

Comparison Of Speed Ability Between Football Players Of Technical And Non- Technical Universities Of Haryana

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Abstract

The present study was entitled as “Comparison of speed ability between Football players of technical and non-technical universities of Haryana”. To achieve the purpose of present study, the data was collected from three technical and three non technical universities of Haryana. Total forty eight (N=48) Football players were selected as subjects from these technical and non technical universities in equal proportion. To check the speed ability of Football players, 50 yards Dash Run (AAHPER- YFT) was used as data collection tool. After the collection of relevant data, to know the difference between speed ability of Football players, unpaired t-test was employed on mean values with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent ($p < 0.05$). After the analysis of data it was found that the Football players of non technical universities had better speed ability than Football players of technical universities of Haryana.

INTRODUCTION

To win a medal in the Olympics or to clinch world cup championship is not an easy task in the tough globalized world of sports competitions. A long term plan is required to achieve this target. Coaches, sports scientists and associates those who are concerned with the development of sports must pick up talented children at an early age in order to train them in long term planning for optimum results. This is a very challenging task to the physical educationist, coaches, and sports scientists to find out the methods for the selection of potential sportsman at very early age (Brar, 1991).

The poor performance of sportsmen at the higher competitions, not only concern especially to the coaches, trainer Physical educationists and sports scientists, but it is also concerned directly to the player's inborn quality. Numerous factors, like skill abilities, motor abilities, psychological factors, social and environmental factors etc. are

responsible as the performance limiting factors behind the sportsman on the marks of poor performance in competition. Natural ability is essential, but it needs to be combined with hard work, good coaching and challenging match experience. It is very difficult to define ability and to measure.

Speed is the performance prerequisite to do motor actions under given conditions (Movement task, external factors, individual prerequisites) in minimum of time. It can be also defined as the capacity of moving a limb or part of the body's lever system or the whole body with the greatest possible velocity (Singh,1991).

In present study an attempt has been made to compare the speed ability between Football players of technical and non-technical universities of Haryana. To achieve this purpose of present study following methodology and procedure was adopted by the researcher.

METHODOLOGY AND PROCEDURE

To achieve the purpose of present study, the data was collected from three technical and three non technical universities of Haryana. Total forty eight (N=48) Football players were selected as subjects from these technical and non technical universities in equal proportion. To check the speed ability of Football players, 50 yards Dash Run (AAHPER-YFT) was used as data collection tool. After the collection of relevant data, to know the difference between speed ability of Football players, unpaired t-test was employed on mean values with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent ($p < 0.05$).

DATA ANALYSIS AND RESULTS OF THE STUDY**TABLE: 1**

**COMPARISON OF MEAN AND SD VALUES OF SPEED ABILITY
BETWEEN FOOTBALL PLAYERS OF TECHNICAL AND NON TECHNICAL
UNIVERSITIES OF HARYANA**

	Mean	S.D	t value
TECHNICAL UNIVERSITIES	8.992	1.102	3.662*
NON- TECHNICAL UNIVERSITIES	8.042	0.632	

* $t_{.05}(46) = 2.01$

Table & figure: 1 illustrate that the Mean and SD values of Speed of Technical and Non- Technical Universities male Football Players were 8.992 ± 1.102 and 8.042 ± 0.632 respectively. The obtained “t” value 3.662 (2.013) was found statistically significant at .05 level of significance.

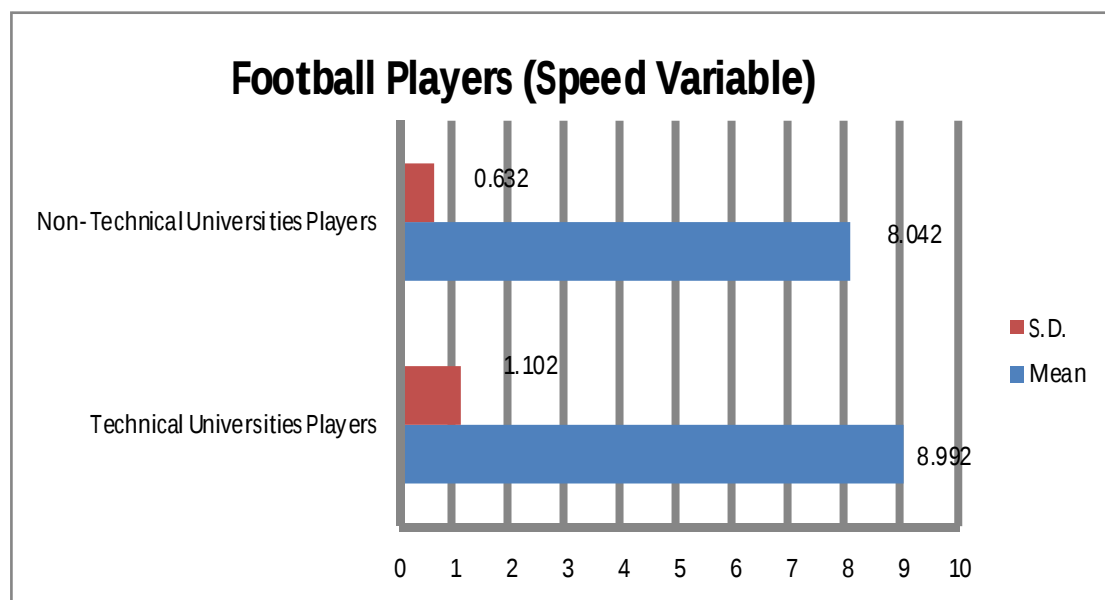


Figure - 1: COMPARISON OF MEAN AND SD VALUES OF SPEED ABILITY

**BETWEEN FOOTBALL PLAYERS OF TECHNICAL AND NON TECHNICAL
UNIVERSITIES OF HARYANA**

CONCLUSION OF THE STUDY

After the analysis of data it was concluded that the Football players of non technical universities had better speed ability than Football players of technical universities of Haryana.

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