

Comparison of Physical Fitness Components between Hockey and Football Players of South Kashmir Anantnag

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Abstract

For hockey and football players Speed, Agility, are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of Physical fitness between hockey and football players. Total number of 40 Intercollegiate Hockey and Football Players (20 Hockey and 20 Football players) were selected randomly from four colleges of Anantnag District of Jammu and Kashmir. The criterion measures adopted for this study were Speed and Agility. The data collection tools used in the study were 50 Yard Dash and Shuttle Run. Data of Physical Fitness Components between Hockey and Football players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. It was found that in Physical Fitness component like, Agility, there was significant difference between Hockey and Football players. But no significant difference was found in Speed between hockey and football players. Mean scores showed that Football Players were better in Speed as compare to Hockey Players. While as Hockey Players were better in Agility as compare to Football Players. Based on the results it was concluded that Football Players are good in Speed while as Hockey Players are better in Agility.

KEYWORDS: Physical Fitness, Hockey Players and Football Players.

Introduction

Football and Hockey are games that require skill and speed. Speed is the ability to perform a movement within a short period of time (Neiman, 1995). Speed training is an important football and Hockey related skill related component of physical fitness which enables a player to move from one point to another with faster response time. It has been shown that to improve speed each athlete needs to work on acceleration, starting ability, stride rate, speed endurance, and stride length (Mackenzie, 2001).

Football and Hockey are the most popular games in the world in general. Football and Hockey being most competitive sport, a player who is Physically fit does not only enjoy more but he is also capable of using all the skills attained and mastered by him throughout, right from beginning to end of the game. The twin combination of both skill and physical fitness is indispensable for a player without either of which he will not be able to achieve much, specifically in order to play any ball game competently (Nabhendra Singh, 2010).

However, the word physical fitness and motor fitness are often used interchangeably. The term motor fitness was developed to describe a broad concept than physical fitness. This extensive term means the ability to perform basic motor. A Comparative Study of Motor Performance Level 409 skills efficiently and effectively. Power, balance, agility, speed, reaction time and kinesthetic perception are the traits of motor performance, and these traits plays major role in enhancing the performance

of any game’s skills. With a good and well efficient combination of all these motor performance traits a player can give all his/her utmost throughout the most strenuous of competitive matches.

Agility is the ability to change the direction of body or its parts rapidly’ is dependent on strength, reaction time, speed of movement and muscular coordination. Quick start and stops and quick changes in direction are fundamental to good

Hockey Players				Football Players		
Physical fitness components	N	Mean	Standard Deviation	N	Mean	Standard Deviation
Speed	20	8.02	0.60	20	7.02	0.42
Agility	20	10.72	0.61	20	11.58	0.6

performance in Football and Hockey (Nabhendra Singh, 2010). For hockey and football players Speed and Agility, are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of Physical fitness between hockey and football players.

Materials and Methods

Total number of 40 Intercollegiate Hockey and Football Players (20 Hockey and 20 Football players) were selected randomly from four colleges of Anantnag District of Jammu and Kashmir. The criterion measures adopted for this study were Speed and Agility. The data collection tools used in the study were 50 Yard Dash and Shuttle Run. Data of Physical Fitness Components between Hockey and Football players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

Results

Descriptive statistical of Speed and Agility between Hockey Players Football Players

Table No.2: Independent sample ‘t’ test of Speed and Agility between Hockey Players Football Players

Components	‘t’ value	df	Sig. (2-tailed)	Mean Difference
Speed	2.04	38	0.068	1.00
Agility	3.17	38	0.042	0.86

Discussion of Findings

It was found that in Physical Fitness component like, Agility, there was significant difference between Hockey and Football players. But no significant difference was found in Speed between hockey and football players. Mean scores showed that Football Players were better in Speed as

compare to Hockey Players. While as Hockey Players were better in Agility as compare to Football Players.

Conclusion

Based on the results it was concluded that Football Players are good in Speed while as Hockey Players are better in Agility.

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