

A COMPARATIVE STUDY OF SELECTED COORDINATIVE ABILITIES OF SOCCER AND HANDBALL PLAYERS

Mohammad Rafiq Bhat
Physical Education Teacher,
Youth Services and sports J&K

Dr. Nazir Ahmad Waza
Assistant Professor,
Govt. College of Physical education, Ganderbal

Irfan Hussain Malik
Physical Education Teacher,
Youth Services and sports J&K

ABSTRACT The main purpose of the study was to find out the significant difference in the selected coordinative abilities of soccer and handball players. Thirty (30) male inter-collegiate players who represented Govt. College of Physical Education Ganderbal in soccer and handball games were selected as subjects purposively. The age of the subjects was ranging from 20-25 years. The collected data on selected coordinative abilities of Soccer and Handball players viz. orientation ability, differentiation ability and rhythm ability were analyzed by using independent t-test and the findings showed that only orientation ability of the Soccer players was found significantly better than Handball players other two variables viz. differentiation ability and rhythm ability did not show any significant difference between the Soccer and Handball players.

KEY WORDS: Orientation ability, Differentiation ability, Rhythm ability, Soccer and Handball.

INTRODUCTION

Sport forms an important aspect of life. Games and sports hold as a special place in modern society. That's why millions of people participate in sporting activities and also spent their money in sporting activities and equipment. Sports play a vital role in bringing about physical, mental and social growth of nation. Sports is becoming increasingly cultured, technical and gaining popularity as a separate profession with the expansion of educational facilities in the country. More and more young people are taking part in sports as a daily featured of their life. The participation in sports and physical education activities promote good health, high degree of physical fitness and increase individual's productivity besides promoting social harmony and discipline. Reaction ability permits the sportsman to action quickly and persistently according to signals and for a sudden change in situation. Singh defined balance as the ability to maintain body position which is necessary for the successful performance of sport skill. Balance may be defined as the ability of the individual to maintain his neuromuscular system in a static condition. Rhythmic ability to observe or perceive the externally given rhythm and to reproduce in a motor action. Apart from these, one more factor which is known as coordinative ability also play a greater role. A sports man can compete effectively only by certain coordinative mastery of technique. The ability of the performer to integrate the type of body movements into specific patterns. The harmonious chemistry of muscles either with some sensory organ or with another muscle group is known as co-ordination. Insufficient training of coordinative abilities limits the performance ability especially at higher levels. On the contrary, better developed coordinative ability provides an essential base for faster and effective learning, stabilization and variation in technique and successful execution in the game situation. Football is probably the most popular game of the world but there is still limited scientific information available concerning the coordinative abilities and physical fitness qualities of football player. Handball is the most prominent team sport in many countries, and one of the few sports with professional leagues. This game is

quite fast as it includes body contact as the defender try to stop the attackers from approaching the goal but coordinative abilities play an important role in quickly changing the body position in a game.

PURPOSE OF THE STUDY

The main purpose of the study was to compare the selected coordinative abilities of soccer and handball players.

SIGNIFICANCE OF THE STUDY

1. The result of the study would help to know the coordinative abilities of soccer and handball players.
2. The findings of the study might be helpful to analyze and classify the players based on coordinative abilities.

HYPOTHESIS

On the basis of available literature and scholars own understanding of the problem it was hypothesized that there would be a significant difference in selected coordinative abilities between soccer and handball players.

METHODOLOGY

Thirty (30) male inter-collegiate players who represented Govt. College of Physical Education Ganderbal for the team of Soccer and Handball games, 15 players each from both the games i.e., Soccer and Handball were selected as subjects. The age of the subjects was ranging from 20-25 years.

SELECTION OF VARIABLES

On the basis of available literatures in the coordinative abilities following variables were selected for the study

1. Orientation Ability
2. Differentiation Ability
3. Rhythm Ability

SELECTION OF TEST AND CRITERION MEASURE

1. The orientation ability was measured by using numbered medicine ball run test and score was recorded in seconds.
2. Differentiation ability was measured by using backward medicine ball throw test and score was recorded in number of points.
3. Rhythm ability was measured by using sprint at a given rhythm test and score was recorded in seconds.

COLLECTION OF DATA

The data pertaining to this study were collected on the selected subjects by administering the above-mentioned appropriate tests as suggested by Peter Hirtz.

TABULATION OF DATA

All the collected raw scores were arranged systematically in the table for further statistical treatment.

