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Comparison of strength Endurance Between Football and Volley Ball Players of Binpur Block.

KEYWORDS: Football, Volleyball and Strength Endurance.

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ABSTRACT *The purpose of the study was to compare the Strength Endurance between football and volleyball players. Thirty football & thirty volleyball male players were taken as the subjects for the Study from Binpur block of Paschim Medinipur district. The age group of the subjects was ranged from (16-25) years. To measure Strength Endurance between football and volley players, Pull Up test was conducted on the subjects for the present study. The data collected was subjected to descriptive statistic and student "t" test and level of significance was set at 0.05 level. There was significant difference found between football and volleyball players. Football players show having more strength endurance when compared to volleyball players.*

INTRODUCTION:
Football is a game which requires very fast body movement which is determined by situations within the match such as: opposing team's player with and without the ball, ball movement and team mate movement. Because of these reasons, modern football game is characterized by fast movements, which become prominent in short and long sprints, explosive reactions (jump) and quick changes of direction. Authors who dealt with this problem (Cometti et al., 2001) share the opinion that these are some of the characteristics which distinguish winning from losing sides, on high-quality levels of competition.

Fitness especially physical fitness regarded as an essential component even if the team consists of highly skilled, technically sound and experienced player physical fitness is guarded by performance and this performance is based on outcome of many factors. The most commonly mentioned fitness factors are strength, endurance, power, speed and agility. Scientist's says that the techniques and tactics of a player or a team, physical and physiological characteristics help him for better performance.

Physical fitness is the sum total of five motor abilities namely; strength, speed, endurance, flexibility and co-coordinative ability. The most important aim of sports exercise is to improve and maintain the physical fitness wellness of the human beings. Strength Endurance is an essential element in the achievement, maintenance of physical fitness and wellness of Sports persons. The consensus of scientific opinion today is that exercise is essential.

Objective of the study- To compare the Strength Endurance between football and volleyball players of Binpur block.

METHODOLOGY
Selection of subject:
In order to compare the strength endurance ability between football and volley ball players, thirty football (N=30) & thirty volleyball (N=30), male players were taken as the subjects for the Study from Binpur block of Paschim Medinipur district. Thus total number of subjects were (N=60) sixty only. The age group of the subjects was ranged from (16-25) years.

Selection of variables: The physical fitness variable for the present study was strength endurance. And strength endurance was measured with the help of pull ups.

Administration of test: To measure the strength endurance ability between Football and volleyball players, Pull up test was conducted on the subjects for the present study. The collecting data were calculated by using descriptive statistic and student "t" test and level of significance was set at 0.05 level, after that the conclusion drawn in the basis of the findings.

RESULTS:
The mean and standard deviation of obtained data belonging to motor fitness item of strength endurance as measured by Pull up Test of football and volleyball players have been presented in following table.

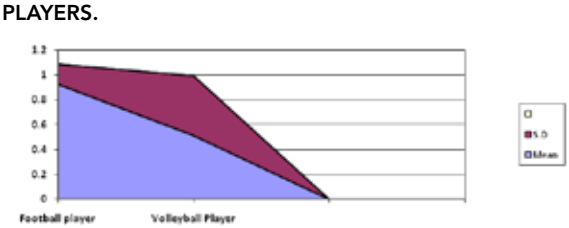
TABLE NO-1
COMPARISION OF STRENGTH ENDURANCE BETWEEN FOOTBALL AND VOLLEYBALL PLAYERS.

GROUP	MEAN	S.D	Mean Difference	't' value
Volleyball	0.514	0.48		
Football	0.928	0.16	0.414	3.55

*Significant at 0.05 level, tabulated t.05 (28) = 2.00.

The above table shows that a significant difference exist in the Strength Endurance between football ball and volleyball players, as Cal "t" value (3.55) is higher than Tab "t" value (2.00). So that there is a significant difference in between volleyball players

GRAPHICAL REPRESENTATION OF MEAN AND STANDARD DEVIATIONS OF FOOTBALL AND VOLLEYBALL PLAYERS.



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CONCLUSIONS:

Within the limitation of the present study the following conclusions were drawn on the basis of obtaining results. In this study there was significant difference in Strength Endurance between football and volleyball players of Binpur block. The mean value of strength endurance of football players was better than the volleyball players.

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