



“A COMPETATIVE STUDY ON AGILITY BETWEEN BASKET BALL AND VOLLEYBALL MENS PLAYERS”

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ABSTRACT

The importance of physical fitness was well known to our ancestors. In 360 B.C. Plato amply described the importance of physical fitness in the following words “Lack of activity destroys the good condition of every human being while movement and methodical physical exercise save it and preserve it.” Though it is a matter of fact that primitive man recognized the physical fitness is necessary to his survival. But it does not mean that the importance of physical fitness has been diminished to the modern man The modern man cannot afford to complacent and forget its importance is it not only maintains his efficiency and happiness but also it is the way o his survival in a highly competitive environment. The right kind and right amount of physical exercise develops organic and muscle power, stamina, vigor and the activity skills related to his development. There is a direct relationship between physical exercise and physical fitness.

KEYWORDS: *physical fitness , physical exercise , modern man.*

INTRODUCTION:

Physical fitness is the ability to carry our daily tasks with vigor and alertness without undue fatigue and with ample energy to engage in leisure time pursuits and to meet the above average physical strength, stress, muscular endurance and circulatory endurance, muscular power, agility, speed and flexibility and added to compose motor fitness. Then kinetic, arm-eye, foot eye co-ordination is needed for general motor ability (1976).

According to Boucher

“Physical Fitness is the ability of an individual to live and balanced life. It involves Physical, Mental, Emotional and spiritual factors and the Capacity for the wholesome knowledge.

“Agility is the ability of the body or parts of the body to change direction rapidly and accurately.”

Agility is very much evolved in the game of basketball. A basketball players who passes his opponents stop quickly from one position to another or he does a complex routine. At the time of dribbling the players should change the movements in various ways. There are running in a zigzag manner and shifting the body position to maintaining balance and his ability at the hands and arms.

The game Volleyball is played by two teams, each team has six players. The purpose of the each team is passing the ball to the opponents' court and to prevent the other teams from securing the point. The ball may be passed, tapped, smashed and serviced to the opponent's court, subject to the restrictions laid down in the rules.

Agility:

The ability to change the position of the body in a pace rapidly and accurately without loss of balance. Agility is important the sports where the obstacles or opponents have to be avoided it is recognized as a basic component of motor performance, but exact nature has not been determined.

Agility as often presented by the terms memory ability, mobility etc., it is the ability to change the directions of the body and its parts rapidly.

Significance of the Study:

1. The result of the study will help to assess the ability of the fitness of the Volleyball and Basketball players.
2. The result of the study will help coaches and Physical education teachers to plan, examine the system and coaching schedule for the Volleyball and Basketball players.

Statement of the Problem:

The purpose of the study is to assess the Agility level of the Volleyball and Basketball players of Karnataka University, Dharwad.

Hypothesis:

It is hypothesized that there is a significant difference of agility level between the Volleyball and Basketball Players of Karnataka University, Dharwad.

Methodology:

❖ Selection of the subjects in this study 24 male students those are participated in South Zone Inter university playres.

Selection of Variables: The Variables selected for this study were as follows: 1. Agility

❖ **Agility Test (Shuttle run):**

Purpose:

To measure the agility of performer in the running and changing the direction.

Equipment:

10 x 4 mtrs marking, stop watch, whistle and tape.

Marking and Direction of 10 mtrs. X 4 times Shuttle run

Description:

To find the agility of the subjects the examiner should conduct the test by the shuttle i.e., 10 x 4 mtrs (50 meters).

Two lines are drawn parallel the distance between the two lines is 10 meters. The subject should start from the first line and he should touch the opposite line by hand, and come to the start line and they should go one more time to the opposite line and come to starting line.

The examiner should watch the starting and finishing of the subjects and they should not time taken by the subject cover the 40 meters.

Scoring:

The score for each performer is the length of time required to the nearest 10th of second of complete course. Recorded only the best trails.

Statistical Technique :

- 1.To assess agility between Basket ball and volley ball playeres "t" test is applied.

RESULTS AND DISCUSSION:

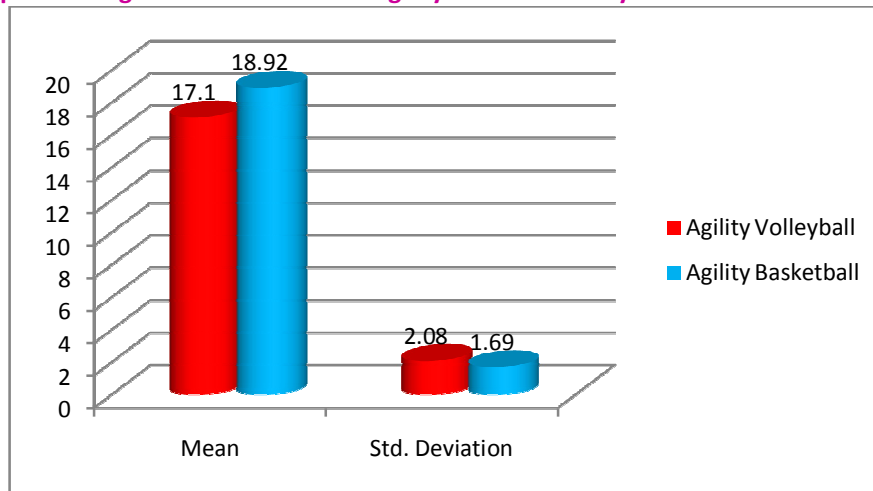
Table showing the Mean ,SD and t Value of Agility between Volleyball and Basketball Playres

Physical Fitness Compondents	Game	Mean	Std. Deviation	t-value	Remark
Agility	Volleyball	17.10	2.08	-7.935	S
	Basketball	18.92	1.69		

Significant at 0.01 Level

Table Reveals the mean, SD and t-values Volleyball and Basketball of Agility is Volleyball mean and SD 17.10 and 2.08 where as basketball playres is 18.92 and 1.69 the t value is -7.935 which is signifiant at 0.01 level it means basketball playres are more agilitylated than volleyball playres.The especially of Basketball is that, it make players light bodied, agile, ready witted, supple and daring. The game of basketball based on natural principles of physical development.

Graph showing the Mean and SD of Agility Between Volleyball and Basketball Playres



It is vigorous health competitive among youth. Agility is foremost pre-requisite for Basketball players. The dribbler has to run fast in zigzag manner to escape from the defender. The runner cannot dribble in a straight – line. Otherwise the opponent can attack the ball easily. So agility is very essential for basketball players. Basketball deserves the most prominent place in court game. It gives very good exercises to both the team simultaneously. Never allow the defender to take rest.Due to above said reason the basketball players agility’s mean score lesser than volleyball players.

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