

Discriminate Analysis Between Basketball and Netball Players on Selected Performance Related Variables

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ABSTRACT

The purpose of this study was to compare the speed and agility between basketball and netball players, this study was conducted on a sample of 30(male)players of Govt. School out of which 15 were of basketball and 15 of netball and their age ranged between 17-19yrs. 50-meters dash was used to measure speed and shuttle run was used to test agility of the players. t-test was employed to find out significant difference between basketball and netball players. Findings revealed that significant difference exists between Basketball players and Netball players and, Basketball players had greater sprinting ability ($M=7.17\pm0.26$) and agility ($M=13.96\pm0.33$) as compared to netball players.

Key words: Speed, Agility, sports performance,

INTRODUCTION

Speed can be defined as the amount of velocity a person has in any given direction. Typically, this refers to how fast someone can run in a forward directed, straight path of motion. Therefore, speed is the straight-ahead velocity of a person or how fast a person can run forward (also known as sprinting).

Agility means ability of quick and swift movements, and ability of quick apprehension of body movement. It may be defined as “one’s controlled ability to change body position and direction rapidly and accurately”. Agility is the ability to start (accelerate), stop (decelerate and stabilize), and quickly change direction while maintaining proper postural alignment. This requires high levels of neuromuscular efficiency (movement coordination) because the athletes are constantly regaining their center of gravity over their base of support while changing directions at various speeds.

Basketball and netball are extremely dynamic sport that require movements in multiple planes of motion as well as rapid transitions from jogging to sprinting to jumping. The ability to quickly

elude defenders, rapidly decelerate to take a jump shot, or explosively jump up to grab a rebound are all skills required to effectively play the sport. It is equally important for the athlete to be able to perform these skills in a variety of directions and in a controlled manner. Due to the myriad of physical demands that come with the sport, speed and agility training becomes a crucial component to incorporate into training programs of both games.

METHODOLOGY

For the purpose of the study a sample of 30(male)players of Govt. school of U-19 category were taken. The age of the subjects ranged from 17-19yrs. Among the selected subjects 15 players were of basketball and 15 were netball players. To test the speed 50 meters dash (in seconds) was used and shuttle run (in seconds) was used to test the agility of basketball and netball players. To collect the data, field marking was done before-hand. Subjects were asked to go for warm-up. Demonstration and instructions for the tests were given to the subjects. Tests were conducted and the data was recorded for administration.

ANALYSIS OF DATA

Independent t-test was employed to find out the significant difference between basketball and netball players on speed and agility. SPSS(v.22) statistics software was used for statistical computation. The level of 0.05 was set statistical significance differences.

FINDINGS AND CONCLUSION

Descriptive statistics and t-value of basketball and netball players has been given in Table below Table1.

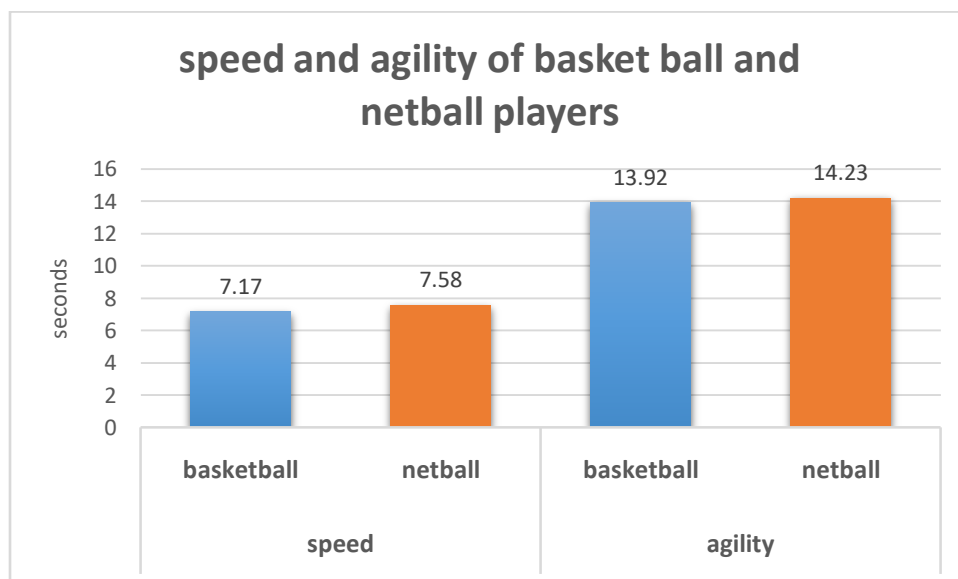
Variables	Groups	Mean	SD	t-value
Speed	Basketball	7.17	0.2683	4.321*
	Netball	7.58	0.2510	
Agility	Basketball	13.92	0.3346	2.629*
	Netball	14.23	0.3199	

*Significant.

Table 1 indicates that basketball players excel in speed than netball players having mean value 7.17 and 7.58 respectively. The obtained t-value on speed is 4.321, which is greater than the required table value(2.05) with df 28 at 0.05 level of confidence. This shows that significant

difference exists when speed is considered between basketball players and netball players. This also indicates that the basketball players have great sprinting ability as compared to netball players. In agility also basketball players have more agility with mean value 13.92 compared to netball players with mean value 14.23. The obtained t-value on agility is 2.629, which is greater than the table value(2.05) with df 28 at 0.05 level of confidence. This shows that significant difference exists when agility is considered among basketball players and netball players.

Figure 1: Chart showing speed and agility of basketball players and netball players.



With the limitation of the study it might be concluded that, there is a significant difference in speed and agility between basketball players and netball players. Basketball players got higher scores in speed and agility than netball players, and it shows that basketball players are better in sprinting ability and agility than netball players. It could be due to the nature of basketball game, where a player can move freely in any space on court with good speed having no fear of touching an opponent player which is not possible in netball. These findings are inline of Pawan(2013); Singh, Kumar, Bal, & Singh(2014), Brechue, Mayhew, & Piper,(2010); Cherappurath, Nafih(2015).

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