



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2016; 1(1): 117-118

© 2016 Yoga

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

Received: 16-05-2016

Accepted: 18-06-2016

**Bilal Ahmad Bhat**

Ara Khushipora Contractual  
Lecturer in Physical Education  
at GHSS Doru, Jammu and  
Kashmir, India

**Mudser Muzafer**

Physical Education Teacher,  
Zikra Educational Institute  
Pulwama, Jammu and Kashmir,  
India

## A critical study of volley ball and football players of Kashmir regarding agility and power

**Bilal Ahmad Bhat and Mudser Muzafer**

### Abstract

The present study is comparative study of under-19 football and volleyball players of Kashmir division. This study is done to compare the agility and power of volleyball and football players of Kashmir division. To facilitate this study male students from different higher secondary schools of Anantnag were selected who had participated in football and volleyball at interzone level. The subjects were selected via purposive sampling. The instruments used were vertical jump test, standing shot throw and Illinois agility run. Data so obtained was analysed by applying t-test. The results showed there is significant difference between power and agility of volleyball and football players. The significance was checked at 0.05 level.

**Keywords:** Volleyball, football, agility, power

### Introduction

These days sports is one of the avenues of mankind's never ceasing strive for excellence. It's uniqueness in the intimacy between the physical happenings of our bodies and their repercussions in our minds as well as in the general recognizability of the social and aesthetic values which sports engender. The highest (absolute) sporting achievements are in way standards of man 'ability, realized in sports at a given moment at it's development. The great enemy of a player is not the opponent but fatigue. The only way to keep this enemy at bay developing maintaining top physical condition.

Physical fitness is the quality of the whole body in terms of the state of adaptation to physical activity. A physically fit person is not over weight, has a strong skelton, has neuro-muscular strength, has strong connective tissues, and has good circulo-respiratory endurance. The physiological components of fitness, that are important for any game are endurance, speed, agility, strength and power.

Agility is the ability to move the body or parts of the body in space in order to change directions quickly and accurately. Agility plays a vital role on games & sports, especially in the field of athletics because when a sports. Participate in games, he has to bring about, a purpose of change in direction and movement with various parts of body. Agility of the body is the ability to change direction quickly and control body movement directions and in response to unexpected circumstance. In simple words we can say.

Agility is the ability to change directions accurately and ability to stop and start and to change directions quickly is much more important than in others. In sports such as basketball, badminton, tennis volleyball and football. Agility is the most important factor. This may be measured by such task as the shuttle run and activities which require change of direction.

Power may be defined as the ability to release maximum force in the shortest possible time. Strength and power is the backbone of all motor abilities required for a football and volley ball player. If the strength is developed all most all the motor qualities developed automatically.

### Methodology

Twenty male Higher Secondary School level players in each game from Football and volleyball of Kashmir division were selected as the subjects for the study on purposive sampling method basis and their age group was under-19 years.

Tools: - The following tests have been used to collect the information in the study personal data was used to physical fitness test and related status of the subject. Standing Shot Put.....

**Correspondence**

**Bilal Ahmad Bhat**

Ara Khushipora Contractual  
Lecturer in Physical Education  
at GHSS Doru, Jammu and  
Kashmir, India

To measure power of upper limbs. Vertical Jump ..... to measure power of lower limbs ..... Illinois Agility Run ..... To measure agility.

For testing the difference between the means of the volley ball and Football of Kashmir division the level of confidence was set at 0.05.

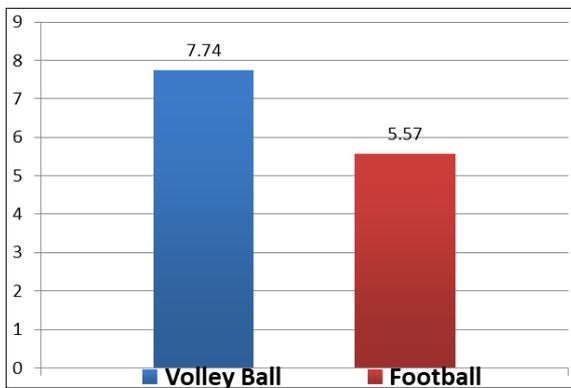
**Results**

**Table 1:** Showing the comparison between the means of volley ball and Football players in Standing Shot put on the basis of ‘t’ ratio

Group	Mean	SD	Mean	SE	Obt.	Reqd	Remarks
Volleyball	7.74	0.83	2.17	0.26	8.35*	2.02	Significant
Football	5.57	0.95					

Significant at 0.05 level of confidence

The mean value of volley ball and Foot ball players in standing shot put is 7.74 and 5.57 respectively. Standard deviation value of volley ball and Foot ball players is 0.83 and 0.95 respectively. Value of ‘t’ is 8.35, ‘t’ value required for significance with 38 degree of freedom is 2.02.



