



**A STUDY OF SPEED ABILITY AMONG BASKETBALL AND VOLLEYBALL
UNIVERSITY LEVEL PLAYERS OF GURU GHASIDAS VISHWAVIDYALAYA
BILASPUR C.G.**

Ashwani Yadav¹ Research Scholar, Dept. of Physical Education, University of Lucknow.
Dr. Jasmati² Lecturer Physical Education, Uttar Pradesh Secondary Education Service Selection
Board.

Abstract

The aim of the present study is to compare the speed ability among Basketball Players and Volleyball Players of Guru Ghasidas Vishwavidyalaya Bilaspur C.G. for the present study total 40 students were selected for the study 20 from each group age range between 25 to 28. The 60 meter run test was used to assess the speed among Basketball and Volleyball university level players of Guru Ghasidas Vishwavidyalaya Bilaspur (C.G.). The result of the study shows that the Basketball players are having more speed compared to the volleyball players.

Introduction

Speed is the ability to move quickly as possible across the ground or move limbs rapidly to grow or throw. Speed is not just how someone can run but is dependent on their acceleration, maximum speed of movement, and also speed maintenance. Movements speed require good strength and power, but also too much body weight and air resistance can act to slow the person down. In addition to a high proportion of fast twitch muscle fibers, it is vital to have efficient mechanics of movement to optimize the muscle power for the most economical movement technique.

Physical fitness of the player depends on the nature of the game and activity. Various physical fitness elements such as speed, endurance, agility and strength increase with the training load and activity. Physical activity helps in developing speed strength agility and power. These all elements increase consistently with the training.

The game like Basketball and Hockey are very popular sports in the world in terms of spectator sports. It is fast, quick and aggressive. They are considered as strenuous games because the games demand a high degree of fitness as well as intelligence and alertness of mind, speed, agility, jumping ability which are the basic qualities for the players. To achieve the best possible performance, the training has to be formulated according to the principles of the periodization (Bompa, 1999). The training induced changes observed in body composition.



Speed can be enhanced by strengthening the muscles (Akgun, 1996). One of the most significant bio motor abilities required in sports is speed, or capacity to travel or move very quickly.

Objective of the study

To find out the A study of speed ability among Basketball and Volleyball Players of university level of Guru Ghasidas Vishwavidyalaya Bilaspur C.G.

Methodology

Selection of Subjects

For the present study 40Basketball Players Studentsand 25 Volleyball PlayersStudentsof university level of Guru Ghasidas Vishwavidyalaya Bilaspur (C.G.) selected. Age range between 25 to 28 years.

Selection of Tool

60 meter run is used to collect the data of speed.

Collection of Data

Basketball Playersand Volleyball Playersare made to run 60 meter in each group of two players. The timing was taken by the researcher in second.

Administration of Test

The test involves running a single maximum speed over 60 meter by the time recorded. Warm must be given, including some practice starts and acceleration. Start from a stationary standard position (hand can't be touch the ground) with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions 'Set' then 'Go'. The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs, and participants should be encouraged not to slow down before crossing the finish line.

Scoring

Two trials were allowed and the best one is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using stopwatch) or the timing system was triggered and finishes when the torso crossed the finish line the finishing time gate was triggered.

Analysis of the Data

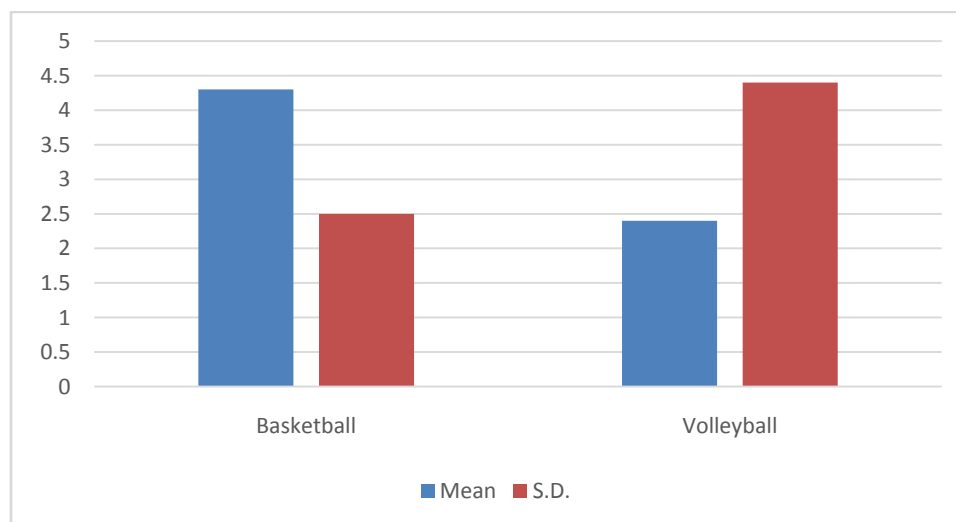
The following statistical procedure were use to analyze the obtained data. To find out whether there was any significant difference between Basketball Playersand Volleyball Players. The independent ‘t’ ratio was used. To test level of significance of difference between the means 0.05 level of confidence was fixed.

