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Comparative study of agility between the soccer and handball players

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Abstract

The motive of this study is to examine the agility between soccer and handball players. For purpose of this study Sixty Subjects were selected. Which consist of thirty of soccer Players and thirty of handball players who have been the age of above 20 and all of them are from the S.B. P.G. Collage in Baragoan Babatpur Varanasi. The agility has checked by “shuttle run, squat thrust, facet step check, Seemo agility take a look at, Boomerang check, dodging run agility check and Haxagon run agility test” are conducted. The statistical evaluation used to test the records is suggested as mean and widespread deviation. The researcher had adopted the simple random method of sampling for the Selection of subjects. The ‘t’- test has applying to discover the evaluation of agility between variables of Soccer and Handball gamers. There may be no sizable distinction discovered, the value of Calculated ‘t’ = 1.475, is much less than tabulated ‘t’ =2.000.

Keywords: Soccer, handball and agility

Introduction

Soccer is quite easy, the most famous sports activities within the world, a sport in which humanity comes alive with one goal. It evokes and enthuses hundreds of thousands upon hundreds of thousands of people all over the World.

Soccer is requiring the highest tiers of physical fitness, technical ability, braveness, Staying power and agility etc. A non-stop method of seeking to deliver the fine out of eleven Players and playing situations. Soccer is a supply of physical sporting activities to diverse parts of The frame. It entails extra time so it is tired game for the younger age businesses. Because this Sport calls for a good deal stamina and activeness their muscle tissue motion.

Handball is one the arena’s oldest sports inside the world. It a very strenuous frame contact group Sport that places heavy emphasis on walking, leaping, running pace and throwing and Requires giant electricity degree to hit, block, push and hold for the duration of game actions. Handball is positioned over 143 nations and by using over 15 million individuals over world. Handball is an athletic High scoring magnificent dynamic and thrilling recreation that requires group work, sped, athleticism, Endurance and health.

Methodology

The principle reason of this take a look at was to evaluate the agility among the soccer and handball Gamers. It was hypothesized that agility of soccer gamers in shuttle run is more than the Handball players.

Selection of the subject

For purpose of this study Sixty Subjects were selected. Which consist of thirty of soccer Players

And thirty of handball players who have been the age of above 20 and all of them are from the S.B. P.G. Collage in Baragoan Babatpur Varanasi.

Sampling method

The topics had been selected by using easy random sampling Method.

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Criterion measures

Following are the criterion measures which had been accountable for collection of information, to trying out the speculation. Squat thrust, shuttle run, facet step check, SEMO agility check, Boomerang run take a look at, dodging run take a look at and hexagon agility test.

Findings

For the present examine, the information changed into accumulated from thirty Soccer and thirty handball gamers of S.B. P.G. Collage in Baragoan Babatpur Varanasi. The stastical effects of the taken from via Soccer and handball players of S.B. P.G. Collage in Baragoan Babatpur Varanasi. The records amassed from the subjects has been statically analyzed and has been shown in separate tables given under. The analysis and the interpretation to the score of soccer and handball players have been presented on this study. To discover comparative distinction of agility among the soccer and handball players t-check was carried out and which is given under.

Table 1: Shuttle run mean, Standard deviation and t-test between soccer and handball players

Group	Mean	S.D.	M.D.	T-test	M.D
Soccer	11.18	0.51	0.31	1.47	58
Handball	10.87	0.45			

*Level of significance = 0.05

Conclusion

Researcher hypothesized that the agility of soccer gamers in Travel run is greater than the handball players. The agility of soccer gamers in commute run is more than the Handball gamers is rejected. Due to the fact difference discovered in t-test a look at Cost is less than tabulated t-check value at 0.05 degree of Self assurance. There may be no sizable distinction discovered, the value Of Calculated 't' = 1.475, is much less than tabulated 't' =2.000.

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