

# A Comparative Study on the Speed and Agility Between Basketball and Netball Players of Patiala District Under 19 Team



## Physical Education

**KEYWORDS :** Basketball, Netball, Speed, Agility, Shuttle run, 50 mts. Dash.

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### ABSTRACT

*The purpose of the study was to compare the speed and agility between basketball and netball players of Patiala district under 19 team. We have selected total thirty (30) male players (basketball = 15 & netball = 15). The selected subjects were tested on speed by 50 mts. dash and agility by shuttle run, which was selected as criterion variable. The collected data was analyzed using 't' test and the significance level was set at 0.05 percent to find out the significant difference between basketball and netball players. The result of our study showed that basketball players have greater speed than netball players ( $t = 5.82$ ). However, no difference is elicited between basketball and netball players ( $t = 0.82$ ).*

### INTRODUCTION:

Physical fitness comprises two related concepts: general fitness (a state of health and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through correct nutrition, exercise and enough rest. In previous years fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. In current contexts, Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases and to meet emergency situations.

Physical Fitness is a level of health in which you have muscular endurance, muscular strength, flexibility, cardiovascular endurance and lean body composition. Physical fitness is achieved by the regular movement of muscles through a variety of exercises. Maintaining Physical Fitness is a life-long process and should always be part of your lifestyle. People with disabilities can also reach a measure of Physical fitness by doing exercises appropriate for their conditions. The characteristics of physical fitness such as strength, endurance, agility, balance and flexibility are essential for physiological function and good health. Physically fit persons get the maximum satisfaction in everyday life, better physical co-ordination, mental judgment and emotional control. Physically fit people are able to withstand fatigue for longer periods and are better equipped.

Speed is a key component of physical fitness which is very important for Basket Ball players and Net Ball players for high level of performance in competition. Speed is performance prerequisite to do motor actions under given conditions in minimum of time. Speed is the quickness of movement of limb, whether this is the legs of runner or the arm of the short putter. Speed is an integral part of every part of every sport and can be expressed as any one of or combination of, the following: maximum speed, elastic strength, speed endurance. The definition of a speed from a scientific standpoint is simply distance/time, but this is rather simplistic view of speed. A more accurate definition of speed is this: speed is the ability to move as fast as possible, through the optimal range of motion, in a deliberate and intentional manner, in particular direction. Speed is not just measured on how fast a person is either; there are several components of measurement that give a complete picture of a player's speed.

### PURPOSE OF THE STUDY:

Purpose of the study was to find out the comparison of selected physical fitness variables between basketball and netball players of Patiala district under 19 team.

### METHODOLOGY:

#### SELECTION OF SUBJECTS:

For the present study 15 Male Basketball and 15 Male Netball were taken for the study. The subjects belong to Patiala district under 19 teams only. Their ages ranged from 15 to 19 years.

#### SELECTION OF VARIABLE AND TEST:

Speed - 50mts. Dash  
Agility - Shuttle Run

For measurement of selected physical variable speed and agility of Basketball and Netball Players of Patiala district under 19 team. 50 mts. dash test and Shuttle run test was utilized. Data of subject's were collected to attain the objectives of the present study.

#### STATISTICAL PROCEDURE:

For analysis of the data collected from 15 Basketball and 15 netball Players. Mean and standard deviation was computed. For this purpose 't' test was applied for testing the hypothesis the level of significance was set at 0.05 level of significance.

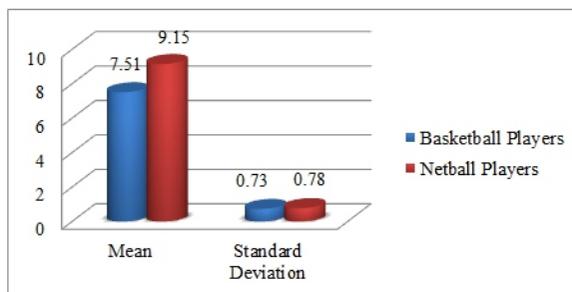
#### RESULTS AND DISCUSSION:

**Table – I**  
**Comparison of Mean of Selected physical Fitness Variable between Basketball and Netball Players of Patiala district under 19 team**

Variables	Groups	Mean	Standard deviation	t –value
Speed	Basketball	7.51	0.73	5.82
	Netball	9.15	0.78	
Agility	Basketball	11.16	0.55	0.82
	Netball	11.35	0.76	

df =28, tabulated t-value (2.048)

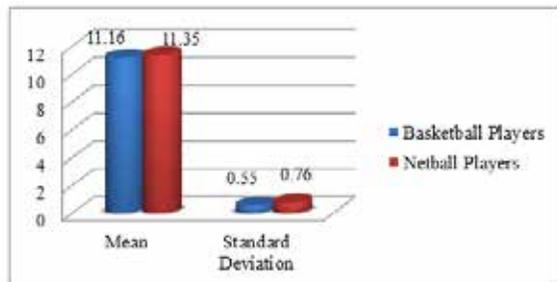
#### Mean and SD of Speed variable between basketball and netball group



**50mts. Dash** test statistically represent that the Mean and Standard Deviation with regard to basketball players in 7.51 and 0.73 where as in case of netball players in 9.15 and 0.78 respec

tively. The calculated t-value (5.82) which is more than the tabulated t-value (2.048) at 0.05 levels. So, it indicates that there is significant difference between basketball and netball players.

#### Mean and SD of agility variable between basketball and netball group



**Shuttle Run** test statistically represent that the Mean and Standard Deviation with regard to basketball players in 11.16 and 0.55 where as in case of netball players in 11.35 and 0.76 respectively. The calculated t-value (0.82) which is less than the tabulated t-value (2.048) at 0.05 levels. So, it indicates that there is no significant difference between basketball and netball players.

#### DISCUSSION:

The present findings of the study showed that speed differs significantly between basketball and netball players but agility remained unchanged between the groups. Shuttle run test was administered to measure agility of basketball and netball players, which shows no significant difference. Although basketball are better than netball players in speed variable, which is supported by Kumar,G.(2014) and also basketball players agility is better

then netball players, which is supported by Datt & Mane(2013) a crucial factor of an players in taking a fast, precise and accurate decision. The present study assessed the speed of the basketball and netball players using the sprint test, which measures maximum speed that can be applied to any movement and depends on the development of agility, dynamic force, muscle elasticity, movement frequency and coordination as well as the domains of the movements employed. In the current study, basketball players performed better in this test compared to netball players.

#### CONCLUSIONS:

Compared players who played basketball and netball, which showed basketball players scored higher scores in speed but no difference in agility.

#### RECOMMENDATIONS:

It is recommended that Basket Ball Players and Net Ball Players must be given sports training in the ground to achieve the good physical ability. Similar Studies can be conducted on females and also other sports and games.

## REFERENCE

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