

Playing Ability and Coordinative Ability: A Relationship Study

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Abstract

The purpose of the study was to assess the relationship between coordinative ability and Playing Ability of Hockey Players. There was a selective motor component and 10 variables to measure playing ability which were used as a criterion measures for this study. For analysis the data and to find out the relationship between coordinative ability and playing ability Pearson Product Moment correlation was applied. Level of confidence was set at .05 levels. The result of the study was clearly disclosed that coordinative ability had considerable relationship with the playing ability of the university level hockey players. On the basis of results and associated discussion it may be concluded that the Coordinative ability had low relationship with playing ability. There might be some reasons of the low correlation in the perspective of coordinative ability need according to specific tasks of players in specific positions. There were the probabilities of lack of coaching aspects, which could be directly influenced to playing ability. It could be a result of short term training camp which is really insufficient. These all showed clearly in the findings that the Coordinative ability was less correlated with playing ability.

KEYWORDS: coordinative ability hockey players and playing ability

INTRODUCTION

Motor ability variables have been considered as important prerequisite for sportsman to secure the top level performance in the game. There is a general agreement among athletic that general motor abilities and specific motor abilities play a decisive role in determining ones level of performance in a wide range of motor abilities. Motor ability is used to obtain achievement in motor skill. It denotes immediate state of the individual to perform in a wide range of motor skill.

For good performance in any game and sport physical fitness is a basic requirement and proper emphasis must be given to physical fitness aspect. Progress and high degree of achievements are the true reflections of competition in the present day world. Performances in various events are touching sky high and it seems that it will go further higher and higher, It rogueries a highly scientific approach to achieve high. Level of performance and this should start right from the level of identifying talents. In the modern word of competitive sports, it has become an absolute necessity that right talents are identified for the right game. Sports is no more a hobby, it has become a full time profession. Modern sports in fact compel sports persons to take up competition as a full time vocation beside making name and fame. In sports training the trainers recommend training programmers in which they include a greater workout to put stress on the body to develop the general status of physical fitness, as requirement in games & sports. The

physical fitness cannot be achieved in its practice alone rather player has to cover more workouts to develop their aerobic capacities. The greater amount of exercises can help the players to increase their functional capacity to perform a task without fatigue, accumulating energy to meet heavier demand.

Generally we can classify the physical fitness components: endurance, speed, strength, flexibility and Coordinative ability. But in the game of Hockey, fitness refers to the abilities of players to perform successfully at their sports with balance, reaction time, power and all are possible accompanied coordination. All these motor fitness components play the important role in the individuals performance.

In the game of Hockey there are many conditions which are in unbalanced manner during play. Physical fitness in the modern Hockey needs more strength specifically in the fore-arm and wrist as well as coordinative ability is also a big need in the modern hockey for executing quick and one touch passes. There are too many competitions commenced as a new format of hockey like as Hockey India league, European league and now a very latest Indoor hockey. All formats wanting better pace which is impossible without coordinative ability, which is directly influence the Playing ability.

Coordinative abilities are qualities of an organism to co-ordinate separate elements of action in our system to decide a concrete action task. The well – timed and well – balanced functioning together of several muscles in a single move is co-ordination in complete biometry ability closely interrelated with speed, strength, endurance and flexibility.

Generally it is shown even in a good level of competition that a player who performed well in the practice but quite dull in the actual competition then it is possible that there is a lack of abilities where he/she can't execute their skills properly with the desired conditions. Playing ability is not only about the skills but also about the strategies, tactics, sportsmanship, and overall discipline in the field. There are various playing abilities in the game of Hockey some are as follows: dribbling, hitting/striking, pushing, goal shooting, scooping, receiving, coordination with team mates, tactics and strategy, respect of rules and regulations.

METHODOLOGY

Total 20 male subjects were selected for the study. The subjects were selected by purposive sampling. These are the University level Hockey players of DAVV Indore. Their age ranged between 18-27 years.

Selective Motor fitness variable:

Coordinative ability was measured by **Alternative hand wall test**.

