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A comparative study of explosive strength among volleyball and kho-kho players of Nagpur district, Maharashtra

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Abstract

Volleyball, game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface—that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net. The aim of the present study is to find out the Explosive Strength among Volleyball players and Kho-Kho players of the Nagpur district in Maharashtra. The sample for the study consists of 20 Volleyball players and 20 Kho-Kho players of Nagpur district between the age group of 20-22 Years. To assess the explosive strength the Standing Broad Jump Test is conducted by the Technical Officials of Athletics. The results of the study shows that the Volleyball players are good in explosive strength and than Kho-Kho players. Volleyball players combines ball skills with the agility and acrobatic moves of gymnasts and the instinctive reflexes of competitive badminton Players. Kho-Kho players conditioning has become the more specific and scientific and explosive strength is very important for Kho-Kho players. It is concluded that the Volleyball players are good in explosive strength because they require good jumping ability to hit the ball and Kho-Kho players are also require agility and explosive strength to run and chase the opponent players.

Keywords: Explosive strength, volleyball, kho-kho, standing broad jump test, etc.

Introduction

Volleyball was invented in 1895 by William G. Morgan, physical director of the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts. It was designed as an indoor sport for businessmen who found the new game of basketball too vigorous. Morgan called the sport "mintonette," until a professor from Springfield College in Massachusetts noted the volleying nature of play and proposed the name of "volleyball." The original rules were written by Morgan and printed in the first edition of the Official Handbook of the Athletic League of the Young Men's Christian Associations of North America (1897). The game soon proved to have wide appeal for both sexes in schools, playgrounds, the armed forces, and other organizations in the United States, and it was subsequently introduced to other countries.

In 1916 rules were issued jointly by the YMCA and the National Collegiate Athletic Association (NCAA).

The first nationwide tournament in the United States was conducted by the National YMCA Physical Education Committee in New York City in 1922. The United States Volleyball Association (USVBA) was formed in 1928 and recognized as the rules-making, governing body in the United States. From 1928 the USVBA— now known as USA Volleyball (USAV)—has conducted annual national men's and senior men's (age 35 and older) volleyball championships, except during 1944 and 1945. Its women's division was started in 1949, and a senior women's division (age 30 and older) was added in 1977. Other national events in the United States are conducted by member groups of the USAV such as the YMCA and the NCAA.

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Kho-Kho, traditional Indian sport, a form of tag, that is one of the oldest forms of outdoor sport, dating back to prehistoric India. Kho-Kho is a traditional Indian sports game, being one of the oldest outdoor sports dating back to ancient India. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. Kho-kho is played by two teams, with twelve nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and three extra (Defending Team) who try to avoid being touched by members of the other opposing team.

The sport is widely played across South Asia, and also has a strong presence in the regions outside South Asia, such as South Africa and England. It is played most often by school children in India and Pakistan and is a competitive game. It is a sport that helps to increase stamina and aids in motor, social, and mental development of school children.

The Kho-Kho playing field—which can be placed on any suitable indoor or outdoor surface—is a rectangle 29 metres (32 yards) long and 16 metres (17 yards) wide with a vertical wooden post at either end of the field. Each Kho-Kho team consists of 12 players, but during a contest only 9 players from each team take the field. A match consists of two innings. In an innings, each team gets seven minutes for chasing and seven for defending. Eight members of the chasing team sit in eight squares in the central lane of the field, alternating in the direction they face. The ninth member is the active chaser (sometimes referred to as the attacker), who begins his pursuit at either of the posts. The active chaser “knocks out” an opponent by touching that person with the palm of the hand. The defenders (also called runners) try to play out the seven minutes, avoiding being touched by the chaser while not moving out of the field’s boundaries. Runners enter the chase area (known as the rectangle) in batches of three. As the third runner leaves, the next batch of three must enter the rectangle. Runners are declared “out” when either they are touched by the active chaser, they drift out of the rectangle, or they enter the rectangle late. The active chaser can get any chasing-team member, sitting crouched in one of the squares in the centre of the field, to take over and continue the chase by tapping him on the back with the palm and saying “kho” loudly. The chase is built up through a series of “khos” as the chasers continue their pursuit in a relay manner.

Methodology

The sample for the present study consists of 20 male Volleyball players and 20 male Kho-Kho players of Nagpur District between the age group of 20 to 22 Years of Maharashtra State. To assess the explosive strength the Standing Broad Jump Test is conducted by the qualified Technical Officials of Athletics.

Standing Broad Jump

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power.

Purpose: To measure the explosive power of the legs equipment required: tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial Long Jump Landing Mats are also available. The takeoff line should be clearly marked.

Procedure: The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the

knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards.

Scoring: The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts. Attempts are allowed.

Results and Discussion

The results of the study shows that the Volleyball players are good in explosive strength compare to Kho-Kho players. The players of both games need good explosive strength and agility in order to perform better.

Table 1: Showing the Mean values and Independent Samples Test of Standing Broad Jump between Volleyball and Kho-Kho Players

Variables	Group	Mean±SD	t	P - Value
Standing Broad	Volleyball players	2.30±0.157		
Jump			3.55	0.001
	Kho-Kho players	2.26±0.159		

*Significant at 0.05 level

In Table 1 the mean values of Volleyball players in Standing Broad Jump is 2.30 and Kho-Kho players is 2.26. The Standard Deviation on Volleyball players is 0.157 and Kho-Kho players is 0.159 and t is 3.55 and P-Value is 0.001

The Mean values of Volleyball players in Standing Broad Jump is 2.30 and Kho-Kho players is 2.26 in Standing Broad Jump. Hence the Volleyball players are having good explosive strength compare to Kho-Kho players. Volleyball players uses arm strength to hit the ball, hence they might be having more explosive strength as compare to Kho-Kho players because they uses their arm strength more than Kho-Kho players and Kho-Kho players need good agility and explosive strength while running and chasing opponent players.

Conclusion

It is concluded that the Volleyball players are good in Explosive strength because they require good jumping ability to hit the ball and Kho-Kho players are also require the explosive strength. Volleyball combines ball skills (Hitting, Smashing, Sets, Spikes etc.) with the agility and acrobatic moves of gymnasts and the instinctive reflexes of competitive badminton players.

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