done before we can actually term it. In order to cater the demands of modern football, one has to research on the findings that may bolster the performance and fulfil the need of adequate food and nutrition, modern and traditional training techniques and majorly focus on speedy and effective recovery programs. In the wake of Brendan Egan (2008) in his writing, we see that nutrition is just as important as having right mind for Football. As stretching out and working out generates large amount of antioxidants in the body further removing toxins and hence, augmenting the oxygen supply, the diet supplementation with intense training has visible effects too (Antoni Pons, Xavier Capo, Miquel Martorell, Antoni Sureda, Isabel Llompарт & Josep A. Tur (2015)).

Research Background

Personally, I faced an uphill task whilst suffering Grade II tear PCL and Grade II LCL that I sustained with a double-footed tackle on my left knee. Since lack of handmade information available on any reliable source and the famine of Sports Doctors in Pakistan forced me to browse internet, surf hundreds of unreliable articles and consult several footballers who suffered injuries of same kind, now I wish to end this problem to those who risk facing such phase or have struggled this phase. Due to lack of scope in the field of Sports in Pakistan, Doctors do not wish to specialize in such field due to less or no future for youth in any kind of sports. Hence, this research will be thoroughly based upon findings of foreign doctors, nutritionists, researchers who did something similar and interviews of football coaches.

Research Problem

Football has become increasingly popular in Pakistan and the study on Ramzan fasting by Yacine Zerguini, Qanta A. Ahmed & Jiri Dvorak (2012) clearly defines on what extent has this game hit the popularity scale. The study suggests Muslim Footballers are recommended to fast whilst keeping an eye on their official match calendar, and this also supported the findings of the research as fasting was deemed beneficial. Although, this sport has become customary with the youth of Pakistan, yet this remains to be seen if there is sufficient

information readily available to answer intrigued questions of a young athlete. So, in short – lack of information, less awareness, less scope and lack of crisis management in footballing world has to be resolved.

Research Objectives

Chief objective of this research is to examine the real challenges faced by a football player, let it be social, economic, religious or political factors. But, the focus will be widely upon personal level as the roots of training programs, nutritional charts and social conduct will be reiterated more often. Also, this research will focus on forming an adequate solution from the research itself after all problems have been critically analysed.

Research Questions

Questions to put forth for the research are:

1. What sort of information should be available online for the football players?
2. What kind of nutrition and diet is beneficial to football players?
3. How can football players develop better training methods?
4. Why is recovery such essential part of this game?
5. What are social concerns over the influence of challenges faced by football players?

Significance of the Research

This research will enlighten the prospects of scope in Pakistani Football as it focuses on all important aspects linked to a challenges faced by a football player. This research will not only highlight them, but will try to find an adequate solution to them with the limited resources available in this land of opportunities existing since 1947.

Purpose of the Research

Although, this research will involve direct interaction with modern-day football players. Consequently, it will be very difficult to get an appropriate sample for such kind of research, however this research will help those who suffer football injuries or those who wish to breathe their life into their being and become a readily professional football player. It is noteworthy that Pakistan last received sum of Rs. 130,000,000 in order to establish local leagues and introduce rising talent internationally (Hamza Babar, 2015). However, the political unrest and situational hazards took control as FIFA banned PFF in 2017 (FIFA). The dream of a professional footballer is incomplete without adequate training and easy access to nutrition, hence, I will be focusing on these two themes too.

Literature Review

Football players of now load carbs in their diet schedule in order to enhance the performance on the pitch. But, this hoarding of carbs have to be way before getting on the pitch; Burke, L.M., J.A. Hawley, S.H. Wong and A.E. Jeukendrup (2011) recommends one to take high amount of carbs as accordance with the higher intensity of the game. Just not that but certainly high intake of body-building food namely protein is advised in the form of red and white meat along with popular dairy-based protein eggs and grains - the new gains.

According to a research of University of Washington (Manual), such intense nutrition is of no benefit but comes with added side-effects of augmented uric acid and sugar level in case of low water intake. Since the dehydrated muscles backfire in the form of injuries to the stiff and sore muscles. As the game demands, many players also decrease the KCal consumption to trigger curtailment of body fat. But the research of Kathryn L. Beck, Jasmine S. Thomson, Richard J. Swif & Pamela R. von Hurst (2015) suggests such route is deleterious to take as this is a direct intervention and a fight with nature. Food when consumed after training or match is a wonderful platform for team to get sufficient nutrition in your system, but keeping your body deficient of the nutrition may seem a step too far.

