

Comparative Study of Speed and Agility among Football and Hockey Female Players of LNIPE Gwalior

Sonia Titoria^{1*} Mohit Bhisht²

¹ PhD Scholar, LNIPE, Gwalior (MP), India

² PhD Scholar, DPSS, Delhi University

Abstract – Football and Hockey is a team sports, which requires maximum speed and agility for a longer duration. The aim of this study is to compare the speed and agility among female Football and Hockey Players of LNIPE Gwalior. A total of 24 female players (12 female Football and 12 female Hockey Players) aged between 18 to 24 years and member of LNIPE inter-university team have been included in the study. All subject carried out a speed and agility test (30 meter run test for speed and 4*10m shuttle run for agility). The 30 meter run test was used to assess the speed and 4*10m shuttle run for agility among hockey and football players. The results of study showed significant difference in agility and no significant difference in speed between both the groups. The study concludes that footballers are more agile then the Hockey Players.

Keywords: Football, Speed, Hockey Players etc.

INTRODUCTION

Speed can be defined as the distance travelled per unit time or how quickly an object moves. It is the individual's ability to perform the same pattern successively at a faster rate. Speed in sports can be defined as the ability in the minimum possible time to perform a sequence of movements. Agility is the ability to move quickly and easily agility relies on quickness and it works on multiple planes of movements. Body can move laterally (side to side) vertically (ups and down) and through frontal plane (forward and backward).

Football and hockey are both skillful and competitive games that need speed, agility and endurance to win. Football and hockey is similar in many way but they differ in football player use his all body parts except hands on the other side hockey stick is used by players no use of body parts. There is also difference in ball size.

METHODS:

A total of 24 female players (12 football players 12 hockey players) aged between 18 to 24 years and members of LNIPE inter-university team have been included in the study. All subject carried out a speed and agility test (30 meter run test for speed and 4*10m shuttle run for agility).

VARIABLES:

The study was conducted on speed and agility variables.

PROCEDURE:

Speed was measured by 30 m dash, where subjects were asked to run with maximum speed after blow of whistle and time was recorded in m/sec.

Agility was measured by 4*10m shuttle run. In which subjects were asked to complete shuttle run and time was noted in m/sec.

STATISTICAL TECHNIQUE:

To find out the significant difference between both the groups, independent 't' ratio was used and level of significance was set at 0.05.

RESULTS:

Table: 1

variables	Footballers M±SD	Hockey M±SD	t-value	Sig.
Agility (4x10m)	10.3±0.37	11.0±0.59	-3.49	0.046
Speed (30 m)	5.10±0.34	5.48±0.47	-2.25	0.487

Table 1 shows Descriptive statistics (mean and S.D.) of footballers and hockey players on agility and speed variables. The p-value for agility is 0.046 which is lesser than 0.05 which shows a significant difference for the variable. The p-value for speed is 0.487 which is greater than 0.05 shows no significant difference for the variable.

DISCUSSION

The results of the study concludes that the mean agility timings of footballers is less than hockey players which indicates footballers have good agility as compared to hockey players. This may be because footballers are in good practice and uses agility more in game. On the other hand hockey players are not in practice may be this is the reason the agility is less. And for speed variable study shows no significant difference in footballers and hockey players which indicate no difference in speed variable in both the group. This may be because of the same requirement of speed variable in both the games.

RECOMMENDATION

In light of conclusion drawn the following recommend have been made

- Similar study may be conducted by taking more number of variables using more number of subjects.
- The coaches and physical education teacher must put due emphasis on speed abilities and agility while selecting their teams.

REFERENCES

- Uppal A. (2001). Principle of sports Training (Delhi: Friend Publications.
- Bilda: A Comparative study On Speed among kabadi players and kho kho players of Osmania University. ISSN 0975-7732 Asian journal of physical Education and computer science.
- Balm Reddy et. al.: Comparative study of speed among Basketball players and korf ball players of Osmania University in India Dr. ISSN 0975-7732 Asian Journal of Physical Education and computer science.
- Aruneswaran D. (1990). Comparative study of speed and endurance among front line and back line volleyball players. Unpublished Master Degree Thesis, Annamalai University, PP. 41.
- Bompa T.O. (1999). Periodization Training for Sports. Champaign, IL Human Kinetics.
- Mandal S. (2017). Comparative study of speed and agility between university level cricket and football player. ISSN 2456-0057 International

Journal of Physiology, Nutrition and Physical Education; 2(1): pp. 386-388.

Pawar V. (2016). A study of speed ability among football and hockey male players of Pune Maharashtra, P-ISSN: 2394-1685, E-ISSN: 2394-1693 International Journal of Physical Education, Sports and Health; 3(6): pp. 325-326.

Corresponding Author

Sonia Titoria*

PhD Scholar, LNIPE, Gwalior (MP), India

sonia.tmawana@gmail.com