



Comparative Status of Strength and Speed Between Different Team Games

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ABSTRACT

The purpose of the study was to compare the physical fitness variables of Football and Hockey players. To fulfill the objective of the study, 30 Football and 30 Hockey male players were selected from Haryana state who was attending national/interuniversity camp. The data were collected in different coaching camps. The age of the selected subjects ranged from 18 to 25 years. Standing Board Jump and 60 yard dash tests were used to measure the selected Physical fitness variables of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant difference between Football and Hockey players of selected physical fitness components.

KEYWORDS : Football, Hockey, Strength and Speed.

INTRODUCTION

Physical fitness of a player depends on the nature of his game and also external conditions. Various physical fitness elements such as speed, endurance, agility and strength mature with the continuity of training load and game's nature. Court and field games like handball, football, volleyball, basketball and hockey help in developing strength and speed of the players while other games like boxing, gymnastics, wrestling etc. develop agility and power of its players better.

Thus, the investigator wants to differentiate the Motor qualities between of Football and Hockey male players of Haryana state.

METHODOLOGY

The purpose of the study was to compare strength and Speed variables between Football and Hockey male players. To achieve the desire objective of the study, the only national/interuniversity level players were chose as the sample of the study. Only two physical fitness variables were tested to collect the data by using of two physical fitness tests i.e. standing board jump and 60 yard dash run. T-test was used to compare these variables of Football and Hockey players. The age of the selected subjects ranged from 18 to 25 years.

RESULTS AND DISCUSSION

TABLE -I Comparison of Strength of Football and Hockey Players

	game	N	Mean (Feet)	SD	Std. Error Mean	t
Standing Board Jump	Football	30	7.45	.456	.083	4.237
	Hockey	30	6.57	1.063	.019	

As shown in **Table-1** that the mean score of **Standing Board jump** of Football and Hockey players were 7.45 and 6.57 respectively and SD of **Standing Board jump** of Football and Hockey players were .456 and 1.063 and 't'-value was 4.237 for significant at 0.05 level. It means that Football players better than Hockey in **explosive strength of legs** at national/interuniversity level.

TABLE -2 Comparison of Speed of Football and Hockey Players

	Game	N	Mean (sec.)	SD	Std. Error Mean	t
60 Yard Dash	Football	30	7.613	.487	.089	6.045
	Hockey	30	8.313	.390	.071	

Table-2 showed that the mean score of 60 Yard Dash test of Football and Hockey were 7.613 and 8.313 respectively and SD of 60 Yard Dash of Football and Hockey players were .487 and .390 and 't'-value was 6.045, significant at 0.05 level. It means that Football players much speedy in 60 Yard Dash as compare to Hockey players at national/interuniversity level.

CONCLUSIONS:-

Based on the results presented and discussed herein, the following conclusion can be drawn. In Standing Board jump and 60 yard dash run, Football players were superior to hockey players. It suggests that the Football players have speedier and also having good explosive strength of legs in comparison to Hockey players due to the regular training schedule, ground length and flat running according to game demand.

Application of the findings may provide more useful and effective base to selectors and coaches in the selection of game according to the ability of the players in present competitive era.

Several scientific studies were reported by researchers (Natraj - 2006, Uppal and Roy-1986, Angyan-1989).

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