According to Peter Herman (1993) heat is a direct variant to the nutrition. More the heat, more nutrition is needed in order to come up to terms with the energy level. But, this may be vice versa too as one's need for food may also deviate heat. Sujata Reddy (2018) further signifies how hot or cold nature of food may effect heat in such instance. Both nature of foods are equally important in one's life, but they should be consumed based upon the circumstances and after the nature is studied with respect to their powerful effects on body. Such type of food can be used as tool and can provide right amount of energy when your timing is just right.

Need for Intense Training

A Pakistani Football player, globally refereed as a Semi-Professional football player must find the best work-life balance to keep playing at the highest level; and this is all due to low scope of football in Pakistan. The demand of flexible schedules is a must in order to be best on the pitch and at the work-place where thousands of piles need to be attended with humungous effort. Although work and football will have their regular requirements that of travel itineraries, time constraints and they might often conflict one another. But, on the brighter side the demand of training as the modern football demands will not be of that level, although the effects will be devastating and hence, semi-pros will have no chance against

professional football players (Khan, MI., Ghauri, S., Khan, S., Hasan, JU., & Shaikh, R., 2022).

Usually, the training timings are once working day comes to and end which grows an individual frustrated due to environmental pressure. Considering such phase as taking two jobs, thus, now leaving inadequate time for nutrition. Thus, making this concern one of the biggest social concern to look up to (Aqeel Ahmed Soomro, Robert J. Breiteneker, Syed Afzal Moshadi Shah, 2017).

According to HRD Pakistan, 60% population of our country is of Youth (Asiya Mahar, 2015). Most of them who play football prefer to play shorter version of the game, Futsal. Now, this is due to afore mentioned factors, lack of time, lack of work-life balance and of course the academic alertness. Filipe Manuel Celemente & Pantelis Theodoros Nikoliadis (2016), in their study carried out tests for intensity and energy requirements to play short-version of this highly popular sports. The abstract and the results suggested the peak level of intensity, oxygen intake, sharpness and fitness for the game is similar to that of Football. However, Futsal is practised more in the country laid in the basin of Arabian Sea since the challenging work-life demands to (Khan, S., Zaman, SI., & Rais, M., 2022).

The training methods and capability differ by age, gender and calibre of a young player. Usually, a number of goals are set for the training in order to provide cut-throat competition to the opposing team. Many might play for fun, some might play for just fitness in order to escape boring routine of running barren ground on heels, others might train to focus on a specific skill set and many may play at develop their talent further in order to stand in the line for professional football team.

A D G Baxter-Jones & N Maffuli (2003) suggests that aerobic fitness develops over time without any effort, as it depends upon age. Some intense training work-outs can include Queen's Test, off the ball training, keeping the ball-up in high endurance body-workout and full ground games with one-touch. Whatsoever the occasion for training is all of these requirements are met through proper intake of diet and extensive training. But, it is very important not to over train as overtraining leads to cramps, fatigue and injuries (Adam Zajac, Malgorzata Chalimoniuk, Adam Maszczyk, Artur Golas & Jozef Lngfort (2015)).

A football game requires huge amount of endurance in a player. Sometimes, a player falls short of breath and sometimes manages to cover so much area on the pitch, but whatsoever way the anaerobic energy systems have to be at the peak level. An individual's weight and height also plays vital part in this scenario as one needs to train based upon how their body's structure is. This makes training for this dynamic game a challenge and very difficult to

match at such a level. When, a team goes into their pre-season it's very difficult for players to reach their utmost potential as a player wishes to operate at their peak level once the start of the season approaches (Elena Perlepe, 2016).

Issues with Recovery and Rest

The competitive games are not restricted to that of once a week. When a tournament or a league commences, players may be asked to play during morning, afternoon, evening or late at night as per schedule commands. Hence, there is no fixed schedule and this might get worse if a team is supposed to play twice or thrice a week. This leads to the insufficient amount of rest and hampers performances of a young talented individual, and can possibly offset one's morale (Miao, M., et al., 2019) .

Although Mathieu Nedelec, Shona Halson, Abd-Elbasset Abaidia, Said Ahmaidi & Gregory Dunpont (2015) state that sleep and recovery enhances the defense mechanism and strengthens the immune system, but if any kind of disturbances exist then this is very likely to affect a player psychologically, physiologically and be a potential growth blockade (Jiang, Y., et al., 2018).

