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Assessment study of speed among basketball and volleyball players of Tonk district in Rajasthan

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Abstract

The aim of the present study is to find the Speed among Basketball Players and Volleyball Players of Tonk District in Rajasthan. The Sample for the Study consists of 15 Male Basketball players and 15 Male Volleyball players of Tonk District between the age group of 18-22 Years. To assess the speed the 50 M Run Test is conducted by the Technical Officials. The results of the study shows that the Basketball players are having good speed compare to Volleyball players. It is recommended that this study is help to Coaches to prepare the condition Program to improve the speed among Badminton and Volleyball players.

Keywords: Speed, basketball, volleyball, explosive strength, speed etc

Introduction

The basketball is a ball game played by two teams of 5 players, plus 7 substitutes in each team. The players may pass, throw, roll, bat or dribble the ball. The main aim of a basketball player is to obtain points by throwing the ball into the basket of opponent team's court. A goal is considered when the ball enters into the basket from above and passes through or remain in the net.

A match consists of two halves of 20 minutes each and a break of 10 minutes in between. In case score of both the teams is equal at the end, extra periods of 5 minutes each are provided to break the tie. The match is won by the team scoring greater number of goals, or when the opponent team refuses to play, or declared winner by referee due to any other reason.

References of a game which resembles basketball are found in ancient Central and South American Civilization. The game as played today, was invented by Dr. Naismith in 1891. The first match of basketball was played in the Y.M.C.A. gymnasium at Springfield on 20th Jan. 1892. The basketball was included as demonstration game in 1924, 1928 and 1932 Olympics. The game was included in XIth Olympiad held at Berlin in the year 1936, in which a total number of 22 teams participated and U.S.A. became the first Olympic champion.

James Naismith was the Canadian physical education instructor who invented basketball in 1891. James Naismith was born in Almonte, Ontario and educated at McGill University and Presbyterian Cllege in Montreal. He was the physical education teacher at McGill University (1887 to 1890) and at Springfield College in Springfield, Massachusetts (1890 to 1895). At Springfield College (which was then the Y.M.C.A. training school), James Naismith, under the direction of American phys-ed specialist Luther Halsey Gulick, invented the indoor sport of basketball.

Basketball has evolved many commonly used techniques of shooting, passing, dribbling, and rebounding, as well as specialized player positions and offensive and defensive structures (player positioning) and techniques. Typically, the tallest members of a team will play "center", "power forward" or "small forward" positions, while shorter players or those who possess the best ball handling skills and speed play "point guard" or "shooting guard".

While competitive basketball is carefully regulated, numerous variations of basketball have developed for casual play. Competitive basketball is primarily an indoor sport played on a carefully marked and maintained basketball court, but less regulated variations are often played outdoors in both inner city and remote areas.

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Through time, basketball has developed to involve common techniques of shooting, passing and dribbling, as well as players' positions, and offensive and defensive structures. Typically, the tallest members of a team will play center or one of two forward positions, while shorter players or those who possess the best ball handling skills and speed, play the guard positions. While competitive basketball is carefully regulated, numerous variations of basketball have developed for casual play. In some countries, basketball is also a popular spectator sport.

While competitive basketball is primarily an indoor sport, played on a basketball court, less regulated variations played in the outdoors have become increasingly popular among both inner city and rural groups.

The rules of basketball are the rules and regulations that govern the play, officiating, equipment and procedures of basketball. Most leagues, including the National Basketball Association, govern their own rules. In addition, the Technical Commission of the International Basketball Federation (FIBA) determines rules for international play.

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball.

The complete set of rules is extensive, but play essentially proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus, losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

- Causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;
- Catching and throwing the ball;
- Double hit: two consecutive contacts with the ball made by the same player;
- Four consecutive contacts with the ball made by the same team;
- Net foul: touching the net during play;
- Foot fault: the foot crosses over the boundary line when serving or under the net when a front row player is trying to keep the ball in play.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

Methodology

The sample for the present study consists of 15 Male Basketball and 15 Male Volleyball players of Tonk District, Rajasthan between the age group of 18 to 22 Years. To assess the speed the 50 M Run Test Test is conducted by the Technical Officials.

50 M Run: Sprint or speed tests can be performed over varying distances, depending on the factors being tested and the relevance to the sport.

Purpose: The aim of this test is to determine acceleration and speed.

Equipment Required: measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters.

Procedure: The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go". The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and the participant should be encouraged to not slow down before crossing the finish line.

Results: Two trials are allowed, and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered, and finishes when the chest crosses the finish line and/or the finishing timing gate is triggered

Results and Discussion

The results of the study shows that the Basketball players are good in speed as compare to Volleyball players.

Table 1: Showing Comparison of Speed among Volleyball Players and Basketball Players

Speed	N	Mean	Std.Deviation	t	Sig.
Volleyball Players	15	8.64	0.702	1.39	0.174
Basketball Players	15	8.32	0.557		

In Table 1 the Mean Values of Volleyball Players in 50 M Run is 8.64 and Basketball players is 8.32. The standard deviation on Volleyball players is 0.702 and Basketball players is 0.557 and t is 1.39 and significance is 0.174.

The Mean values of Volleyball players in 50 M Run is 8.64 and Basketball players is 8.32 in 50 M Run.

Hence the Basketball players are having good speed compare to Volleyball Players. Basketball players continuously obtain points by throwing the ball into the basket of opponent team's court by using passing, throwing, rolling, dribbling etc., skills and all these skills demands good agility, endurance and flexibility.

Conclusion

It is concluded that the Basketball players are having good speed because they require good speed and agile to perform well.

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