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## Comparison of agility among basketball players and volleyball players of Nagpur District in Maharashtra State

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### Abstract

The aim of the present study is to find the agility among Basketball players and Volleyball players of Nagpur District in Maharashtra State. The sample for the study consists of 15 male Volleyball players and 15 Male Basketball players from Nagpur District between the age group of 18-22 years. To assess the agility the Shuttle Run Test is conducted by the Technical Officials. The results of the study show that the Basketball players have good agility compare to Volleyball players. It is recommended that this study is help to coaches to prepare the conditioning Program to improve the agility among Basketball and Volleyball players.

**Keywords:** Basketball players, volleyball players, agility, conditioning etc.

### Introduction

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (approximately 9.4 inches (24 cm) in diameter) through the defender's hoop (a basket 18 inches (46 cm) in diameter mounted 10 feet (3.048 m) high to a backboard at each end of the court), while preventing the opposing team from shooting through their own hoop. A field goal is worth two points, unless made from behind the three-point line, when it is worth three. After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one, two or three one-point free throws. The team with the most points at the end of the game wins, but if regulation play expires with the score tied, an additional period of play (overtime) is mandated.

Players advance the ball by bouncing it while walking or running (dribbling) or by passing it to a teammate, both of which require considerable skill. On offense, players may use a variety of shots – the layup, the jump shot, or a dunk; on defense, they may steal the ball from a dribbler, intercept passes, or block shots; either offense or defense may collect a rebound, that is, a missed shot that bounces from rim or backboard. It is a violation to lift or drag one's pivot foot without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling.

The five players on each side fall into five playing positions. The tallest player is usually the center, the second-tallest and strongest is the power forward, a slightly shorter but more agile player is the small forward, and the shortest players or the best ball handlers are the shooting guard and the point guard, who implement the coach's game plan by managing the execution of offensive and defensive plays (player positioning). Informally, players may play three-on-three, two-on-two, and one-on-one.

Invented in 1891 by Canadian-American gym teacher James Naismith in Springfield, Massachusetts, in the United States, basketball has evolved to become one of the world's most popular and widely viewed sports. The National Basketball Association (NBA) is the most significant professional basketball league in the world in terms of popularity, salaries, talent, and level of competition (drawing most of its talent from U.S. college basketball). Outside North America, the top clubs from national leagues qualify to continental championships such as the Euro League and the Basketball Champions League Americas. The FIBA Basketball World Cup and Men's Olympic Basketball Tournament are the major international events of the sport and attract top national teams from around the world.

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Each continent hosts regional competitions for national teams, like Euro Basket and FIBA Ameri Cup.

The FIBA Women's Basketball World Cup and Women's Olympic Basketball Tournament feature top national teams from continental championships. The main North American league is the WNBA (NCAA Women's Division I Basketball Championship is also popular), whereas the strongest European clubs participate in the Euro League Women.

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996 Summer Olympics. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball.

The complete set of rules is extensive, but play essentially proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus, losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

- Causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;
- Catching and throwing the ball;
- **Double hit:** Two consecutive contacts with the ball made by the same player;
- Four consecutive contacts with the ball made by the same team;
- **Net foul:** Touching the net during play;
- **Foot fault:** The foot crosses over the boundary line when serving or under the net when a front-row player is trying to keep the ball in play.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, specialized player positions, and offensive and defensive structures.

### History

In December 1895, in Holyoke, Massachusetts (United States), William G. Morgan, a YMCA physical education director, created a new game called Mintonette, a name derived from the game of badminton, as a pastime to be played (Preferably) indoors and by any number of players. The game took some of its characteristics from other sports such as baseball, tennis and handball.] Another indoor sport, basketball, was catching on in the area, having been invented just ten miles (sixteen kilometres) away in the city of Springfield, Massachusetts, only four years before. Mintonette was designed to be an indoor sport, less rough than basketball, for older members of the YMCA, while still requiring a bit of athletic effort.

The first rules, written down by William G. Morgan, called for a net 6 ft 6 in (1.98 m) high, a 25 ft × 50 ft (7.6 m × 15.2 m) court, and any number of players. A match was composed of nine innings with three serves for each team in each inning,

and no limit to the number of ball contacts for each team before sending the ball to the opponents' court. In case of a serving error, a second try was allowed. Hitting the ball into the net was considered a foul (With loss of the point or a side-out)—except in the case of the first-try serve.

After an observer, Alfred Halstead noticed the volleying nature of the game at its first exhibition match in 1896, played at the International YMCA Training School (now called Springfield College), the game quickly became known as volleyball (it was originally spelt as two words: "volley ball"). Volleyball rules were slightly modified by the International YMCA Training School and the game spread around the country to various YMCAs.

In the early 1900s Spalding, through its publishing company American Sports Publishing Company, produced books with complete instructions and rules for the sport.

### Methodology

The sample for the present study consists of 15 Male Basketball and 15 Male Volleyball players of Nagpur District between the age group of 18 to 22 years. To assess the agility the Shuttle Run Test is conducted by the Technical Officials

### Agility Shuttle Run Test

This test describes the procedure as used in the President's Challenge Fitness Awards. The variations listed below give other ways to perform this test.

**Purpose:** This is a test of speed and agility, which is important in many sports.

**Equipment Required:** Wooden blocks, marker cones, measurement tape, stopwatch, non-slip surface.

**Procedure:** This test requires the person to run back and forth between two parallel lines as fast as possible. Set up two lines of cones 30 feet apart or use line markings, and place two blocks of wood or a similar object behind one of the lines. Starting at the line opposite the blocks, on the signal "Ready? Go!" the participant runs to the other line, picks up a block and returns to place it behind the starting line, then returns to pick up the second block, then runs with it back across the line.

**Scoring:** Two or more trials may be performed, and the quickest time is recorded. Results are recorded to the nearest tenth of a second.

### Results and Discussion

The results of the study show that the Basketball players have good agility compared to Volleyball players.

### Independent Sample Test

Comparison of Agility among Basketball players and Volleyball players

**Table 1:** Showing Comparison of Agility among Basketball players and Volleyball players

Agility	N	Mean	Std. Deviation	t	Sig.
Volleyball players	15	13.78	1.11	1.79	0.083
Basketball players	15	13.14	0.823		

In Table 1 the Mean Values of Basketball players in Shuttle Run is 13.14 and Volleyball players is 13.78 The Standard Deviation on Basketball players is 0.823 and Volleyball players is 1.11 and t is 1.79 and significance is 0.083.

The Mean values of Basketball players in Shuttle Run is 13.14 and Volleyball players is 13.78 in Shuttle Run. Hence the Basketball players are having good agility compare to

Volleyball players. Basketball players move fast in basketball court. They dribble, pass and shoot basketball so fast.

### **Conclusion**

It is concluded that the Basketball players are having good agility because they require good movements and agile to perform well.

### **Recommendations**

Similar Studies can be conducted among females and in other sports and games. This study is useful to the coaches to prepare the Conditioning Programs to improve their skills in Basketball and Volleyball.

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