As mentioned earlier the infrequent travels and travel fatigues are subjected to inconsistency in one's schedule hence causing sleep deprivation and further stopping muscle damage repair. Fixtures congestion is now an added issue as the required 6-8 hours of sleep are not met by some modern footballers and hence resulting in frustrating for the entire day. Recovery urges one to consume next meal or a snack right after intense training as that is the best time to recover. Creatine supplementation is another source of strong nutrition as stated by Michael Greenwood, Richard B. Kreider, Charlie Melton, Christopher Ramussen, Stacy Lancaster, Edward Cantler, Pruvius Milnor & Anthony Almada (2003) and their study supports findings of creatine that they help replenish the strengths. Some very good options to pick amongst are of drinks with amino acids or other sport drinks, granola bars, baked potatoes, low-fat sandwiches, high-casein yogurt and whey etc. as mentioned in F-marc FIFA's journal (Zafar, D., et al., 2022).

In football, the huge part of celebrations is Alcohol. With the extensive use of alcohol, one risks excess weight gain, slow muscle growth and more time towards recovery. Hence, it is recommended to complement more amount of fluids to washout the toxins. (Mark A Bellis, Karen Hughes, Lisa Jones, Michela Morleo, James Nicholls, Ellie McCoy, Jane Webster, and Harry Sumnall (2015).

Methodology

This study involves heavy use of qualitative research, and the main focus will be on one-on-one interviews in order to test the variables effectively without any biased approach.

The research dimension used here is of casual/ explanatory as my research focuses on explanation of what challenges occur and how to solve them after highlighting the root cause. In order to support the findings of the research this will be the process of cross-sectional study, hence, one judgement will not abide by all the proven researches. This data collection will be done once at a time and won't be repeated in order to measure the behavior and approach taken. This research follows explanatory research as there are no modern methods available to test footballers descriptively upon their training and nutrition. The research aims to find the root-lying cause and wishes to excel in the category.

Sampling Framework

All footballers will be selected who hold prominent knowledge of football and its origins with background, and will be selected from prominent colleges and those who have some kind of football education, not those who just play for fun. In short their ability to go long-way will be tested first. Hence, the sample chosen for this research is based upon judgemental study. In order to have 95% confidence in the research, sample size of 8 will be taken, but this research maybe stopped half-way if saturation point is reached before and no new findings are observed.

Analysis And Discussion

One-to-one interviews were conducted to measure response of participants taking part in the study. Now, this study was based on ladder technique and research questions which were posed at the beginning of the research. All questions were focused and reiterated in depth to measure the root cause and discover the findings to support literature review. Although, I decided to go with sample of 8 football players, but my research reached saturation point by the third interview, hence, I had to drop large sample and consider first three available participants for the interview. As mentioned earlier all participants were chosen with judgemental sampling technique and all of their details could be found in Appendix III.

This interesting debate or discussion which I may term as rather than interview had to start with their personal preference, and all themes were discussed based upon literature review to form several other new themes. Although, previously a lot of good qualitative research papers have been published on challenges of a football player, but this study mainly focused on how to overcome the all-important challenges and to be a footballer who can progress to whole

new level. Here, qualitative research was designed to acquire an overview of shortcomings in Pakistan. Three key informants were interviewed first, and they were brought up to terms with nutrition in footballers as the first theme and other two were linked to the first one. These semi-structure interviews proved out to be quite popular amongst the participants as they had all of the participants at ease.

Key Informants and The Selection Criteria

All three participants who took part in the study were taken based upon judgemental sampling. But, there was a strong criteria set even for the participants who wished to participate in the study. Although, the criteria formed was very basic, but the appropriate and most reliable sample was then chosen who fitted exactly how the research demanded it to. Following was the criteria set to choose the participants, and towards the end three participants were selected as saturation point had reached. The criteria was more of a perpetual system replicable in accounting where you chose one good, and chose another once you have finished previous one.

Criteria 1: Participant must belong to SEC A or SEC B.

Criteria 2: Participant should sign the consent form before taking part in the study.

Criteria 3: Participant should have played football at district level and should have been playing football for more than 5 years.

Criteria 4: Participant wishing to take part in the study should be keen observer of football and its technicalities and should have critical ability to analyse.

