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Difference among the agility level of handball and basketball male players

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Abstract

The purpose of the study was to compare agility level among handball and basketball male players. A total 60 subjects [30 from each game] were selected. In this study Shuttle run test were used to measure the agility level of the players. The study had been analyzed with help of mean, SD and comparison between groups was done with the help of 't' test for equality of means. The study revealed that on the basis of the finding, Handball players were more superior than basketball players in agility.

Keywords: Agility, handball, basketball

Introduction

"Fitness is the state which characterizes the degree to which a person is able to function efficiently. Implies the ability of each person to live most effectively with his potentialities. Ability to function depends upon the physical, mental, emotional, moral and components of fitness; all of which are related to another and are mutually inter-dependent" [AAHPER]

Agility is the ability to change the direction of the body in an efficient and effective manner and to achieve this requires a combination of balance, static balance, dynamic balance and co-ordination. In sports, agility is often defined in terms of an individual sport, due to it being an integration of many components each used differently (specific to all of sorts of different sports). Sheppard and Young (2006) defined agility as a "rapid whole body movement with change of velocity or direction in response to a stimulus".

Agility is the ability to change body positions or direction quickly and accurately while maintaining balance. Agility relies on anaerobic power, speed, flexibility, dynamic balance and coordination. Factors which affect agility include centre of gravity, speed, reaction time, fibers type and flexibility.

Agility is important for basketball and handball athletes as they need to be able to keep up with the fast pace of the game, change their direction quickly if the pathway of the ball changes or if their opponent changes direction suddenly.

Agility is the ability to change the direction of the body in an efficient and effective manner and to achieve this requires a combination of balance, static balance, dynamic balance and co-ordination. In sports, agility is often defined in terms of an individual sport, due to it being an integration of many components each used differently (specific to all of sorts of different sports). Sheppard and Young (2006) defined agility as a "rapid whole body movement with change of velocity or direction in response to a stimulus". two halves. Each half has a goal at the end of it. In front of the goal there is a zone in which only the goalkeeper is allowed to step, but all outfield players are allowed to jump over it as long as they let go of the ball before they hit the

ground. The zone stretches 6 meters from the goal and is marked by the 6 meter line. Outside the 6 meter line there is a 9 meter line. The 6 and 9 meter lines play important roles in the game as they form the basis for the formation of the teams. The winning team is whatever team has scored the most goals after 2 x 30 minutes. Handball is quick game with a lot of action. It is not unusual for a game to feature 50-60 goals which means that there is often a goal every minute or every other minute. A very large amount of the offensives results in goals. Handball used to be a very different game that what it is today. This is not due to changes in the rules since those have remained largely the same, but rather due to the players

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becoming better. It used to be a lot fewer goals in the game. Historically, hand ball used to feature about the same amount of goals as ice hockey, but with better and better players the amount of goals have increased to the point we are now and where it is common for both teams to score more than 30 goals in a game.

Objective of study: To find out the significance difference in agility level between handball and basketball male players.

Definition and Explanation of the terms

Agility

Agility or nimbleness is the ability to change the body's position efficiently, and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength, and endurance. Agility is the ability to change the direction of the body in an efficient and effective manner.

It is the ability to move the body or parts of body in space in order to change direction quickly and accurately. In this factor the bit muscles of the body are involved and they must be coordinated rapidly and precisely. It plays an vital role in such activities as gymnastics, high jump, hurdle etc.

Hypothesis

There is significant difference in agility level between handball and basketball male players. Handball layers have more agility than basketball players.

Procedure and method

Sampling- 60 subjects [30 from each group] of this study were selected with the cluster sampling technique from three teams of each game which were participated in inter-college level in Punjabi University Patiala i.e Khalsa College Patiala, Public College Samana, P.G.S. Govt. College of Physical Education Patiala.

Method: All participants were informed of the procedure and purpose the experiment and were criteria of availability, reliability and validity the following tools were used to collect the data. The selected physical fitness components-Agility were measured by different means and methods. Agility was measured by Shuttle run test.

Analysis of Data: In the present study analysis and interpretation of the data and result obtained through the application of statistics. The part is devoted to the comparative result of handball and basketball players of selected physical fitness components. The result has been discussed in below. The study had been analyzed with help of mean, SD and comparison between groups was done with the help of ‘t’ test for equality of means.

Statistical Description of mean, SD and ‘t’ test value of the tests of handball and basketball male players

Table 1: Shuttle Run Score

Teams	Mean	Sd	‘T’ Ratio
Handball	8.2887	0.42269	3.03
Basketball	8.6347	0.46219	

The table shows the mean, SD and ‘t’ test value of Shuttle run among handball and basketball players.

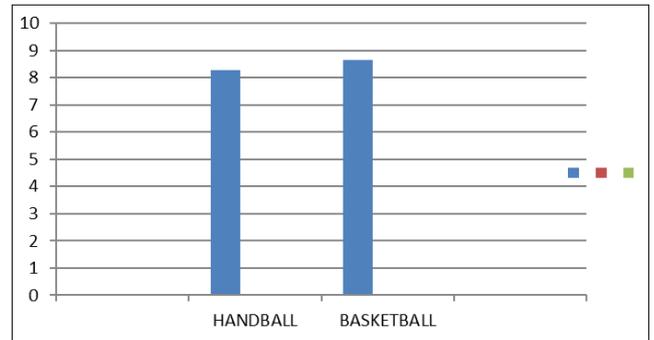


Fig 1: Graphical presentation of Mean and SD Shuttle run among handball and basketball players.

Finding- ‘t’ test for equality for Means employed to find out the significance difference. The significance level was set at 0.5 levels.

1. There was a statistical difference in shuttle run among handball and basketball players. Handball players was performed better than basketball players in shuttle run test for agility. Therefore, hypothesis is accepted.

Conclusion

The finding of the study can be concluded as under:

1. The Handball players possessing high degree of agility level than basketball players.
2. The basketball players performed not as good as handball players.

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