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## Comparison of agility volleyball and basketball players

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### Abstract

The purpose of the study was to compare the agility between volleyball and Basketball players. Twenty Volleyball and basketball, female players were taken as the subjects for the study respectively from Vijayapur region. The age group of the subjects was ranged from (14-17) years. To measure agility between volley ball & basketball players, SEMO AGILITY TEST was conducted on the subjects of present study. The data collected were subjected to descriptive statistics and students "t" test and level of significance was set at 0.05 level. There was no significant difference found on agility between volley ball and basketball players.

**Keywords:** Basket ball players, volley ball players, agility & some test

### 1. Introduction

In Volleyball and Basketball Jumping Ability also a most important movement for attacking as well as defensive players. In case of volleyball in the row must be blocking position ready to jump or move each time the opponent touches the ball. In the time of attack horizontal and diagonal footwork normally fills this position and simultaneously a vertical jump also needed to obstruct or defense the ball which is passed by the opponents. On the other hand in basketball also any type of attack or lay-up shot horizontal and diagonal footwork are needed and simultaneously a vertical jump are requires to push up the ball towers the basket. The game of volleyball and basketball required agility, which influence the performance of the game. That is why it is important to compare of agility between volleyball and basketball players.

### 2. Methodology

In order to compare the agility between volleyball and basketball players, thirty volleyball (N=30) & basketball (N=30) female players were taken as the subjects for the study respectively from Vijayapur region. Thus total number of subjects were (N=60) sixty only. The age group of the subjects was ranged from (14-17) years. To measure agility between volleyball and basketball players, SEMO AGILITY TEST was conducted on the subjects for present. the collecting data were calculated by using descriptive statistic and student "t" test and level of significance was set at 0.05 level, after that the conclusion drawn in the basis of the findings.

#### 2.1 Mean, SD and "t" test on agility between volleyball and basketball players

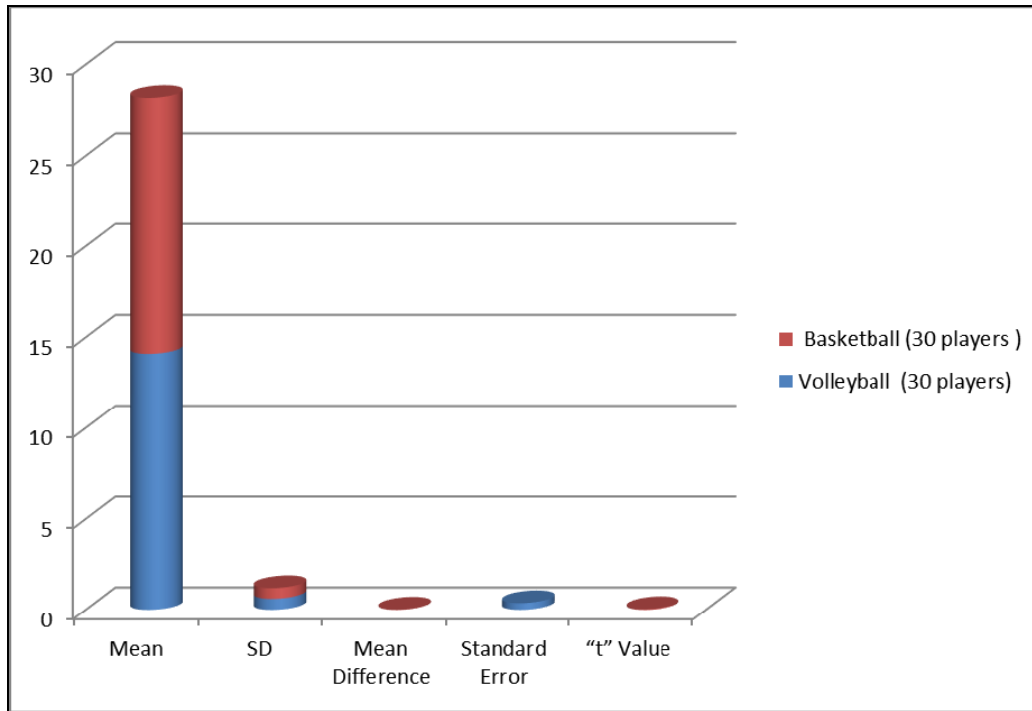
Group	Mean	SD	Mean Difference	Standard Error	"t" Value
Volleyball (30 players)	14.09	.608	0.016	0.372	0.043
Basketball (30 players)	14.08	.592			

Significance at 0.05 level, t 0.05(58)

From this findings clearly revealed that no significant difference exist on agility between volleyball and basketball players, as because Cal "t" value (0.043) is lower than Tab "t" 0.05 (58) value (1.67). Men of agility of volley Ball players were better than basketball players.

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### 3. Results

To find out the Agility of school level volleyball and basketball and respectively. For the analysis on the subjects represented volleyball and basketball respectively. For the present study, data were collected on agility between volleyball and basketball players: student "t" test was applied. The mean and standard deviation of obtained data belonging to motor fitness item of agility as measured by SEMO AGILITY TEST of volleyball and basketball players have presented following table.

### 4. Discussion Conclusion

Within the limitation of the present study the following conclusions were drawn on the basis of obtaining results:-

#### 4.1 Conclusion

In this study there was no significant difference on agility on between volleyball and basketball players. Basketball and volleyball in case of both game agility is omnipotent and both case moves are more over same so the researcher thinks that's why this present study find no significant difference between volleyball and basketball. Volleyball and basketball some time horizontal and diagonal movement with jump or horizontal jump and agility are there. Volleyball and basketball players need a special quality of agility. both the games requires a high degree of running maneuverability total body agility so that the players is able to gain good court position and compete with his /her opponents on both offensive and defensive man oeuvres. Also, it requires fast acceleration in order to be able to sprint to advantageous position while attacking and counter- attacking.

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