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Aejaz Hassan
Ph. D Research Scholar of
Physical Education & Sports
Sciences Annamalai University,
Tamil Nadu, India

Dr. PV Shelvam
Ph. D Research Scholar of
Physical Education & Sports
Sciences Annamalai University,
Tamil Nadu, India

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A study on speed among male netball players and volleyball players of Annamalai University

Aejaz Hassan and Dr. PV Shelvam

Abstract

The main aim of the present study is to compare the speed among male Netball Players and Volleyball Players of Annamalai University. Twenty male netball and twenty male Volleyball players were randomly selected for this study. The 50 Meters Run Test is used to measure the speed among Netball Players and Volleyball Players. This present study is limited to the Male Netball Players and Volleyball Players of Annamalai University. The results revealed that Netball players have good speed as compared to Volleyball players. The further findings show that the speed training is better among Netball Players than Volleyball players.

Keywords: Speed, Netball and Volleyball

Introduction

Speed is actually a performance prerequisite to do motor actions under given conditions in a short period of time. Speed is very quick movement of a limb, whether it may be the legs of a runner or the arm of the shot putter. Speed is an important part of every sport and can be combined as maximum speed, elastic strength (power) and also speed endurance (Ram 2012) [1]. Speed is the ability to execute any work in the minimum possible time. Speed is actually a nervous system controlled property. It can be influenced only to a limited extent and cannot be improved to an extent like strength and endurance (Sreedhar 2007) [4]. The definition of a speed given by scientific standpoint is simply distance/time, but this is rather simplistic view of speed. A more accurate definition of speed is that: it is the ability to move as fast as possible, through the optimal range of motion, in a deliberate and intentional manner, in particular direction. Speed is not just measured on how fast a person is either; there are several components of measurement that give a complete picture of a player's speed (Reddy 2012) [7].

Netball: It is played by two teams of seven players with specialist positions. The aim is to keep or gain possession of the ball, passing it between team members down the court to the scoring area (Milies 1981) [3]. Netball is an international sport, based on running, throwing and catching. Traditionally netball is played by both women and men. But men's netball is becoming increasingly popular. It is played in rectangle court and game netball consists of four quarters of 15 minutes each, and an interval of three minutes between the first/second and third/fourth quarters and an interval of 5 minutes at half time. Teams change end each quarter (Deepla 2012) [2].

Volleyball: Volleyball is an exciting and challenging sport that has developed into a premier interscholastic and professional spectator event. The game requires the highest levels of speed, agility, power, concentration and team work. Volleyball is one of the most popularly played games in the world. It is the game of power agility as well as speed (Taware 2013) [6]. Volleyball, an extremely popular team sport, belongs to a group of receiving sports/played on teams. Two teams stand on opposite sides of a court divided into two equal parts by a net. The standard court dimensions (9m × 18m), net height (2.24m for women and 2.43m for men), and the number of players ("6 on 6"). The game is played to win points, sets and finally the match (Kumar, 1999) [8].

Correspondence
Aejaz Hassan
Ph. D Research Scholar of
Physical Education & Sports
Sciences Annamalai University,
Tamil Nadu, India

Methodology

AIM: The main of the present study is to find out the Speed between Male Netball players and male Basketball players.

Sample

The sample for present study consists of 20 Male Netball players and 20 Male Basket Ball players between the age group of 20 to 25 years of Annamalai University.

Tools

50 Meter Run is used to collect the data for speed.

Limitations

The present study is limited to male Netball and Volleyball players of the Annamalai University. 50 Meters Run is chosen for the study to find out the speed among Netball and Volleyball Players.

Procedure for Data Collection

In this study Netball and Volleyball Players are made to run 50 Meters in each batch of two members. The timing is taken by the investigator at ground of Annamalai University.

50 Meters Run

Purpose: The main purpose of the present study is to measure the speed among the male Netball and male Volleyball

players of Annamalai University.

Equipment: Two stop watches or one with a split second timer.

Description

It is preferable to administer this test to two players at same time. Both Netball Player and Volleyball player have to take standing start position behind the starting line. The investigator will use the command on your marks after than gun will be fired and both the players can start running.

Rules

The starter can take any position behind the starting line. On the command on your marks and gun will be fired the student runs as fast as he can across the finishing line. Do not slow up until you can reach to the finish line. Then they may down slow gradually.

Scoring

The score is the elapsed time to the nearest 10th of a second between the starting signal and the instant the student crosses the finish line.

Results

Test items	Group	N	Mean	Std. Deviation	St. error mean	MD	t-value	df
50 Meters run	Netball	20	7.110	1.990	0.460	1	1.631	38
	Volleyball	20	6.110	1.740	0.410			

Discussion

It was found that mean scores of Netball is (7.11), Sd (1.99), St. error mean (0.46) on the other hand mean scores of Volleyball is 6.11, Sd 1.74, St. error mean 0.41. The mean difference is (1), t value is (1.63). It was found that mean of Netball is high than volleyball, so Netball players are having good speed as compared to Volleyball players because Netball players are running in the court and Volleyball players are only playing in court

Conclusions

In the present study is concluded that Netball Players are having good speed as compare to the Volleyball Players. Volleyball players need more speed training as compared to Netball players to enhance the performance.

Recommendations

The similar studies can be conducted on Female Netball and Volleyball players and also on different sports and games.

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