Research Paper

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A Comparitive Assesment of Coordinative Abilities Among Different Team Players

Physical Education

KEYWORDS : Coordination, Arm and Shoulder Coordination, Hand-Eye Coordination Handball, Basketball, Netball.

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ABSTRACT

The purpose of the study was to determine and compare different coordinative abilities among Handball, Basketball and Netball players of Haryana. A random sampling of 105(35 from each game) male players of these games were selected from different district of Haryana at state/ intercollegiate level, between the age group of 18-25 years. Only two test items named Arm and Shoulder Coordination and Hand - Eye Coordination were tested on different team game players. The data were collected through Barrow General Motor Ability test. The Analysis of variance was applied for treatment of data with the help of SPSS computer software. After analyzed the data it observed that Handball players were better in Arm and Shoulder Coordination as compare to Basketball and Netball players and Basketball players were superior in Hand - Eye Coordination among selected team game.

INTRODUCATION

The team game contributes to the group efforts of the players. This term used to identify those games in which a group of players representing in a single unit may participate with another group or team of players equal to them. Amongst the most popular team games are handball, hockey, netball, cricket, korfball, football, volleyball and basketball. Shekhar (1981) investigated the selected physical fitness components i.e. speed, strength, leg explosive strength, gross body coordination and respiratory endurance of football and basket ball players. The basketball players were comparatively superior to football players in extend flexibility and dynamic flexibility. The football players were found to be higher in leg explosive strength, abdominal strength and gross body coordination.

Coordination-It deals with two or more muscle groups of the body in a community or union. Different games depend on the combination of two or more coordinative qualities performed by the different muscles i.e. hand-eye, eye-foot and arm-shoulder coordination. Coordination is the ability to perform complicated movement tasks with accuracy and ease. Coordination is moving with seamless precision in whatever your desired movements.

Hand-Eye coordination- It is the way in which your hands and eyes work together, especially in sport, so that you can throw, hit and catch a ball.

Arm and Shoulder Coordination- Joint work in which of arm and shoulder muscles to make an affective movement to get the great performance. Passing, dribbling etc movements are used commonly in ball games.

METHODOLOGY

The purpose of the study was to analyze and compare the coordinative abilities variables among Handball, Basketball and Netball male players. To achieve the purpose of the study 105 Handball (35), Basketball (35) and Netball (35) male players were selected from Haryana. The age of the selected subjects ranged from 18 to 25 years. Barrow General Motor ability test items were used to collect the data and F-test applied to find the result of coordinative abilities.

RESULTS AND DISCUSSION

TABLE – 1

analysis of Variance (One-way) of arm and shoulder coordination (Softball Throw Test scores) of Handball, Basketball and Netball players at State/ Intercollegiate level

		N	Mean	S.D.	Std. Error		Sum of Squares	Df	Mean Square	F
Arm and Shoulder Coordination	Handball	35	180.4	20.9	3.55	Between Groups	11755.9	2	5877.9	12.45*
	Basketball	35	165.0	18.6	3.15	Within Groups	48171.8	102	472.3	
	Netball	35	154.6	25.1	4.24					
	Total	105	166.7	24.0	2.34	Total	59927.7	104		

F at .o5 level of significance.

Table-1 showed the mean value of Handball, Basketball and Netball state/ intercollegiate level players are 180.4, 165.0and 154.6 respectively. Table also indicated about the SD of Handball, Basketball and Netball is 20.9, 18.6 and 25.1 respectively among above mentioned three games. The sums of squares and mean square between groups and within group are 11755.9, 48171.8 and 5877.9 and 472.3 among three games. Table also showed the F ratio (12.45for df 2/102, Softball Test Score) of Handball, Basketball and Netball at state/ intercollegiate level which is significant at.05 level of confidence. This indicates the players of Handball, Basketball and Netball differ from each other in term of Arm and Shoulder Coordination. This means the null hypothesis stating that there is no significant difference in Arm and Shoulder Coordination of these games, stands rejected.

TABLE -2
analysis of Variance (One-way) of Hand-eye coordination (Wall Pass test scores) of Handball, Basketball and Netball Players State/ Intercollegiate level

		N	Mean	Std. Deviation	Std. Error		Sum of Squares	df	Mean Square	F
Wall Pass Test	Handball	35	15.31	1.16	.20	Between Groups	22.93	2	11.47	14.46*
	Basketball	35	16.40	.76	.11	Within Groups	80.91	102	.79	
	Netball	35	16.17	.66	.11					
	Total	105	15.96	.999	.098	Total	103.85	104		

F at .o5 level of significance.

Table-2 showed the mean value of Handball, Basketball and Netball state/ intercollegiate level players are 15.31, 16.40and 16.17respectively. Table also indicated about the SD of Handball, Basketball and Netball is 1.16, .76 and .66 respectively among above mentioned three games.

The sums of squares and mean square between groups and within group are 22.93, 80.91and 11.47 and .79 among three games. Table also showed the F ratio (14.46 for df 2/102, Wall Pass Test Score) of Handball, Basketball and Netball at state/ intercollegiate level which is significant at.05 level of confidence. This indicates the players of Handball, Basketball and Netball differ from each other in term of Hand-Eye Coordination. This means the null hypothesis stating that there is no significant difference in Hand-Eye Coordination of these games, stands rejected.

CONCLUSIONS:-.

The findings of the softball throw test indicated that greater Arm and Shoulder Coordination found in Handball players as compared to Basketball and Netball game players. Long passes are the basic requirement in Handball, Basketball and Netball games which requires lot of arm and shoulder co-ordination. The length of the long passes depends upon the length of the court of the particular game. The length of the Handball court is greater as compared to Basketball and Netball courts. Hence, in the game of Handball greater arm and shoulder strength is being required.

The mean scores of wall pass test for Handball, Basketball and Netball game were in order Basketball higher than Netball and Netball higher than Handball. In the game of Basketball and Netball the score are being obtained by putting the ball in the basket. For this purpose the coordination of hand, eyes and height of the target of the main factor for the Netball, and that of Netball were found higher as compared to the Handball players. The passes in the Basketball and Netball game are more often performed with the use of both hands, however in Handball the passes are generally performed in the use of one hand. That might be the reason; Basketball players are more accrued in passing as compared to Handball and Netball players.

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