



P-ISSN: 2394-1685

E-ISSN: 2394-1693

Impact Factor (ISRA): 5.38

IJPESH 2021; 8(5): 229-230

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[www.kheljournal.com](http://www.kheljournal.com)

Received: 13-07-2021

Accepted: 26-08-2021

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# International Journal of Physical Education, Sports and Health

## Comparative study of speed and agility between football and hockey players

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### Abstract

The purpose of the study was to compare speed (30m dash) and agility (shuttle run) between football and hockey players of SAI North East Regional Centre, Imphal. Fifty male players (N=50), twenty-five (25) players each from the game of football and hockey, were selected as subjects of the study. The age of the subjects was ranged from 15-20 years. The speed was measured through 30m dash and agility through shuttle run. The 't' test was employed for analysing the data and the hypotheses were tested at 0.05 level of significance. According to our findings, no significant differences were found with regards to speed (30m dash;  $t=1.55$ ) and agility (shuttle run;  $t=0.46$ ) between football and hockey players.

**Keywords:** Speed, agility, football and hockey

### Introduction

Technique of precision and speed of execution are fundamental goals of any athletic movement and are, of course, interrelated. Speed is the ability to achieve high velocity. It is a manifestation of explosive force applied to a specific task but is often incorrectly perceived as independent from strength. Furthermore, agility- the ability to explosively brake, change direction and accelerated again- is more important than simply achieving maintaining high velocity. Agility implies greater involvement of deceleration and ability to reactively couple it with acceleration (Baechle & Earle, 2000) <sup>[1]</sup>. Speed is important for most of the sports, because the majority of athletes must run, move, react, or change direction quickly (Bompa, 2000) <sup>[2]</sup>. Speed is the rate at which a person can propel his body or parts of his body (Johnson & Nelson, 2019) <sup>[4]</sup>.

Agility commonly refers to two separate forms of motors function. It is most important to the capacity of explosively start, accelerate, change direction, and reaccelerate while maintaining body control and minimizing the loss of speed. In this view, agility is crucial in athletics for the reason that movement is often initiated from a multiplicity of body alignment. Therefore athlete needs to be able react with explosive power and quickness from this alignment in bursts of less than 10yards or meters before making a more sports specific skills tests parallel, such as when a quarterback avoids would be tacklers when scrambling while also looking downfield for pass receivers (Cissik & Barnes, 2010) <sup>[3]</sup>. Agility and speed developed at sport specific speeds are unnoticed or acknowledged, limited concentration during small piece of time pre-season. However agility involves vital neural distinction that can be developed with many repetitions. Football and Hockey are team sports, which require maximum speed and agility for a longer duration. Football and hockey is similar in many ways but differ in execution of skills. Football players use all body parts except hands, on the other side hockey stick is used by hockey players and no use of body parts (Titoria & Bisht, 2019) <sup>[6]</sup>.

### Method and Procedure

The purpose of the study was to compare speed (30m dash) and agility (shuttle run) between football and hockey players. The present study was conducted on fifty (50) male football and hockey players of SAI North East Regional Centre, Imphal. The age of the subjects was ranged from 15-20 years.

To find out the significance differences between football and hockey players with regard to speed (30m dash) and agility (shuttle run) 't' test was applied with the help of SPSS software. The level of significances was set at 0.05 level of confidence.

## Results and Findings

For the finding of the significance differences between football and hockey players with regard to speed (30m dash) and agility (shuttle run) are depicted in Table-1.

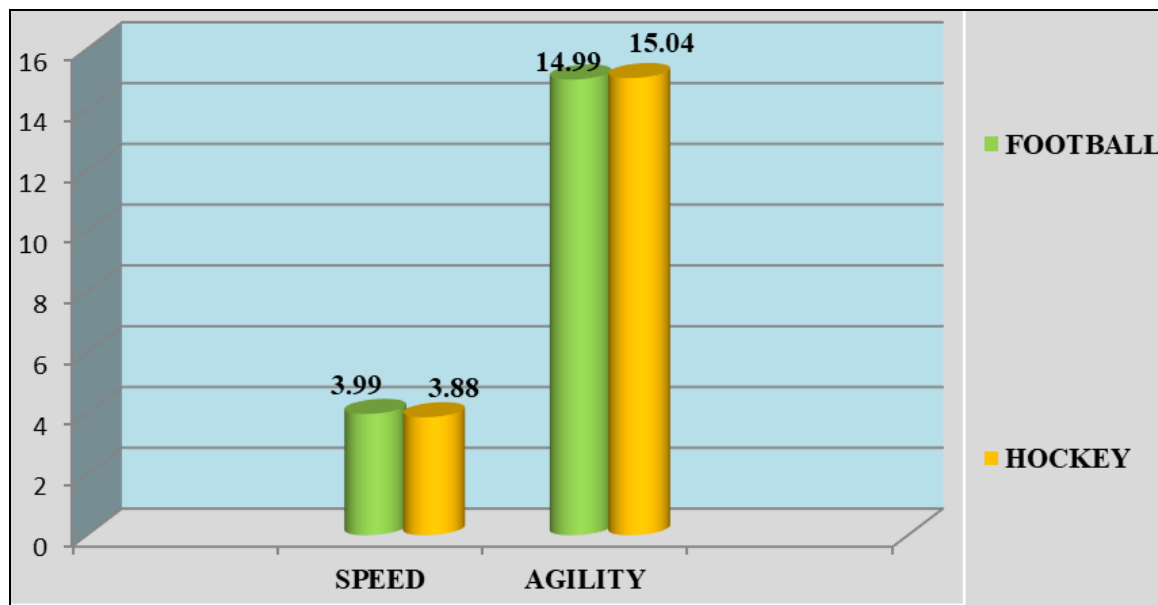
**Table 1:** Comparison of Scores on Speed (30m Dash) and Agility (Shuttle Run) between Football and Hockey Players

Variable	Group	N	Mean	SD	t-value	P-value(sig)
30m Dash (Sec)	Football	25	3.99	0.02	1.55	0.79
	Hockey	25	3.88	0.02		
Shuttle Run (Sec)	Football	25	14.99	0.40	0.46	0.89
	Hockey	25	15.04	0.36		

\*Significant at 0.05

It can be seen from Table-1 that no significant differences were found with regard to speed (30m dash) and agility (shuttle run) between football and hockey players as the t-values were 1.55 & 0.46 and the P-values (sig) 0.79 & 0.89

respectively, which were found higher than 0.05 level of significance ( $p > 0.05$ ). The graphical representation of mean scores of speed (30m dash) and agility (shuttle run) between football and hockey players has been depicted in Figure 1.



**Fig 1:** The Graphical Representation of Mean Scores of Speed (30m Dash) and Agility (Shuttle Run) between Football and Hockey Players

## Discussion of Findings

The findings of study confirmed that there were no significant differences on speed (30m dash) and agility (shuttle run) between football and hockey players. Titoria and Bisht (2019) [6] compared speed and agility among female football and hockey players of LNIPE Gwalior. The results of study showed significant difference in agility and no significant difference in speed between football and hockey players. The study concludes that footballers are more agile than the hockey players. Mandal *et al.* (2016) conducted a study to find out speed and agility between university level cricket and football player. He found that footballers were better than cricketers in speed and in case of agility cricketers were better as compare to footballers.

## Conclusions

In the light of the findings and limitations of the present study the following conclusions were drawn:

- No significant difference was obtained on speed (30m dash) between football and hockey players.
- There was no significant difference found on agility (shuttle run) between football and hockey players.

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