Criteria 5: Must be regular at gym and have had taken part in training sessions previously.

Criteria 6: Participant must fall in the age sector of 20-25 years.

Criteria 7: Participant must be studying in a renowned institute recognized by HEC.

Criteria 8: Participant should have had faced dilemma in managing work-life balance alongwith playing football at the highest level.

Criteria 9: Participant must undertake consent form in order to be eligible to take part in the study.

Criteria 10: Participant shouldn't be a retired football player and should be active as of now.

Key Informant 1: *The key informants were asked for their basic details alongwith their experience in football, and consent formed was signed before the study progressed with them.*

Details of the Key Informant 1

Name: Khizer Kamran

Institute: University of Karachi, UBIT

Key Informant 2

The key informants were asked for their basic details alongwith their experience in football, and consent formed was signed before the study progressed with them.

Details of Key Informant 2

Name: Shaheryar Khan

Age: 21

Institute: SZABIST

Key Informant 3

The key informants were asked for their basic details alongwith their experience in football, and consent formed was signed before the study progressed with them.

Details of Key Informant 3

Name: Farooq Khan

Age: 22

Institute: SZABIST

Identification of Common Themes:

From the detailed interviews and thorough study, I was able to find out common themes in these one-to-one interviews and to my surprise the saturation point came in really early when I had conducted three in-depth interviews.

1. Parents being affected with their inefficiency
2. Inability to be in Starting XI of their respective teams
3. Frustration in agitation as a person
4. Pressure sustained due to Pakistani environment
5. Success in achieving one's goals

Parents being affected

All three key informants highlighted the significance of them being affected alongwith their parents too. As towards the end, seeing Pakistani perspective towards the end parents are affected obviously due to this chain reaction. Even though none of the key informants mentioned towards the start that parents get affected in anyway, and when the ladder technique was applied to match the findings and infer a relevant theme, it was highlighted then. Key Informant 1 (KI1), Khizer Kamran in his detailed transcript reiterated the fact that parents get affected if one does not appropriately train, have adequate nutrition or diet and have less rest or improper recovery in their schedule.

Now, all of these factors are accounted as dependent variables, and if one gets injured in process of intense training or is seen as deficient of any of the themes, the final output is

parents being affected. Alice G. Walton (2012) highlights how parents stress out and as a result it only hurts their children of any wrong doings. This stress level is there ever since the birth of a child, and pre-birth stage of a child. Parents are form of biggest support to their children, and if they'll be devastated this will also disappoint their children. They will take the blame on them, and rather than getting back up and fighting for themselves they'll tend to withdraw.

Jeffrey Jensen Arnett and Elizabeth Fishel (2018) talk about how children are being pushed away by the parents due to lack of support and if proper backing is not provided to them. One shouldn't force their children to act upon what they want and how they want things to be because their way and perception is different as compared to the exposure they have (Rashid, A., et al., 2021).

Again, this theme is said to be linked to all other themes. But, this is one of the major factors why a semi-professional footballer in Pakistan stops playing football further as this acts as hindrance (Ghauri, S., et al., 2022).

Inability to be in Starting XI

KI1, KI2, and KI3 all highlighted their frustration if they are unable to make it in starting XI of their team. According to both of these informants such inability causes frustrations in players and hence, their performance is hampered.

Again, this is a dependent variable and this theme of inability to be in starting XI is connected to that of parents being affected sooner or later, as all these themes are linked. KI1 in his detailed transcript covered this theme several times and did mention his frustration on an account where he said:

“In football you know that if you start from bench or after 45 minutes, it means your coach sees something wrong in you. So you have to work hard and recover your mistakes. It's the most important thing. I will be down, but I will try to stay optimistic and try to recover my mistakes and work hard.” – Khizer Kamran

Mario Balotelli, Star Striker of Nice Football Club in France was a frustrated figure back when he had various issues with family and was caught up in various busts up with his Ex-Manager Roberto Mancini, when Balotelli used to play for Manchester City Football Club in United Kingdom (Jack Bezants, 2018).

Linking this to Pakistani perspective as mentioned in literature review's theme of intense training that a player was unable to perform due to lack of appropriate training. Now, not attending training sessions can be for any factor, let it be having issues with parents or for

some other reason this crucial element is overlooked nonetheless. Furthermore, this will cause frustration and agitation in players further affecting parents due to pressure sustained from the Pakistani environment (Akbar, M., A., Soomro, Y., A., & Khan, S., 2017).

