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“The comparison of speed among athletes and football players male of under 20 years.”

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Abstract

The present study is to compare the speed among Male Athletes and Male Football Players. The 50 Male samples between the age group of 20-22 years i.e. 25 Male athletes and 25 Male Football Players . who have taken part in the District sports and games during the year 2021-22 were taken for the study. The 50 meter run test was used to assess the speed among Men Athletes and Men Football Players. The results of the study show that the Men Athletes are having very good speed compare to the Men Football Players. It is recommended that athletes and Football players must be given good speed training to enhance the performance.

Keywords: Speed, Athletes, Football players etc.

Introduction

In religious festivals, as with In Olympic Games Athletic competitions were often taken of ancient Greece. Modern sport started in England during the first English championships were held by the newly formed Amateur Athletic Club, which opened the competition to all "gentlemen amateurs". Football is outdoor game played by two teams and each team includes 11 players. The game recreates by two teams of in each team 11 players on a rectangular basis. The field measurement is minimum 90 mt.(100 yds.) and Maximum 120 mt.(130 yds.) long and minimum 45mt.(50 yds.) and Maximum 90 mt.(100 yds.) wide. The dimension of penalty area, it is 44 yards (40.33 mt.) wide and 18 yards (16.45mt.)Long. The goalpost of 8 yards (7.315mt.)in football ground. A penalty point is made a distance of 12 yards (10.97mt) from the center of the goal line and a circle with a radius of 10 yards (9.144 mt.) from the center every penalty mark is draw outside the penalty area.

Methodology:-

To find out the speed among Athletes and Football Players (Male) under 20 years Wadsa.

Sample:-

To the Sample of study include of 25Male athlete and 25 Male Football Players. The Players age group Of 20 to 22 years who have taken part of Any Football and Athletics sports during the year 2020-21. Use the tools for Speed 75 meter run and collect the data.

Delimitations:-

The delimited of the study is 25 Male athlete and 25 Male Football players of Wadsa. 75 meter run is used for the measure the speed. The all 25 athlete is sprinter in athletics.

Data collection:-

The Athletes and Football Players are run 75 m of two players. The timing is taken by qualified Technical officials of athletics track at Stadium of Wadsa.

75 meter run**Purpose:-**

The aim of this Study is to regulate acceleration and Speed.

Equipment required:-

Marked Athletics track, measuring tape, for timing Stop Watch, Cone Markers, clear and flat surface of at least 100 marks.

Procedure:-

In this test running a onetime of maximum sprint 75 meters by the time recorded. Some practice starts and acceleration thorough warm-up should be given, including Start from a standard position and lies on the positive position (hand don't touch the ground).The Players her front foot must be behind the starting line. Once the Players is ready and motionless, the starter said instructions 'Set' and after some second said 'go'.

Scoring:-

In this test provided every player two trials are allowed and her best time is recorded. The timing starts from Stopwatch her first movement as well as when the timing system is triggered and the finishes his sprint when the torso crossed. To the finish line and the finishing time gate is triggered.

Table 1: The speed showing between Male Athletes and Male Football Players.

Test Item	Groups	No.	Mean	S.D.	t	df	Sig(2-tailed)
75 mt.	Athletes	25	9.16	0.516	9.315	41	0.002
	Football Players	25	10.36	0.862			

Table 1 that indicates to the mean value of the speed of Athletes players is 9.16 and Football players are 10.36. There is a difference of 1.20 seconds. The result shows that the Athletes players good speed comparison to the Football players. S.D. of athletes is 0.516 and 0.862 respectively, whereas the t - value is 90315. The difference is mean score is significant at 0.05 level.

Conclusion

That Athletes Male players are having good speed compare to the Football Male players .that the Conclusion.

Recommendations

We recommended that the Athlete Players and Footablall players are must given better training for speed to imrove the performance. conducted in different sports and games Similar studies can be.

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