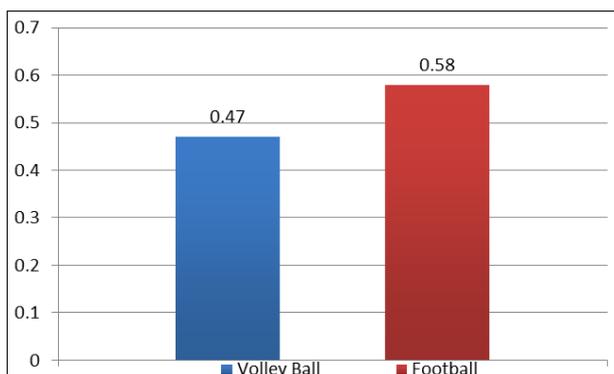
**Graph 1:** showing the difference between the means of standing shot put performance of volleyball and football players of Kashmir division

**Table 2:** Showing the comparison between the means of volleyball and Football players in vertical jump on the basis of ‘t’ ratio

Group	Mean	SD	Mean	SE	Obt.	Reqd.	Remark
Football	0.58	0.14	0.11	0.03	3.67*	2.02	Significant
Volleyball	0.47	0.00					

Significant at 0.05 level of confidence

The mean value of volley ball and Football players is 0.47 and 0.58 respectively. Standard deviation value of volley ball and football players is 0.00 and 0.14 respectively. Value of ‘t’ is 3.67 this value is significant at 0.05 level.



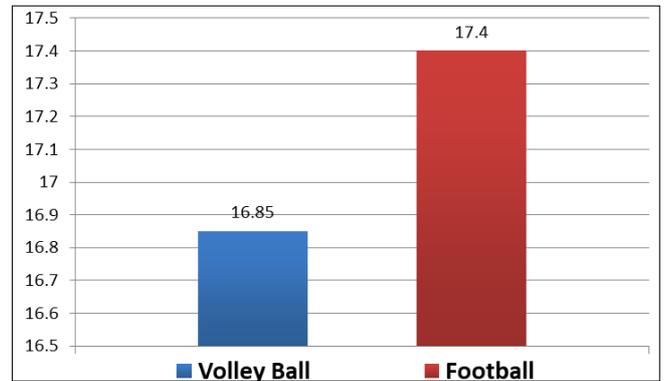
**Graph 2:** Shows the difference between the means of vertical jump performance of volley ball and football players of Kashmir Division

**Table 3:** Showing the comparison between the means of volleyball and football players in Illinois Agility Run on the basis of ‘t’ ratio

Group	Mean	SD	Mean	SE	Obt	Reqd.	Remark
Football	17.4	0.4	16.85	0.12	4.58*	2.02	Significant
Volleyball	16.85	0.3					

Significant at 0.05 level of confidence

The mean value of volley ball and football players in Illinois agility run is 16.85 and 17.4 respectively. Standard deviation value of volley ball and football players is 0.3 and 0.4 respectively. Value of ‘t’ ratio is 4.58, this value is significant at 0.05 level of confidence.



**Graph 3:** Shows the difference between the means of Illinois agility run of volley ball and football players of Kashmir Division

**Discussion**

From the analysis of data it was evident that there is significant difference found in performance of vertical Jump, standing shot-put, Illinois agility run of both the groups i.e volley ball and football players of Kashmir Division. This may be because of the following reasons. Players related for this study were players of higher secondary schools of Kashmir Division. Both volley ball and foot ball games are not of similar nature hence may require different motor fitness components. All the players were ranged between the age of 16 to 20 years. But in both the games agility and power is important factor. Hence they may require different motor fitness components for performance in competitive field.

**Conclusion**

The following conclusions are drawn; It was found that the power of arms was greater in volley ball players than football players of Kashmir Division. The leg power is greater in football players than volley ball players of Kashmir Division. Volley ball players having more agility than the football players of Kashmir Division.

**References**

1. Bucher, Charlesw A. Foundation of Physical Education.
2. Barrow, Harold M, Rosemary McGee. A Practical Approach to Measurement in Physical Education. Philadelphia; Lee and Febiger 1979, 596.
3. Football, Hyderabad: Orient Longmans Ltd., 1986, 8.
4. Davo James. Volleyball for Schools. Delhi: S. Chand and Co., Ltd., 1976, 14.
5. Clarena, Bakker. Factors Associated with Soccer in Volleyball Complete Research in Health, Physical Education and Recreation 1969, 106-107.
6. Csandi, Arpad, Soccer, Budapest: Athensaeum Printing House 1965.