Frustration and Agitation

All three key informants formed a chain and a link which signified how frustration and agitation is caused in these football players. Now, this is as a result of not starting games in starting XI of their teams. This was discovered and that too came with various reasons relevant to the footballing world.

KI3 also highlighted of the time he had a fight with his coach when he pushed him to the ground on him being substituted and eventually he had to leave the club due to such misbehaviour. His personal reasons were uncontrolled in his life and he lost his cool which he didn't shy away from showing by committing such an act.

This theme is again inter-linked to two of those mentioned below and analysing previous examples of KI3 and Alvaro Morata who were drifted away from achieving their goals at their respective clubs. This problem does exist in majority, and it should be definitely worked upon in order to avoid such problems in the future (Khan, S., & Sajjad, S., 2013).

Pressure sustained due to Pakistani Environment

Although, none of the key informants directly mentioned that they sustain pressure due to Pakistani environment and how its dynamics are. But, such fact could be inferred from the findings of other themes and how they are linked with all others. Since all of these themes are interconnected this also acts as a dependent variable for the fact that the Pakistani environment gives pressure to the football players. Consequently, as the result they are unable to perform at their very best and causing frustration and agitation in them. Later, affecting their success rate in achieving their life-time or educational goals or goals of any other kind. Now, this has been seen as the biggest challenges in a football player, but no key informant could directly report such finding until they were told of or reminded of (Shaikh, R., Khan, S., & Bibi, C., 2013).

Speaking of the Pakistani's environment where KI1 has highlighted conflict over several times and that too amongst the players. Picking up just as docile example of the most popular sports in Pakistan i.e. Cricket and here pressure is definitely sustained even at the grass-root levels. You go out before the sun sets, and roam around the streets to see kids playing cricket on roads. Even their rules are pressure ones as to one-bounce catch is out, hitting ball over your body twice is out, and if you miss the ball thrice your innings will be declared. Now, this mind-set of pressure is even there at grass-root level and Pakistanis typically tend to have

less patience with games and when supporting or promoting a player is concerned as mentioned by Ahmed Rashid (2005).

This element of pressure due to Pakistani environment and high expectations to perform every single time adds frustration, and yet player is unable to start in the playing XI and root underlying cause maybe of parents who are frustrated already. This is yet to be seen and this important thematic issue has to be tackled under any circumstances (Khan, FA., Khan, S., & Ahmad, N., 2016).

Success in Achieving one's Goals:

Every football has their own goals, to excel, to be at their best, and to help their team achieve wonders by performing at their maximum efficiency with results going in their way.

Providing huge hindrance in achieving one's goals is one of the most important challenge in a life of a footballer. This challenge means one won't be at their best and this will put them off the track as spoken by Key Informant 1 (KI1) that it is very difficult to settle here in Pakistan. Pakistan seen as land of opportunities and with huge potential again being off the track with respect to football and sports board is concerned. Here, lack of infrastructure and proper guidance in football is itself a hindrance. But, even if a player performs at the best potential and is at very peak level of his career will find it very hard to settle his feet in Pakistan's National team (Jamil, S., Khan, S., & Zafar, S., 2022) .

Pakistan's National Football Team is ranked 200 in FIFA's listings and one of the core reasons is that of footballer's salaries. Here, how can a semi-professional player make his living from football when the salary is not enough to be their bread and butter(Khan, S., Rasheed, R., & Muhammad, G., 2022),?

Other KI2 and KI3 also highlighted how all of the afore mentioned themes could be of hindrance in achieving one's goals. Explaining a very simple phenomena as explained by KI2 that if one's parents are affected due to lack of performance or if their children are not focusing enough on their studies, this will cause frustration and agitation in their children too. As KI1 highlighted that attitude of the parents change, and we as children get affected. Just like Aaron Lennon and Alvaro Morata failed to make into starting XI of their respective teams due to the pressure sustained from such situation and environment, this will stop them excelling at any points.

Although all the issues highlighted in other four themes are of equal importance, this problems is the result of all problems hence, making it very difficult to be solved and lack of success in achieving one's goal will cause hindrances in growth.

