



## EXPLORING THE RELATIONSHIP BETWEEN SELECTED PHYSICAL FITNESS TEST AND SKILL TEST OF FIELD HOCKEY PLAYERS

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### ABSTRACT:

*The purpose of this study was to explore the relationship between selected physical fitness test and skill test of field hockey players. To achieve the purpose of the study, twenty (n-20) field hockey players from sports authority of India were selected as subjects. The age of all subjects ranged from 16 to 21 years. The selected physical fitness test is thirty meter sprint and the selected skill test is Running with ball (Dribbling on the forehand side) for thirty meters. The Pearson's correlation coefficient analysis was used to analyse the significant differences and the level of significance was set at 0.05. The results of the study showed that, there is a relationship between selected physical fitness parameter and selected skill test in field hockey. There is a statistically significant positive correlation of 0.05 level between Running with ball for 30mtr and thirty meter sprint ability of field hockey players. The study concluded that the speed abilities plays a major role to improve the ball carrying capacity and performance of field hockey players.*

**KEYWORDS:** Thirty meter sprint, running with ball, dribbling, speed ability.

### INTRODUCTION:

In the game of field hockey the speed abilities plays a important role for the performance. The speed abilities supports players to carry the ball with full speed and also helps in off the ball running. Speed is defined as "one's ability to perform successive movements of the same pattern at a fast rate" or "rapidity with which a movement or successive movements of the same kind may be performed by an individual" (Barrow and McGee, 1971).. speed is also define as "The rate of the body or parts of the body to propel through space" (Johnson and Nelson, 1982). Running with ball is also called as forehand or open side dribble, the ball is kept on the right-hand side and just outside of the right shoulder of the body (David Whitaker1992). This skill is basic and most important in game of field hockey, it required good ball control to carry the ball in speed. Hence, the researcher trying to explore the relationship between running with ball speed and sprint ability of field hockey players.

### PURPOSE OF THE STUDY

The purpose of the present study was to investigate and explore the relationship between selected physical fitness test and skill test of field hockey players.

## OBJECTIVE OF THE STUDY

To find out the relationship between selected physical fitness test and skill test of field hockey players.

## METHODOLOGY

For the study, twenty (n-20) field hockey players from sports authority of India were selected as subjects. The age of all subjects ranged from 16 to 21 years. The selected physical fitness test is thirty meter sprint and the selected skill test is Running with ball (Dribbling on the forehand side) for thirty meters. The Pearson's correlation coefficient analysis was used to analyse the significant differences and the level of significance was set at 0.05.

## THE ANALYSIS OF DATA

To identify and the explore the relationship between selected physical fitness test and skill test of field hockey players, the Pearson's correlation coefficient analysis was used to analyse the significant differences and the level of significance was set at 0.05.

## RESULT AND DISCUSSION

The data collected to achieve the objective of the study was statistically analyzed and results are presented in the following table.

**Table - Showing the mean value, standard deviation and pearson's R correlation of Thirty meter sprint and Running with ball (Dribbling on the forehand side) of field hockey players**

Sl.No.	Variable	Mean $\pm$ S.D.	Correlation (Pearson's R)	Significance
1	Running with ball for 30mtr	4.5595 $\pm$ 0.30864	0.49*	0.027
2	Thirty meter sprint	4.2105 $\pm$ 0.10605		

\* Significance at 0.05 level

The table shows there is a statistically significant positive correlation of 0.05 level between Running with ball for 30mtr and thirty meter sprint ability of filed hockey players.

## CONCLUSION

On the basis of result the following conclusions were drawn\_

- There is a positive relationship between selected physical fitness parameter and selected skill test in field hockey.
- It clear that there is a statistically significant positive correlation of 0.05 level between Running with ball for 30mtr and thirty meter sprint ability of filed hockey players.
- The speed abilities plays a major role to improve the ball carrying capacity and performance of field hockey players.

## REFERENCES

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