Purpose: To measure hand-eye coordination.

Equipments: Tennis ball or baseball, smooth and solid wall, marking tape, stopwatch (optional).

Test administration: A mark is placed a certain distance from the wall (e.g. 2 meters, 3 feet). The person stands behind the line and facing the wall. The ball is thrown from one

hand in an underarm action against the wall, and attempted to be caught with the opposite hand. The ball is then thrown back against the wall and caught with the initial hand. The test can continue for a nominated number of attempts or for a set time period (e.g. 30 seconds).

Scoring: Final scoring is based on the score of the number of successful catches in a 30 second period.

Advantages: Minimal equipment and costs are involved in conducting this test, and it can be self-administered.

Disadvantages: The ability to catch the ball can be affected by how hard and straight the ball is thrown to the wall. It may want to draw a target on the wall to help with throwing accuracy. The test results may be skewed if the subject 'flukes' a few catches, so repeating the test a few times may result in more accurate results.

Playing ability variables:

To assess the Playing ability of players, researcher used 10 different variables included some playing skills, which were scored by the experts through subjective judgment.

1. Dribbling
2. Hitting
3. Goal shooting
4. Scooping
5. Receiving
6. Defensive tactics and strategies
7. Offensive tactics and strategies
8. Inter-communication
9. Team-coordination
10. Respect to rules and regulations.

The Coordinative ability, which belongs to playing ability, has been measured. The test was administered to measure the Coordinative ability of the selective players. Firstly, Coordinative ability was evaluated. Next day three experts observed a friendly match and had given their scores separately by subjective judgment.

In order to find out the relationship between Coordinative ability and playing ability Pearson product moment relationship was applied and the level of significance chosen for study was at .05.

ANALYSIS OF THE DATA**TABLE – I****RELATIONSHIP OF COORDINATIVE ABILITY AND PLAYING ABILITY**

Variables correlated	Coefficient of Correlation (r)
Coordinative ability and playing ability	0.31

Significant at 0.05 level of significance $r_{0.05(18)} = 0.31$

Raw scores of coordinative ability of all players were directly correlated with mean scores of all three experts in the scale of 100.

The obtained value of $r = 0.31$ from table – I clearly indicates very low correlation between Coordinative ability and playing ability, which is not significant because the required value at 0.05 level of significance with 18 degree of freedom is 0.42. Because of the total subjects, degree of freedom was 18. It could have significant in 0.44 correlation coefficient. That also indicates Coordinative ability had very low relationship with playing ability of university level Hockey players of D.A.V.V. Indore.

DISCUSSION AND FINDINGS

The result of the study clearly disclosed that Coordinative ability had non-considerable relationship with the playing ability of the University level Hockey players of D.A.V.V. Indore. The result contraindicated with the earlier research, which have showed the significant relationship of these variables i.e. Coordinative ability and playing ability. The other fact might be that if the playing ability was scored during the last phase of the match, that time the players may be got fewer score comparatively to the considered scores which are actually influencing the various factors i.e. Fatigue, Psychological pressure, Rush of the game, match situation, practice match approach etc. therefore it could be possible that somewhere the difference in scoring of all individual skills and playing abilities. The present study shows that relationship of Coordinative ability & Playing ability was below average, the reason might be due to the fact that the players was belonged to different places therefore players had lack of coordination. The other reason was also for low correlation that every player has specific fitness according to need of the game in various playing circumstances, e.g. A defender must have more Strength and Power and a wing player must have agility and speed with endurance dominantly. So it could be another reason for this insignificant relationship.

CONCLUSION

Based on results and associated discussion it may be concluded that Coordinative ability had very low correlation with playing ability. However according to the earlier researches, literatures and the prior experiences the coordinative ability must be significant relationship with playing ability but in this study there is the outcome of very low Correlation between them. It may be because of many influencing factors, which are elaborated in the discussion of findings. So lastly, it was concluded that the Coordinative ability of the University level Hockey players of D.A.V.V. Indore had insignificant relationship with the playing ability, and had very low Correlation between them.

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