



A COMPARATIVE STUDY OF AGILITY AMONG NATIONAL LEVEL FOOTBALL PLAYERS AND STATE LEVEL FOOTBALL PLAYERS

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Abstract-

In the present study, an attempt has been made to compare agility component among National level football players and State level football players. The study was carried out on 200 female football players in the age group of 18-24 years, from National level football players (N=100) and State level football players (N=100). The subjects were collected from different coaching camps and various training centers from Haryana. The data was collected by use of AAHPER Youth Fitness Test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. National level football players and State level football players agility was found significantly Difference. National level football players were found high agility than the state level football players.

Keywords- Agility, National level football players, State level football players.

Introduction

The performance of a sportsman in any game or event also depends on muscular strength, agility, power, speed and cardiovascular endurance. Along with these physical variables, physiological and psychological components also play an important role in the execution of the performance. Best suited activity and new training methods achieve excellence. The aim of the present study was to determine the differences in selected physical fitness characteristics between the individual game and team game athletes.

Barrow and Geo acknowledged that physical fitness is a complete phenomenon consisting of various factors such as speed, strength, flexibility, agility endurance etc. To cooper physical fitness means enhanced cardio respiratory status. He incorporates two additional components into his total well being concept: A positive eating plan and emotional equilibrium. The American Alliance for Health Physical Education Recreation and Dance was provided the following test items to measure the total fitness of the individual with the help of present study as prescribed for the youth fitness test.

The start of modern Olympic Games have adds new dimension in the concept of physical fitness of an athlete. Winning a medal at the Olympic level has become a status symbol not only for the concerned athlete but for their respective where an athlete has to utilize. Every ounce of his energy to display his supply of oxygen fails to meets the consumption rate. In such condition his vital reserves come to his rescue. That's why an athlete has to go under a strenuous



training should to prepare him for the competition. In sports physical fitness is basic and lay sound foundation for better performance.

Method

For the purpose of the investigation, the sample for the study were 200 female players in the age group of 18-24 years, National level football players (N=100) and State level football players (N=100). The subjects were collected from different coaching camps and various training centers from Haryana. The data was collected by use of AAHPER Youth Fitness Test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. agility was measured of every individual with the help of AAHPER Youth Fitness test i.e. shuttle run.

To examine the hypothesis of the study that there will be significant difference in the agility of National level football players and State level football players, descriptive statistics and t-test analysis was employed for the present data.

DESCRIPTIVE STATISTICS OF AGILITY-

Table no.1 indicates the values of descriptive statistics of the National level football players and State level football players for agility, which shows that the mean and S.D. values of National level football players and State level football players were 12.31 & 1.13 and 13.32 & 1.46 respectively. S.E.M values of the National level football players and State level football players were found to be 0.17 and 0.22 respectively

Table No. 1

Descriptive statistics of Agility of National level football players and State level football players (in seconds)

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Agility	National level football players	100	12.31	1.13	0.17
	State level football players	100	13.32	1.46	0.22

Table No. 2

T-test description of National level football players and State level football players Agility

Variable	Groups	df	t-value	Sig.
Agility	National level football players - State level football players	98	1.91	.048

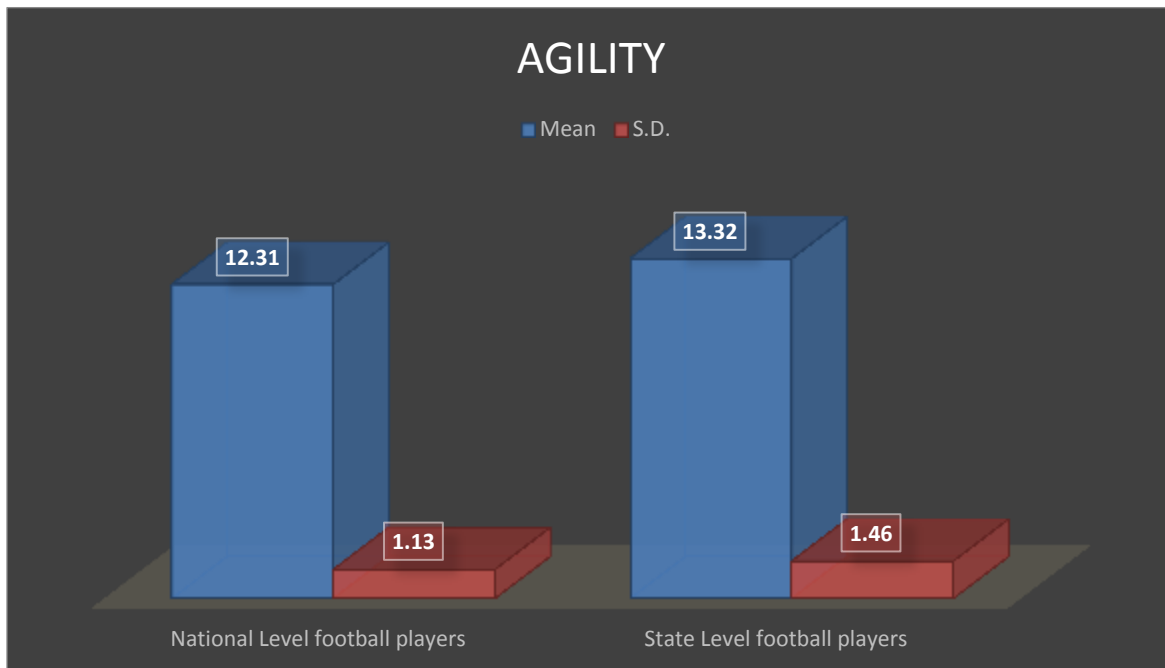


Figure No. 1: Bar diagram showing the mean value of agility between National level football players and State level football players

The t-test value of Agility of National level football players and State level football players is shown in table 2. As shown in the table the National level football players were significantly higher agility ($t=1.91$, $0.05 > p$) than the State level football players. There was significant difference in physical fitness variable agility between National level football players and State level football players.

Conclusion

The female state level footballer and female national level footballer had good agility but the female national level footballer was significantly higher agility than the female state level footballer. There was significant difference in agility between female state level footballer and female national level footballer.

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