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Relationship of Selected Motor Fitness Variables to Playing Ability in Hockey

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Abstract: The purpose of the study was to find out the relationship of selected motor fitness variables to playing ability in hockey of boys between 14-16 years of age. 60 male hockey players who have at least represented U. P. Sate were acted as subjects for this study. The subject's performances was measured for their selected motor fitness variables , which included standing broad jump for muscular endurance, 600 - yard run /walk for cardiovascular endurance , Scott and French test for flexibility , and 50-yard run speed . Subjects playing ability were measured by the coach who has graded each individual player out of 10 points. Statistical analysis of data comprised of person's product. Moment Correlation to assess the relationship between motor fitness variables and playing in Hockey. The obtained coefficient of correlation for the group was compared by the r. 05 levels of significance.

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CONCLUSIONS

Within the limitations of the present study and on the finding. following conclusions may be drawn:

1. There is an insignificantly high relationship between muscular power and playing ability.

2. There is an insignificant relationship among agility and playing ability.

3. Muscular strength and playing ability shows insignificant relationship.

4. There is an insignificant relationship between muscular endurance and playing ability.

5. There is a significant relationship between cardiovascular endurance and playing ability.

6. Flexibility and playing ability shows significant .relationship.

7. There is a significant relationship among speed and playing ability.

To excellent athletes, if the quality and quantity of training intensity, cardio respiratory function, energy consumption, and blood lactate system during training can be well controlled, furthermore to well control their body weight and physical ability, the athletes can elaborate their potential and maintain peak performance. It is very important to coaches and athletes (Hiroyuki et al., 1999). To monitor the physiological characteristic between training and competition period. It's benefit for the player and coach to manage the peak performance and avoid the over training. It's useful help and sport science's reference for the coach and player to the training project.

RECOMMENDATIONS

In the light of the conclusions drawn, the following recommendations are made:

1. A similar study can be formulated by taking selected physical fitness variables to playing ability in Hockey at various levels.

2. A similar study can be conducted on female Hockey players.

3. A study can be undertaken in other games such as Basketball and football for both men and women.

4. A similar study can also be done on national and international players.

5. A similar study may be conducted on gender differences with some modifications.

6. A similar study may also be formulated by taking individual component to relate relationship with Hockey playing ability .

7. A study may be undertaken for comparative evaluation of the relationship between motor fitness and Hockey ability at different levels of performance i. e. beginners, intermediate and advanced level players.

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