



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 560-561

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www.theyogicjournal.com

Received: 16-11-2018

Accepted: 19-12-2018

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## Evaluation of physical fitness levels and skill ability of hockey male players between hockey union and SEYO club of Manipur

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### Abstract

The study was purposed to evaluate hockey male players on physical fitness (Pull up, flexibility, strength, power, speed, anaerobic power and capacity, agility) and skill ability (shooting target accurate hit, balancing ball and moving with ball) between Hockey Union Club and SEYO Club, Manipur state who were undergoing regular practice between the age group of 18 to 21 years. The data was examined by descriptive statistics and t-test. From the analysis it perceived that there were significance differences among the two clubs on physical fitness (the 50 yard run and bends knee sit test items).

**Keywords:** Hockey, physical fitness, skill ability

### Introduction

The history of the game hockey has its roots well laid in the world early civilization. One of the oldest sports, the game is believed to be in existence about 1200 years before the ancient games of Olympia.

People of Manipur, India are well conductive to certain type of games and Sports. The much essential factors of games and sports are strength and stamina. Manipur has produced many outstanding hockey players at national, international level. Hockey is also one of the popular games in Manipur till today.

Today, there is growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that one of the key to achieving these ideal is fitness and exercise. Getting moving is a challenge because today physical activities are less a part of our daily lives. There are fewer jobs that require physical exertion. We have become we have become a mechanically mobile society physical fitness is to the human body what fine-tuning is to an engine it enable us to perform up to our potential, fitness can be describe as a condition that have us for better look. Pleasant feel and do our best.

Fitness is that state which characterizes the degree to which the person is able to function. Fitness is an individual matter it implies the ability to each person to live most effectively with his potential. Ability to function depends upon physical, mental, emotional and social component of fitness, all of which are related to interdependent.

### Purpose of the study

Fitness is essential for every human being for day today activities as well as for survival of life. In sport, it is the main component of a sport person to achieve their goal. So, the researcher was decided to set up the problem as "Evaluation of physical fitness levels and skill ability of Hockey male players between Hockey Union and SEYO club of Manipur".

### Methodology

Under the experimental research, the study was gone to obtain the data. For the purpose of the study, 40 (n= 40) state level male players were selected randomly from (20) Hockey Union (HU) Club, Lairik Yengbam Leikai and (20) SEYO Club, Singjamei; Manipur state who were undergoing regular practice.

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Data were collected by administrating, AAHPER Physical Fitness test and SAI hockey Skill ability at the Khuman Lampak hockey stadium on the following parameters: Physical Fitness (Pull up, flexibility, strength, power, speed, anaerobic power and capacity, agility) and skill test (shooting target accurate hit, balancing ball and moving with ball). The

Descriptive statistics (mean and standard deviation) and t-test (significant at 0.05 levels) was employed to compare the variables.

## Result and discussion

**Table 1:** Comparative data of Hockey male players of Hockey Union and SEYO club Manipur on physical fitness levels and skill ability

Parameters	Test	Club's Name	Statistical Data			
			Mean	SD	SE	t-value
Physical Fitness	Standing Broad Jump	HU	8.02	0.64	0.19	0.74
		SEYO	8.16	0.55		
	Shuttle Run	HU	12.98	3.12	0.71	1.56
		SEYO	14.09	0.68		
	Flexibility	HU	60.75	2.63	0.78	0.26
		SEYO	60.55	2.31		
	600 yard run and walk	HU	2.72	0.32	0.12	0.47
		SEYO	2.67	0.42		
	50 yard run	HU	6.17	0.34	0.11	4.34
		SEYO	5.70	0.35		
Bend Knee Sit	HU	44.95	4.62	1.48	2.91	
	SEYO	40.65	4.72			
Pull Up	HU	12.05	2.21	0.66	0.61	
	SEYO	11.65	1.93			
Skill ability	Shooting Target Accurate Hit	HU	7.6	1.54	0.71	0.14
		SEYO	7.7	2.79		
	Balancing of Ball	HU	187.83	45.66	14.43	1.44
		SEYO	208.68	45.59		
	Moving with Ball in Sec.	HU	4.51	0.69	0.278	0.75
		SEYO	4.35	0.67		

\* Significant at 0.05 levels

From the Table 1 exposed that the parameter on physical fitness on the test items between the clubs of the hockey male players were found to be

- 1) No significance difference were found among the test items – pull up, flexibility, 600 yard run and walk, standing broad jump and shuttle run.
- 2) Significance differences were found among the 50 yard run and bends knee sit test items.

Again, the study on the skill abilities highlighted (Table 1) there was no significance among the test items between the clubs of the hockey players.

## Conclusion

From the outcomes of the current study propose that players should focus the standard requirements of physical fitness and skills ability.

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