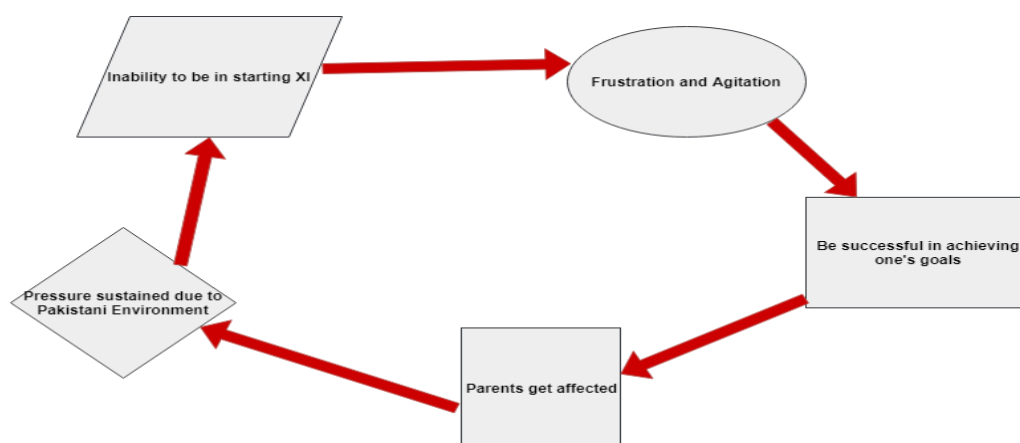
Saturation Point

Even though availability of the sample was there and this research gave a wide range of samples to be picked from, but the saturation point of research was reached after three interviews were conducted and each lasted up to 60 to 70 minutes. When no new findings could be observed, no further interviews were held. All of the research questions were answered and then backed by the literature review and the three themes highlighted in the literature review itself. Hence, appropriate saturation point was reached with the research as it was completely backed.

Analysis

This study was analysed on thematic basis as the common themes were identified once all interviews were completed. This allowed emergence of repeated themes and funded the research by forming a strong inter-connection between all the themes. These themes were based upon overall feedback that was received through all three key informants in the study.

Figure 1



All five identified themes are inter-linked as per KI2 and KI3. This can also be supported by the general fact that a player when is not let into starting XI of the team grows frustrated and agitated, then this frustration backfires. Soon, leading to inability to be successful in achieving one's goal, and yes parents do get affected. Lastly, resulting in pressure sustained due to Pakistani environment based upon how the general public is according to general census.

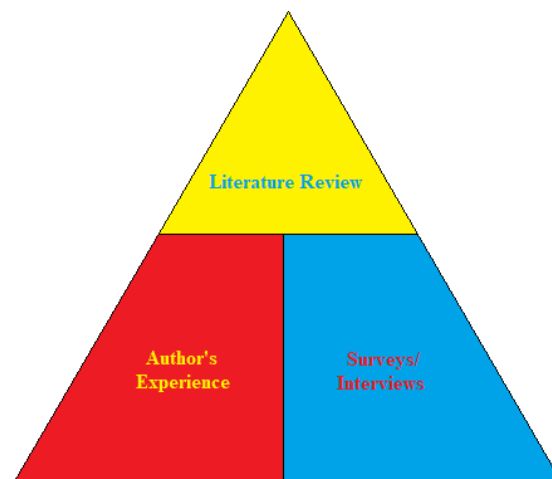
Inability to be in starting XI grows a player massively frustrated, as the coach doesn't let a player start games and the best potential soon fades due to the lack of first team opportunities. Jermaine Defoe, John O'Shea, Nainggolan and Karim Benzema have decided to step down from international football due to lack of opportunities provided. This will affect the National teams when they are unable to have their best players available when they need their players

the most. But, their exclusion from FIFA World Cup 2018 squad and some for their clubs in case of John O'Shea who once possessed decisive abilities to lead squad to victory. This ultimately leads to be hindrance in achieving one's goals.

When a kid let's down their parents as said by KI1: "I think it's your personal preference and it also depends upon the needs. If you are coming from lower-class or middle-class family, you have to make sure the burden that you provide to your family, you come up to terms with it and fulfil your and their needs" this raises their expectations and when they are affected this Pakistani environment tends to pressurize them.

So, all the themes go back and forth just like they have been explained in the flowchart above. Jumping, on to triangulation method used in the study where the Literature Review of importance nutrition, intense training and recovery and rest is very important and throughout the interviews exact replica of the literature review was observed. Moving on to Author's experience where all of the research questions were answered just right and thus, backing it to literature review once again.