STATISTICAL TREATMENT

To compare the selected coordinative abilities among the players of soccer and handball games, independent 't' test was applied separately for each variable.

LEVEL OF SIGNIFICANCE

The level of significance was set at 0.05 which was considered adequate for the purpose of the study. While using an independent t-test a value of 2.048 was needed for being significant at 0.05 level for 28 degree of freedom.

FINDINGS

Findings pertaining to the selected coordinative abilities of Soccer and Handball players i.e., orientation ability, differentiation ability and rhythm ability are presented in the table given below

Description of Mean, Standard Deviation and ratio for the Data on Selected Variables of Soccer and Handball Players

Variable	Group	Mean	Standard Deviation	Mean Difference	Standard Error	T-Ratio
Orientation Ability	Soccer	7.7 83	0.46 8	0.353	0.167	2.113
	Handball	8.1 36	0.45			
Differentiation Ability	Soccer	8.7 33	2.06 8	0.597	0.73	0.82
	Handball	9.3 3	1.91			
Rhythm Ability	Soccer	2.5 3	0.605	0.325	1.66 7	1.949
	Handball	2.8 55	0.226			

*Significant at 0.05 level

Tabulated $t_{0.05(28)} = 2.048$

@Not Significant at 0.05 level

It is evident from the above table that significant difference was found in the variables of orientation ability ($t=2.113 > 2.048$). It is also observed that insignificant difference was found in the variables of differentiation ability ($t=0.82 < 2.048$) and rhythm ability ($t=1.949 < 2.048$) at 0.05 level. The difference of means has been shown graphically in

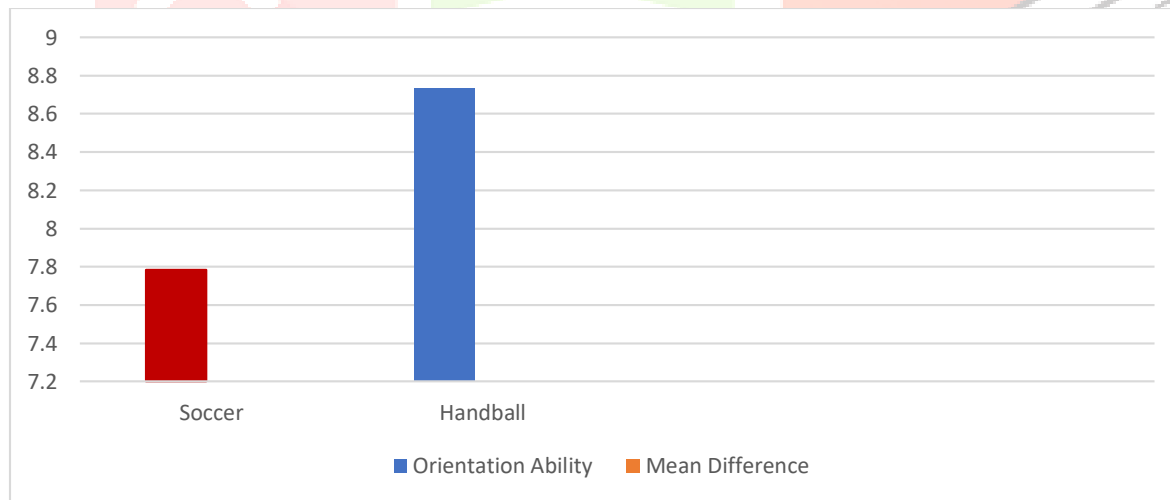


Fig 1 Showing Mean difference in Orientation Ability of soccer and Handball Players.

