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## Assessment of Motor Fitness Variables between Football Boys and Girls Players of Haryana

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### Abstract

The present study was an attempt to evaluate the degree of motor fitness variables between football boys and girls players of haryana. To carry out this study, 50 football players 25 (boys) and 25 (girls) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Sirsa district of Haryana. Only speed, agility and flexibility were used to measure the motor fitness variables. To assess the significance of differences between the means in case of significant t-values'' test was applied. The level of significance was 0.05.

**Keywords:** Motor fitness variables, Football, Haryana.

### Introduction

The term motor ability was introduced, which referred to the overall proficiency in performing a wide range of sports related tasks. To increase the accuracy of the prediction, test batteries were designed on the premises that certain motor abilities such as agility, balance, co-ordination, endurance, power, speed and strength were the basic of physical performance. An athlete's motor fitness is a combination of five different components, each of which is essential for high levels of performance.

Motor fitness, also termed motor ability refers to a person's performance abilities as affected by the factors of agility, balance, speed, explosive strength, and flexibility Motor Fitness refers to the ability of an athlete to perform successfully at their sport. The components of motor fitness are agility, balance, power, speed, reaction time etc. Motor fitness might be referred as an efficient performance in such basic requirements as running, jumping, dodging, climbing, swimming with sustained efforts in variety of situation and therefore, would involve such element as power, agility, speed, balance. "Motor fitness is the final criterion through which all other elements of physical fitness or total fitness are seen and measured in man. Importance of motor fitness can be described in these words that "motor fitness and competitive performance go hand in hand with athleticism."

### Objective of the study

1. To compare the speed one of the motor fitness component between football boys and girls players of Haryana.
2. To compare the agility one of the motor fitness component between football boys and girls players of Haryana.
3. To compare the flexibility one of the motor fitness component between football boys and girls players of Haryana.

### Method and Procedure

#### Selection of subjects

To carry out this study, 50 football players (25 boys and 25 girls). The age limit of players was ranged between 10 to 15 years. The sample was collected from Sirsa district of Haryana.

#### Selection of variables

Out of the three test items, the following three were selected for this study:

1. 30 meter run test – To measure speed
2. Zig- Zag Run Test- To measure agility

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### 3. Forward bend and reach test – To measure flexibility

#### Statistical Techniques

Mean and standard deviation were calculated in order to study the motor fitness variables of the boys and girls football players of Haryana. To assess the significance of differences between the means in case of significant “t-values” test was applied. The level of significance was 0.05.

#### Results and Interpretation

**Table 1:** Comparison of motor fitness components between the Haryana's Boys and Girls Football players

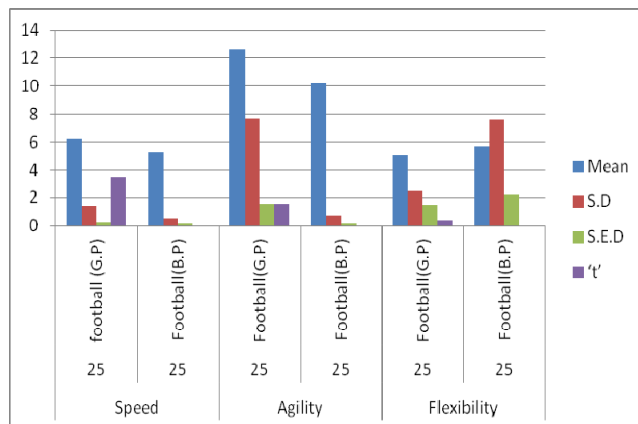
Variable	N	Game	Mean	S.D	S.E.D	't'
Speed	25	football (G.P)	6.22	1.39	0.27	3.47
	25	Football(B.P)	5.21	0.56	0.11	
Agility	25	Football(G.P)	12.57	7.63	1.52	1.54
	25	Football(B.P)	10.20	0.75	0.15	
Flexibility	25	Football(G.P)	5.02	2.47	1.51	0.406
	25	Football(B.P)	5.69	7.58	2.20	

#### Significant at 0.05 level

The findings of the study in relation to Speed showed that the football boy's players of Haryana had better speed in comparison to the football girl's players of Haryana. This may be attributed to the fact that speed plays an important role in the performance of football players of Haryana.

The findings of the study in relation to agility showed that the football girls' players of Haryana had better agility in comparison to the football boy's' players of Haryana. This may be attributed to the fact that agility plays an important role in the performance of football players of Haryana.

The finding of the study in relation to flexibility showed that the football Boy's players of Haryana had better than the football girls' players of Haryana. This may be attributed to the fact that flexibility plays an important role in the performance of football players of Haryana.



**Graph 1:** Graphical representation of motor fitness components between the Haryana's Boys and Girls Football players

#### Conclusion

- Football boy's players of Haryana had better speed in comparison to the Football girls' players of Haryana.
- Football girls' players of Haryana had better agility in comparison to the football girls' players of Haryana
- Football boy's players of Haryana had better flexibility than the football girls' players of Haryana.

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