

Comparison on Speed and Jumping Ability among Football and Handball Players

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ABSTRACT

The objective of the study was to find out the significant differences on speed and jumping ability among football and handball players. To achieve the purpose of the study total 60 male players were selected in two groups (n1-30 football players) and (n2-30 handball players) from Punjab university Chandigarh. For physical fitness (jumping ability and speed) we used Vertical Jump Test and 50 meter dash test. All descriptive data of players were in rank as Mean and SD. To find out the significant differences on speed and jumping ability among football and handball players T test was used. The results powerfully prove that, there are significant differences football and handball players.

1. Introduction

Football is the world's most popular sport, being played in every nation without exception. More than 200 million people worldwide play football. In football (soccer) two teams of 11 players each face each other. In recent years, coaches and football players had become more open to contemporary scientific approaches to prepare for competitions. Like every other team-game 'football' also needs concise and distinctive techniques, physical fitness and physiological parameters to perform a skill. Physiological demands for centre forward are different than mid-fielder. Likewise, goal keeper has totally a separate physiological demand during a game. Football being a team-sport requires specific energy for intermediate, explosive and long-term movements. Although, football is considered to be an aerobic dominated game, but it is neither fully aerobic nor anaerobic.

Hand ball is a popular, spectacular and dynamic sport. It requires speed, strength, power, stamina, endurance fitness and above all team work. Over 15 million people play the game approximately 140 countries around the world. It is a wonderful mixture of soccer, basket ball and a few water polo tactics thrown in. Handball is one of the most popular sports in Europe (after soccer) and is one of the fastest growing sports in Northern Asia, Africa and America. It is a fascinating sport fast, dynamic, fun and any one can play and enjoy it. Requires minimum equipment, 14 people can exercise at once. It is a game of movement. Players should have running speed to move forward, side ward and backward both for offence and defense.

Jumping ability in sports requires a special type of muscular contraction is based on the exhaustion of muscular force like varied types of contraction. Strength, exhausted by the human body's part is highly mechanical in nature. So, it may be static or dynamic. It may be isotonic, is kinetic, isometric. Strength is a product so the conjoint action of muscular or other connective tissues in reference to joint.

Speed is considered as the distance covered per unit time. Speed may be either movement speed or locomotion speed. In the present study the locomotion speed was considered. If distance remains constant, time taken to cover the distance becomes the measure the speed. In the present

study time taken to cover 50 m was considered as the measure of speed.

2. Statement

The statement of problem is "comparison of speed and jumping ability among football and handball players"

3. Objective

1. To measure the speed of football and handball players.
2. To measure the jumping ability of football and handball players
3. To compare the speed and jumping ability among football and handball players

4. Hypothesis

1. There is significant differences on speed among football and handball players.
2. There is significant differences on jumping ability among Football and Handball players.

5. Limitation

- 1) No special motivational technique was used during the test.
- 2) The researcher was not capable to control their every day routine, work out, rest and competition schedules.

6. Delimitations

- 1) This study was enclosed to only Punjab University Chandigarh and 18-25 years age group.
- 2) The study was delimited to male football and handball players.
- 3) This study was delimited to following variables
 - Speed
 - Jumping ability

7. Used Tools

Table no. 1(tests)

Variables	Test
Speed	50 meter dash test
Jumping ability	Vertical Jump

8. Methodology

To achieve the purpose of the study total 60 male players were selected in two groups (n1-30 football players) ad (n2-30 handball players) from Punjab University Chandigarh. For physical fitness (jumping ability and speed) we used Vertical Jump Test and 50 meter dash test. All descriptive data of players were in rank as Mean and SD. to find out the significant differences on speed and jumping ability among football and handball players T test was used.

9. Statistical Technique

All descriptive data of players were in rank as Mean and SD. to find out the significant differences on speed and jumping ability among football and handball players T test was used.

