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## Comparative study of selected motor abilities of basketball and netball players

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### Abstract

The purpose of the study was to compare different motor abilities between Basketball and Netball players of Haryana. A random sampling of 70 (35 from each game) male players of these games were selected from different district of Haryana, between the age group of 18-25 years. Only four test items named standing broad jump, 60 yard dash, zigzag run and softball throw test were tested on different team game players. The data were collected through Barrow General Motor Ability test. T-test was applied for treatment of data with the help of SPSS computer software. After analyzed the data it observed that Basketball players are better in all four motor abilities than netball players.

**Keywords:** motor ability, leg strength, speed, arm and shoulder strength, accuracy, basketball and netball.

### Introduction

General motor abilities are perhaps the most dominating and important factors amongst all the factors. Competing with one self with his own previous or competing with others, individually or in group, is most often the essential feature of sports.

With the increasing popularity of sports, the levels of participation in any sports have themselves crystallized sports and especially high competition sports. Motor ability plays an important role in achieving proficiency in games and sports. It is assumed that with participation in sports, the level of motor ability also improves. Motor abilities status would come out about and be in proportion not only to one's potential but also in the amount of the time and practice devoted to activity. A motor ability test includes various physical abilities like strength, speed, power, agility, endurance, flexibility, coordination etc. Therefore, high level of performance can be achieved with the combined efforts of sports persons, coaches, scientists, doctors and psychologists etc. Desired results can only be achieved through integrated efforts of leading people of various fields who can give valuable inputs for desired performance. The team game contributes to the group efforts of the players. Amongst the most popular team games are Basketball, hockey, netball, cricket, korfbal, football, volleyball and basketball.

### Methodology

The purpose of the study was to analyze and compare the motor abilities variables between Basketball and Netball male players. Only 70 male players (Basketball -35 and Netball -35) were selected from Haryana. The age of the selected subjects ranged from 18 to 25 years. Barrow General Motor ability test items were used to collect the data and t-test applied to find the results.

### Results and Discussion

**Table 1:** Comparison of Leg Strength between Basketball and Netball players.

	Game	N	Mean	Std. Deviation	Std. Error Mean	T	Df
Standing Broad Jump Test	Basketball	35	7.0434	.64767	.10948	1.985	68
	Netball	35	6.6366	1.03964	.17573		

T at .05 level of significance.

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Table 1 shows the mean values and standard deviation SBJ test of Basketball and Netball state level players are 7.04 and 6.63 & .647 and 1.03 respectively. Table also showed the t ratio (1.985) of Basketball and Netball at state level which is significant at .05 level of confidence. This indicates that

players of Basketball and Netball are differ from each other in term of leg strength. This means the null hypothesis stating that there is no significant difference in leg strength of these games, stands rejected.

**Table 2:** Comparison of Speed Variable between Basketball and Netball players.

	Game	N	Mean	Std. Deviation	Std. Error Mean	T	Df
60 Yard Dash Test	Basketball	35	7.9780	.33316	.05631	-3.650	68
	Netball	35	8.3051	.41254	.06973		

Table 2 also indicates mean score and SD of 60 yard dash test of Basketball and Netball state level players are 7.97 and 8.30 & .333 and .412 respectively. Table also showed the t ratio (-3.65) of Basketball and Netball. This indicates the players of

Basketball and Netball differ from each other in term of speed. This means the null hypothesis stating that there is no significant difference in speed of these games, stands rejected.

**Table 3:** Comparison Of Arm And Shoulder Strength Softball Throw Basketball And Netball Players.

	Game	N	Mean	Std. Deviation	Std. Error Mean	T	Df
Softball Throw	Basketball	35	50.3174	5.67885	.95990	1.997	68
	Netball	35	47.1337	7.64619	1.29244		

Table 3 also indicates mean score and SD of softball throw test of Basketball and Netball state level players are 50.31 and 47.13 & 5.67 and 7.64 respectively. Table also showed the t ratio (1.997) of Basketball and Netball. This indicates the

players of Basketball and Netball differ from each other in term of arm and shoulder strength. This means the null hypothesis stating that there is no significant difference in arm and shoulder strength of these games, stands rejected.

**Table 4:** Comparison of Accuracy between Basketball and Netball Players.

	Game	N	Mean	Std. Deviation	Std. Error Mean	T	Df
Wall pass Test	Basketball	35	16.40	.774	.131	2.596	68
	Netball	35	16.17	.664	.112		

Table 4 test score illustrates about the mean score and SD of wall pass test of Basketball and Netball state level players are 16.40 and 16.17 & .774 and .664 respectively. Table also showed the t ratio (2.596) of Basketball and Netball. This indicates the players of Basketball and Netball differ from each other in term of accuracy. Basketball players are having better accuracy than netball players. This means the null hypothesis stating that there is no significant difference in accuracy of these games, stands rejected.

## Conclusions

The findings of the study indicated that leg strength, speed, arm & shoulder strength and accuracy found better in Basketball players as compared to Netball game players. Long approaches with three steps are the basic requirement in Basketball games which requires lot of leg power.

The length of the Basketball court is greater as compared to Netball courts. Hence, in the game of Basketball greater speed is being required. The length of the Basketball court and counter attack becomes Basketball players more speedy.

Long pass is the basic skill in basketball and netball but length of the court also effects arm and shoulder strength. Accuracy in pass and shooting under the ring are necessity in both the games. So the results of the study clearly mention in favour of basketball players.

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