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Auqib Irshad

Research Scholar (M.Phil.),
Department of Physical
Education, Rabindranath
Tagore University, Bhopal,
Madhya Pradesh, India

Dr. Manoj Pathak

Research Scholar (M.Phil.),
Department of Physical
Education, Rabindranath
Tagore University, Bhopal,
Madhya Pradesh, India

A comparative study between the football and handball players of government degree college boy's Baramulla

Auqib Irshad and Dr. Manoj Pathak

Abstract

The purpose of this was to compare the agility among football and handball players. Sixty players from department of physical education and sports authority of India of Govt. degree college boys Baramulla were conducted for this study and they were divided into two groups "football and handball" according to their status of game. The six agility tests "shuttle run, squat thrust, side step test, Seemo agility test, Boomerang test, dodging run agility test and Haxagon run agility test" are conducted. To analyze the scores according to the nature of the tests. The statistical analysis used to test the data is reported as mean and standard deviation. The researcher had adopted the simple random method of sampling for the selection of subjects. The 't'- test was applying to find out the comparison of agility between variables of football and Handball players. The mean and standard deviation values are collected of both the groups. It was found that there is no significant difference in agility among football players and handball players. Both the games are field games in all players need to have a good flexibility, endurance, speed and co-ordination of movements.

Keywords: Agility, football players, handball players

Introduction

Football is quite simple, the most popular sports in the world, a game where humanity comes alive with one goal. It inspires and enthuses millions upon millions of people all over the world. Football is requiring the highest levels of physical fitness, technical skill, courage, endurance and agility etc. A continuous process of trying to bring the best out of eleven players and playing conditions. Football is a source of physical exercises to various parts of the body. It involves more time so it is tired game for the young age groups. Because this game requires much stamina and activeness their muscles movement.

Handball

Handball is one the world's oldest sports in the world. It a very strenuous body contact team sport that places heavy emphasis on running, jumping, running speed and throwing and requires substantial strength level to hit, block, push and hold during game actions. Handball is placed over 143 nations and by over 15 million participants over world. Handball is an athletic high scoring spectacular dynamic and exciting sport that requires team work, sped, athleticism, patience and fitness.

Methodology

The main purpose of this study was to compare the agility between the football and handball players.it was hypothesized that agility of football players in shuttle run is more than the handball players.

Sources of data: Football and handball players Govt. degree college boys Baramulla

Selection of the subject

Sixty subjects were selected for the collection of data. Which include thirty of football players and thirty of handball players who were the age of above 20 and they all are from the Govt degree college boys Baramulla.

Corresponding Author:

Auqib Irshad

Research Scholar (M.Phil.),
Department of Physical
Education, Rabindranath
Tagore University, Bhopal,
Madhya Pradesh, India

Sampling method

The subjects were selected by simple random sampling method.

Criterion measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

Squat thrust, shuttle run, side step test, SEMO agility test, boomerang run test, dodging run test and hexagon agility test.

Findings

For the present study, the data was collected from thirty football and thirty handball players of Govt. degree college boy's Baramulla. The statistical results of the taken from by football and handball players of Govt. degree college boys Baramulla The data collected from the subjects has been statically analyzed and has been shown in separate tables given below. The analysis and the interpretation to the score of football and handball players have been presented in this chapter. To find out comparative difference of agility between the football and handball players t-test was applied and which is given below.

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

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

*Level of significance = 0.05

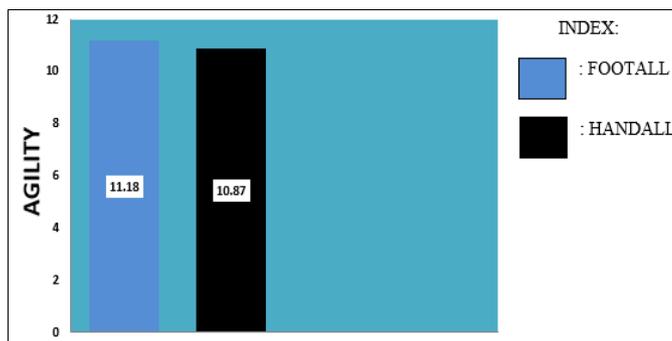


Fig 1: Graphical comparison of shuttle run means between football and handball players

Conclusion

Researcher hypothesized that the agility of football players in shuttle run is more than the handball players.

The agility of football players in shuttle run is more than the handball players is rejected. Because difference found in t-test value is less than tabulated t-test value at 0.05 level of confidence. There is no significant difference found, the value of Calculated 't' = 1.475, is less than tabulated 't' = 2.000.

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