10. Result

Table – 1
Comparison on speed among football and handball players

Group	N	Mean	SD	DF	MD	'T' Value
Football Players	30	7.12	4.63	58	0.83	2.39*
Handball Players	30	7.95	4.58			

(Significance-0.05)

Table-1 showed that the mean difference among football and handball players on speed the table reflects that the mean score of football Players was 7.12 and the mean score of handball Players was 7.95 and standard deviation of football Players was 4.63 and handball Players was 4.58 respectively. To check the significant difference between football and handball, the data was again analyzed by applying 't-test' where t-value was found to be 2.39* which was significant at 0.05 level of significance. This means that there was significant difference on speed among football and handball players. This indicates that football Players are having good speed than handball Players.

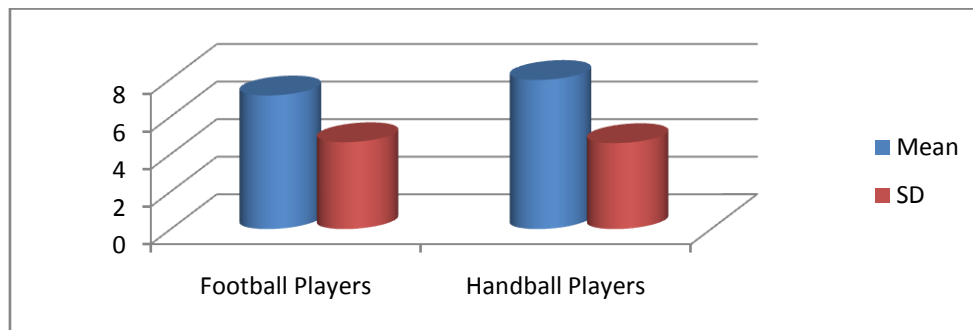


Figure - 1 showing the Mean Score and SD on speed among football and handball players

Table – 2
Comparison on jumping ability among football and handball players

Group	N	Mean	SD	DF	MD	'T' Value
Football Players	30	47.22	9.30	58	5.71	3.45*
Handball Players	30	52.93	8.99			

(Significance-0.05)

Table-2 showed that the mean difference among football and handball players on jumping ability the table reflects that the mean score of football Players was 47.22 and the mean score of handball Players was 52.93 and standard deviation of football Players was 9.30 and handball Players was 8.99 respectively. To check the significant difference between

football and handball, the data was again analyzed by applying 't-test' where t-value was found to be 3.45* which was significant at 0.05 level of significance. This means that there was significant difference on jumping ability among football and handball players. This indicates that handball Players is having good jumping ability than football Players.

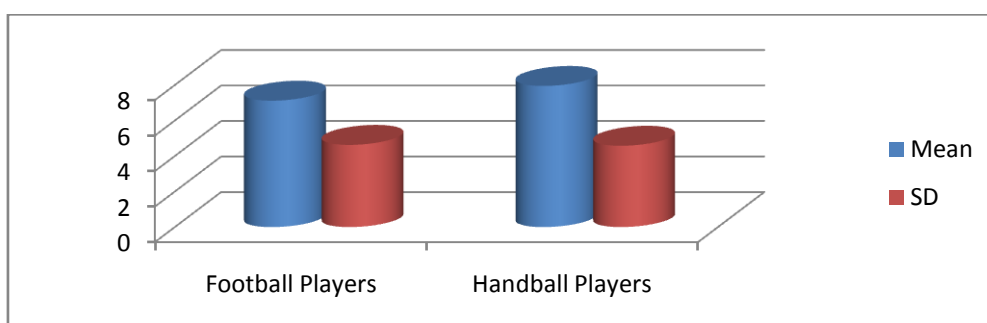


Figure - 4.3 showing the Mean Score and SD on jumping ability among football and handball players

11. Conclusions

On the basis of findings of the study in conjunctions with critical review of literature and scholar's own understanding following conclusions were drawn:

1. It concludes that football Players are having good speed than handball Players.
2. It concludes that handball Players is having good jumping ability than football Players.

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