Table 1: showing the speed between Basketball Playersand Volleyball Players.

Test Items	Group	No	Mean	S.D.	Mean Difference	T Value	Sig (2-tailed)
60 meter dash (Run)	Basketball Players	20	6.653	.388	.346	2.773*	.009
	Volleyball Players	20	6.999	.407			

*Significant at 0.05 levels, $t(0.5)_{25} = 2.021$

Table 1 indicates that the meanvalue of the speed of Basketball Playersare 6.653 and Volleyball players are 6.999. there is a difference of 0.346 seconds. The result shows that Basketball Players are having good speed compare to the Volleyball players. S.D. of Basketball Playersand Volleyballplayers is 0.338 and 0.407 respectively, whereas obtained t-value is 2.773 and tabulated value, so there is 2.021 on degree of freedom 20. The obtained value is greater than tabulated value, so there is a significant difference between the speed of Basketball Playersand Volleyball players significant at 0.05 levels.



Discussion and Conclusion



On the basis of the result of the study, it can be concluded there was a significant difference between Basketball Players and Volleyball players in relation to speed ability. Basketball Players have more speed in comparison to Volleyball players due to the nature of the game, training, schedule, ground length and flat running according to the game demand. Sorabh Trikha (2014) has conducted a study on comparative status of strength and speed between different team games, he found significant difference between Football and Hockey Players in relation to speed ability. Some other studies conducted by Natraj H.V. & Chandrakumar, M (2006), Uppal and Roy (1986) and Angyan (1989) were support the result of the present study.

References

AAHPER AAHPER Youth Fitness Test Manual. Washington, DC American Association of Health Education and Recreation, 1958.

Akgün N (1996). Physiology of Exercise, Volume 1, 6th edition Izmir, Turkey Ege University Pr Angyan (1989). Relationship of anthropometrical, Physiological and Motor Attributes to Sport skills. Journal of Sports Medicine and Physical Fitness; 29(4): 369-78.

Aruneswaran D (1990). Comparative study of speed and endurance among front line and back line players. Unpublished Master Degree Thesis, Annamalai University, 41.

Kumar B., Ashoke, Das sunder et.al. (2010) Comparison of Motor Fitness between 6 to 9 years of b Girls Asian, Journal of Physical Education and Computer Science in Sports; 4,1 13-16 Issn-0975-7732.

Bompa T.O. (1994). Theory and Methodology of Training, 3rd edition. Iowa, USA: Kendall/Hunt Pub USA

Bompa T.O. (1999). Periodization Training for Sports Champaign, IL Human Kinetics.

Chandrasekaran S.S.S., Anbanandan A.A, Krishnaswamy S, et al. (2012). A Study of Selective Motor fitness Components Empowers on Playing Ability among Low and High Performers of State Level Football Players. International Multidisciplinary Research Journal; 2(3):54-60 ISSN 2231-6302.

Charles B Corbin. Fitness for life 5th ed. United States: Human kinetics, P.O. Box no 5076, ISBN 27360-4673-9

Davranche K, Burle B, Audiffren M. Hasbroucq T. Physical exercise facilitates motor processes in a reaction time performance: an electromyography analysis. Neuroscience Lett 2006; 396:54-6



Mishra MK. A Comparative Study of Speed Ability between High and Low Achievers Male Hockey Players. Academic Sports Scholar, 2014; 3(9):01-03

Natraj HV, Chandrakumar M. Selected Motor Ability variables and Kabaddi performance, Journ Sports Sciences 2006; 291:11-16.

SorabhTrikha. Comparative Status of Strength and Speed between Different Team Games Global, Journal for Research Analysis. 2014; 3(7):253.

Uppal A., K., Roy P. Assessment of Motor Fitness Components as Predictors of Soccer Playing Ab Research Analysis 2014; 3(7):253 SNIPES, Journal 19899, 3:46-49.

www.top end sports, Wikipedia, Basketball.