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Comparative study of agility between cricket and football players

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Abstract
The study titled "Comparative Study of Agility between Cricket and Football Players" investigates differences in agility among athletes engaged in two popular sports: cricket and football. Eighty male participants (40 football players and 40 cricket players) aged between 18–25 years from Bharati Vidyapeeth (Deemed to be University), Pune, were selected using a simple random sampling method. The 5-0-5 Agility Test was employed to assess agility. Data were analyzed using mean, standard deviation, and t-test. The findings reveal that cricket players demonstrated slightly higher agility levels compared to football players; however, the difference was not statistically significant at the 0.05 level. The study highlights the importance of sport-specific agility training to enhance performance and reduce injury risk.

Keywords: Agility, cricket, football, 5-0-5 agility test, comparative study, sports performance, motor fitness, conditioning

Introduction
Agility is a fundamental physical attribute that plays a pivotal role in the performance of athletes across various sports. Defined as the ability to move quickly and change direction efficiently while maintaining balance and control, agility integrates speed, strength, flexibility, coordination, and reaction time. In competitive sports such as cricket and football, agility is essential for success, influencing both technical execution and tactical decision-making.

Football, one of the most popular sports worldwide, is characterized by continuous movement, rapid directional changes, and frequent transitions between attacking and defensive play. Players require superior agility to perform dynamic maneuvers, evade opponents, and adapt quickly to unpredictable game situations. In contrast, cricket, often perceived as a sport of intermittent intensity, demands agility in more specialized contexts. Batting, bowling, and fielding all require quick reflexes, rapid acceleration and deceleration, and precise movement adjustments to optimize performance under time-sensitive conditions.

In the current era, sports have evolved beyond recreational activities to highly competitive professions requiring advanced physical and cognitive abilities. With increasing performance expectations, agility has emerged as a critical determinant of athletic success. Understanding agility differences between sports not only aids in designing sport-specific training programs but also contributes to injury prevention, talent identification, and overall performance enhancement.

This study, titled "Comparative study of agility between cricket and football players", seeks to evaluate and compare agility levels among athletes from these two sports using standardized testing protocols. By examining the physiological and biomechanical aspects of agility, this research aims to provide insights that can inform effective conditioning strategies and improve sport-specific performance outcomes.

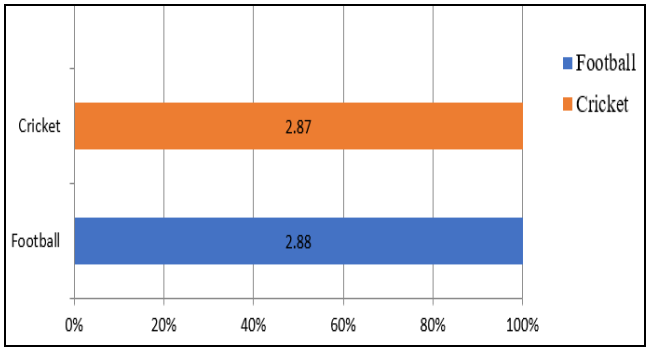
Methodology
The data will be collected on 80 subjects. The schedule of the data collection will be planned in such a way that the daily routine of the time table will not be disturbed.

For the purpose of the present study, the researcher selected 40 Football players and 40 Cricket players of Bharati Vidyapeeth (Deemed to be University), Pune. To compare the agility between them through 505 Agility Test. The researcher had also given the required instruction about test and how to perform and the study aim and purpose to the subject. After collection of data, they were statistically analyzed to draw analytical conclusion of the study.

Table 1: Showing mean value of football and cricket players

S. No	Group	Number of students	Mean
1.	Football	40	2.88sec
2.	Cricket	40	2.87sec

The research work has conducted to find out the comparison of agility between football and cricket players. It is found that the mean value of 40 football players is 2.88 and the value of 40 cricket players is 2.87.

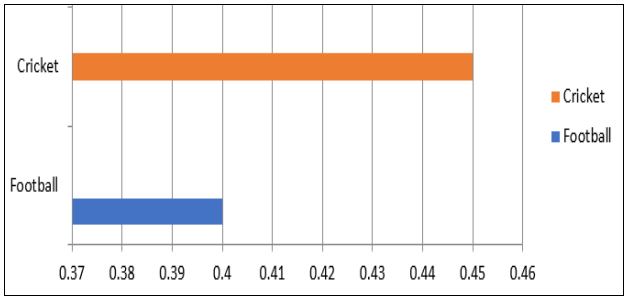


Graph 1: Showing mean value of football and cricket players

Table 2: Showing standard deviation (S.D) value of football and cricket players

S. No	Group	Number of students	S.D
1.	Football	40	0.40
2.	Cricket	40	0.45

The research work has conducted to find out the comparison of agility between football and cricket players. It is found that the standard deviation of 40 football players is 0.40 and the value of 40 cricket players is 0.45.