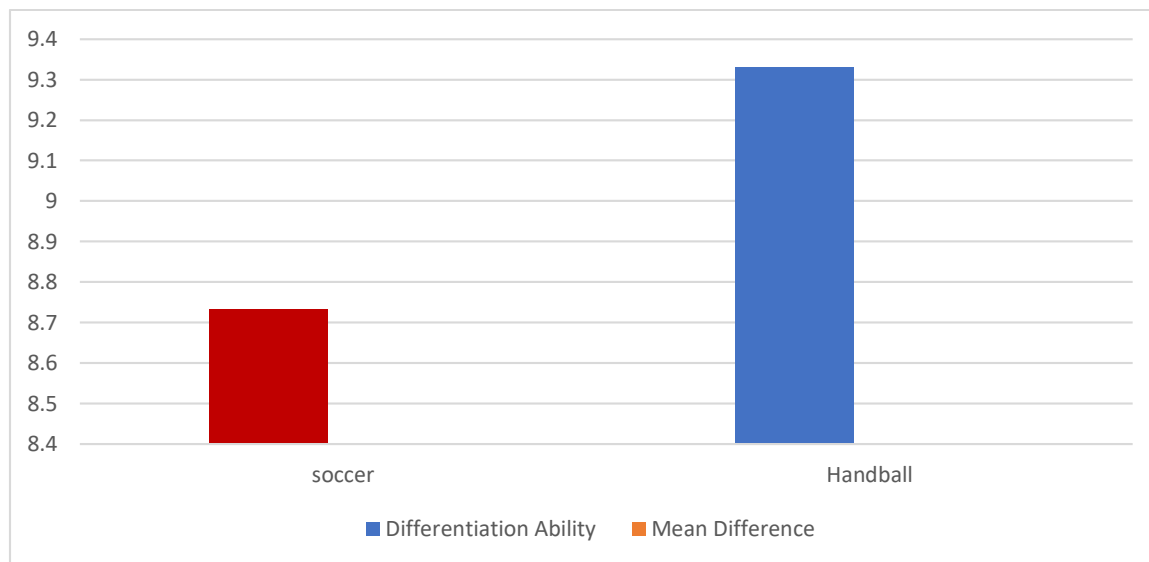


Fig 2 Showing Mean difference in Differentiation Ability of soccer and Handball Players.

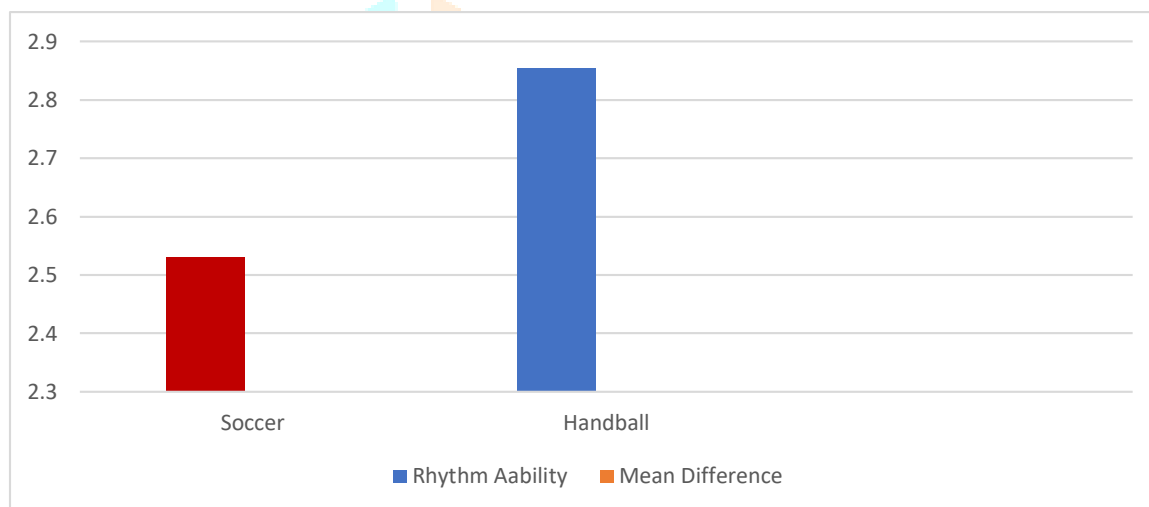


Fig 3 Showing Mean difference in Rhythm Ability of soccer and Handball Players.

DISCUSSION OF FINDINGS

Findings of the study revealed that the orientation ability, Differentiation ability and Rhythm ability of the soccer players is significantly superior while compared to handball players, it may be because soccer players play or practice game in much bigger area as compared to handball players. During game a player need to give long pass as accurately as possible which requires orientation ability, Differentiation ability and rhythm ability therefore this quality might have improved optimally hence such result has occurred in this study, hence significant difference was found in the study.

CONCLUSION

Recognizing the limitations of this study and on the basis of statistical findings the following conclusions are drawn:

1. There was significant difference between the soccer and handball players in Orientation abilities.
2. Soccer players are significantly better in orientation ability as compared to Handball players.
3. There was a significant difference between the soccer and handball players in Differentiation abilities.
4. There was a significant difference between the soccer and handball players in Rhythm abilities.

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