Figure 2



Process of Data Analysis

All the interviews lasted between 60-70 minutes, and one was audio taped, whilst other two were recorded with the handwritten notes because of the consent of the participant. All interviews were conducted in a fast food joint in a comfortable environment after the food obligations had been met. Furthermore, the study was explained at the start of what my research will be based upon and what I am looking for. Also, the literature review alongwith the research questions were shown to them for their ease.

Discussion and Findings

Following are the findings from the study:

- I. KI2 felt that there was slightly more need of parents to support their children with such healthy activities.
- II. KI1 quoted: “If you are not fulfilling your everyday nutrients, not getting good diet in everyday and not taking proper rest. You’ll definitely feel weak, and you won’t be able to keep up with intense training, or the goal you are trying to achieve.”
- III. As narrated by all the informants it could be said that all three themes are very important and if one has to solve all the issues, these three themes of literature review should be focused a lot more upon.

The data collected from the interviews helped me in understanding basics of what problems need to be touched and what age sector possess heavy risk and are prone to go down and out to such problems. This research further provides few solutions to be picked from and the most prominent can be implemented with the action plan in the recommendation section. Please note that this action plan is only relevant to three interviews and more of these should be done, so it is fair to say the basic ground structure has been covered and laid by this research.

Strengths of the Study

Previously, there have been a lot of researches which widely focus on social and religious aspects of football. A strong strength of this study is that the major focus lies upon basic elements of a footballer and the building blocks which provides strength and makes it easy for a player to reach up to their maximum potential. Also, another strength could be of directly getting information from footballers who have semi-professional experience and would like to excel in the field.

How might author’s views may have affected the results?

I am a football player too and I have played at various levels and as of semi-professional level too. My way of interviewing participants could have had got them to give out all the relevant answers and reaching saturation point way earlier than anticipated.

International Relevance

There are many articles available from a lot of origins but there are hardly any researches on such articles which belong to Pakistan. This gives encouragement to Sports Doctors too that their scope is very wide and will keep increasing and they are definitely in demand. Mostly,

sports injuries are treated through online appointments with doctors as informed by KI2, but this issue maybe well resolved already.

Conclusion And Recommendations

Summary

This research touches all the research questions and finds out what sort of information should be available for the football players which was itself the first research questions. All the key informants in the study believed that there is need of PFF to step-up and raise funding in order to promote Football. Also, all of the participants believed one should have adequate nutrition and diet in order to be benefitted as a football player as without this one cannot grow. Furthermore, informants believed that football players can develop better training methods but government should pitch-in, also the change should start from within rather than waiting for government to change the situation. One step at a time is the key and all the participants were affected by the issues that hindered their long-term goals, and believed that these should not any barriers to them. Although, they all want to become professional players, but the most important reason of they being not able to act is parents being affected. All the possible solutions were discussed in detail and the relevant recommendations were thoroughly gone through with respect to their action plan.

Recommendations from the study

1. Government setting up training centres for the youth at the early age. These camps should be free of cost, and then various talent hunt programs should be organized to pick up the best players at young age.
2. Proper seminars, training sessions and events should be arranged in order to educate youth from the beginning with respect to importance of nutrition, training and recovery.
3. Relaxed schedules should be maintained by the educational institutes which can provide adequate time for the students to take part in extra-curricular activities.
4. A course should be offered by these institutes which can be examined based upon practical judgements and how these schedules are followed in a player's life.
5. Parents should also meet up coaches and mentors of their children to know their progress. If parents will take interest in their children's life and how they are doing with respect to the sports.
6. Promoting fairness in football and respecting peers

Application of such recommendations

Relaxed schedules can be attained by government directly forming alliances with universities/ colleges. It is not necessary to have tough schedules for 6 days a week, either they can organize various training programs and let their students relax, or they can give them days off in between to cater their physical activities.

Personal Recommendations

Change can be brought on within itself, and every footballer should look after themselves by going to the gym, attending swimming sessions and practising sprinting and kicking in few MMA stunts. This does not necessarily means all should be practised at once, all of them can be done one by one when taken one step at a time, and if a person is motivated themselves, no one can harm or affect them at any cost. So, if one has true ability to be an Elite football player, one should act upon it and do best to change where they are stuck. Hence, nutrition, training and rest are the most important aspects which have to be done just right, and without any compromises.

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