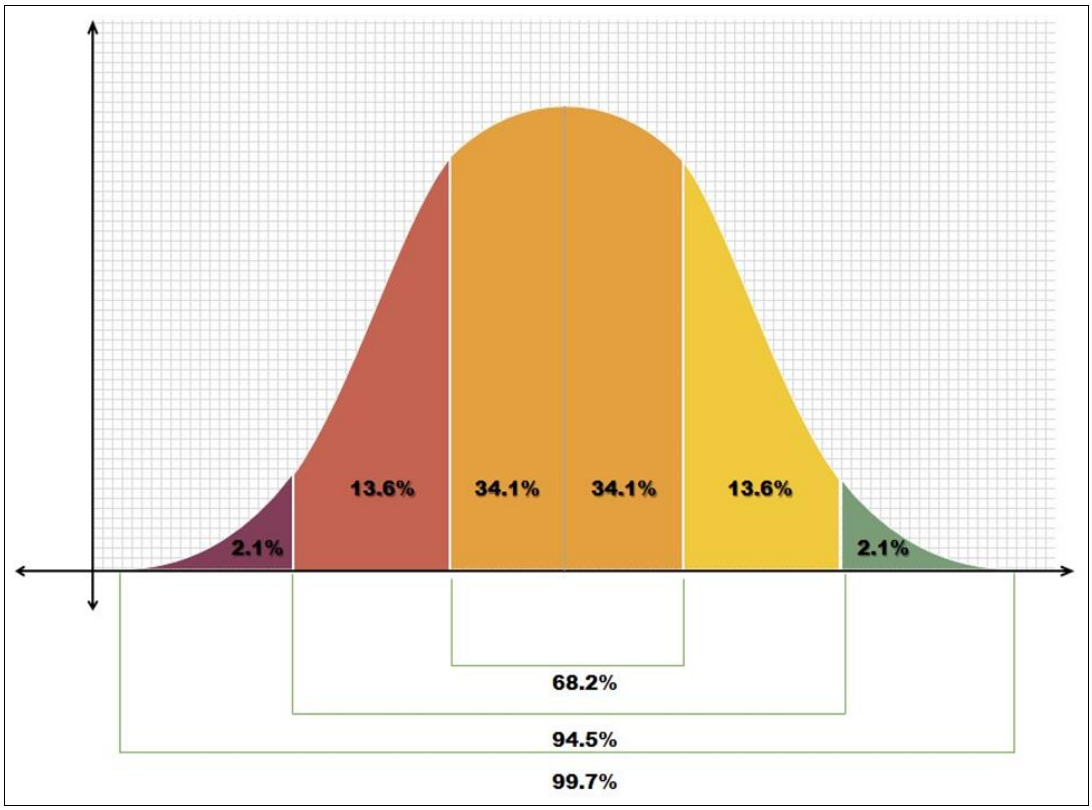


Graph 2: Showing standard deviation (S.D) value of football and cricket players

Table 3: Showing mean, S.D, "t" test value of football and cricket players

S. No	Group	Mean	S.D	"T" Value
1.	Football	2.88	0.40	0.94
2.	Cricket	2.87	0.45	

Level of significance is 0.05, the value of "t" required to be significant at 0.05. From table 3 it reveals that "t" value is 0.9



S. No	Group	-2SD	-1SD	Mean	+1SD	+2SD
1.	Football	2.08	2.48	2.88	3.28	3.68
2.	Cricket	1.97	2.42	2.87	3.32	3.77

Graph 3: Showing overall descriptive statistical analysis of data of football and cricket players

From graph 3 Cricket players show a more significant spread values, ranging from 1.97 to 3.77, while Football players have a narrower range from 2.08 to 3.68. Both areas display a clear trend of increasing values from -2SD to +2SD, with cricket players shows good agility then football players.

Conclusion

The study concludes that cricket players exhibited slightly higher agility levels compared to football players, though the difference was not statistically significant. This may be attributed to cricket's role-specific agility demands, especially in fielding and quick running between wickets. The results emphasize the need for sport-specific agility training programs to optimize performance and reduce injury risk in both sports. Future research should explore larger sample sizes, include female athletes, and incorporate psychological and biomechanical factors to gain deeper insights.

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