

A COMPARATIVE STUDY OF AGILITY BETWEEN HOCKEY AND FOOTBALL GAMES PLAYERS

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Abstract:- The aim of the present study was to study the “comparative difference of agility between hockey and football players. **Material and method:-** the study was conducted on 50 male players, 25 each of hockey and football the data was analyzed with the help of SPSS, Mean and Standard deviations and t-test to compare, the level of significant chosen to the test the hypothesis was at .05. **Result:-** It was observed that hockey players having more agility in comparison to football players.

Keyword: Agility, Illinois agility, hockey, football

Introduction

Agility is the ability of an organization to renew itself, adapt, change quickly, and succeed in a rapidly changing, ambiguous, turbulent environment. Agility is not incompatible with stability quite the contrary. Agility *requires* stability for most companies. Agility needs two things. One is a dynamic capability, the ability to move fast speed, nimbleness, responsiveness and agility requires stability, a stable foundation a platform, if you will of things that do not change. It is this stable backbone that becomes a springboard for the company, an anchor point that does not change while a whole bunch of other things is changing constantly. “Agility: It rhymes with stability.” Agility is the ability to move and change direction and position of the body quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation.

To be agile, you are responding to what is going on around you, taking in that information and translating it into body positioning that will maintain balance and control. You are moving to the best position to take the next action, such as catching a ball or making a tackle. You are moving in a way that your body and sports equipment are in the right position to take the next action effectively.

Objectives of the study

To compare the agility between hockey and football players.

Hypothesis of the study

There would be significant difference in agility of hockey and football players.

Research process and methodology

The sample for the present study was 25-25 male players of hockey and football were randomly selected as sample from Ambala and Kurukshetra district. The age of the samples was ranged 16-19 years

Administration of test

Illinois agility test

Description:

The length of the course is 10 meter. and the width(distance between the start and finish point) is 5 mt., 4 cones are used to mark the start, Finish and the two turning points. Another four cones are placed down the center an equal distance a part. Each cone in the center is spaced 3.3 meter a part.

Procedure:

Subject should lie on the front (head to the starting line) and hands by their shoulder. On the 'Go' Command the stopwatch is started and the athlete gets up as quickly as possible and runs around the course in the direction indicated without knocking the cones over, to the finish line, at which the timing is stopped.

Equipments required:

Flat non-slip surface, cones, stopwatch, measuring tape.

Tool and Techniques

The obtained data were analyzed by applying t test in order to determine the flexibility between hockey and football players. The level of significance was set at 0.05. For obtaining reliable result special statistics software- (SPSS) was used. Mean Difference between hockey and football Players in their agility

Table 1: (N = total numbers of students)

s.no	Variables	Group	N	Mean score	SD	MD	df	t-value
1	Hockey	Male	25	21.56	5.87	4.44	48	3.13
2	Football	Male	25	17.12	3.95			

Table value at 0.05 level 2.00 with df 48

*Significant at 0.05 level

Table 1. Shows that 't' value (3.13). The mean score of agility between hockey and football players is higher than the table value 0.05. The mean score of hockey players (21.56) is higher than the football players (17.21), which show the significant difference. It means that agility of hockey player is higher than the football players.

Result

Significant difference was observed between hockey and football players in their Agility, That is why hypothesis. "There would be significant difference in Agility of

hockey and football players” which was formulated earlier was accepted and we observed that hockey players have more agility in comparison of football players.

References

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