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Agility of high and low achievers male hockey players of Banaras Hindu University: A comparative

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Abstract

The purpose of the study was to find out the significance difference between high and low achieves male hockey players of Banaras Hindu University in relation to agility. The subjects of the study were randomly selected from Banaras Hindu University, who were given trail for physical fitness in university. At the time of procuring data, subjects were giving trials at Banaras Hindu University for collecting their physical fitness standard. Data were collected for agility with the help of shuttle run and One minute angular passing and receiving test was used for measuring high and low achieve male hockey players. To find out significant difference between high and low achiever male hockey player's t-test was applied. The analysis of data revealed insignificant difference between the between high and low achieve male hockey players of Banaras Hindu University in relation to Agility.

Keywords: Agility, high achiever, low achiever.

1. Introduction

Hockey-like games involving sticks and balls have been played for thousands of years. Historical records show that a crude form of hockey was played in Egypt 4,000 years ago and in Ethiopia around 1,000 BC. Various museums offer evidence that a form of the game was played by Romans, Greeks and by the Aztec Indians of South America several centuries before Columbus landed in the New World.

A player trying to improve field hockey fitness should first work on running. The majority of a field hockey game is spent in motion, especially for forward players. An hour or more of running can be very rough on players who are out of shape. Even those who can run for a long time may not be very fast. Running is easy to do on one's own, and can improve overall field hockey fitness. To get maximum benefits, an athlete should mix in both long-distance running for endurance and sprinting for speed and quickness. It is important to have excellent endurance when running, and to be able to push one's body to great speeds. When running for field hockey, it is important to vary speed and to change one's path sporadically. This mimics how a game is played. Flexibility and agility are also important for a player's field hockey fitness. Field hockey players need to be able to change directions quickly and manoeuvre themselves around other players. Drills that require quick and precise movements, such as doing grapevines or ladder drills, can improve these skills. Also, having the speed and strength needed to perform field hockey moves is worth very little on the field if they cannot be performed skilfully. In this case, field hockey fitness is all about practicing a move in order to make it physical rather than mental knowledge, like an automatic reaction.

1.1 Objective of the study

To find out the difference between high and low achieves male hockey players of Banaras Hindu University in relation to agility.

2. Methodology

2.1 Selection of Subjects

For the present study 40 Sample were selected from Banaras Hindu University, Varanasi, 19 subjects were high achievers and 21 subject low achievers. The age range of Subjects were 17-25 years. Prior consent from the subject as well as permission from the concerned authorities

of the university was obtained. The purpose of the study was explained to the university authorities and the subjects who in turn agreed voluntarily to undergo the testing programme.

2.2 Selection of variables

Keeping the feasibility criterion in mind, the researcher selected the following variables for the present study:

- a. Agility
- b. Performance

2.3 Criterion Measures

The following criterion measures were under taken for the purpose of the study:

- Shuttle run test was used for measuring agility.
- One minute angular passing and receiving test was used for measuring performance of male hockey players to determine the high and low achievers

2.4 Statistical Analysis

To find out the significance difference between high and low achieves male hockey players of Banaras Hindu University in relation to agility t-test was calculated and the level of significance was checked at .05 levels.

3. Result of the Study

Table 1: Level wise Mean, SD and t-Value of male Hockey Players on agility

Level	N	Mean	SD	t-value
High Skill Performance	19	9.562	0.697	.796
Low Skill Performance	21	9.344	0.990	

Tabulated t-value required to be significant at (38) = 2.02

From table 1, it can be seen that the calculated t-value (0.796) is less than the tabulated t-value (2.02), so there is no significant difference between the agility of High & Low achievers of male hockey players from Banaras Hindu University, Varanasi.

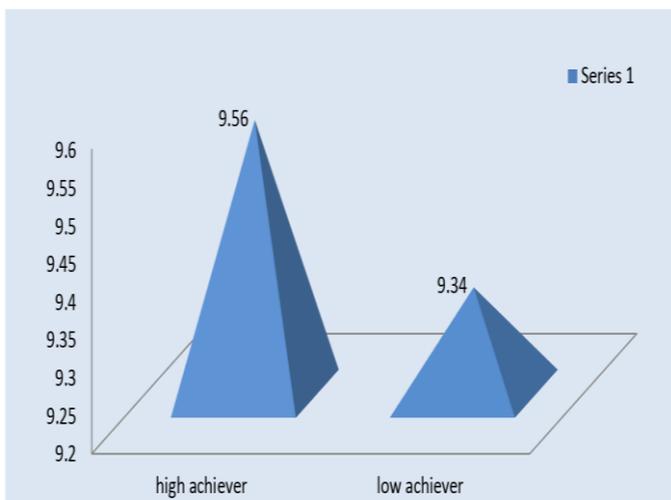


Fig 1: Graphical representation of mean values of agility of low and high achievers male hockey players

4. Conclusion

On the basis of the result of the study, it can be concluded that there is no significant difference between the agility of High and Low Achievers of Male Hockey Players. The result in general supports that the agility of High and Low Achievers of Male Hockey Players is similar in all the conditions.

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