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DIFFERENTIALS BETWEEN SPEED AND AGILITY BETWEEN COLLEGE MEN BASKETBALL AND NETBALL PLAYERS

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Abstract:

The purpose of the study was to compare the speed and agility between college men basketball and netball players. To achieve this purpose of the study, sixty men players studying in the colleges in Karnataka State, India were selected as subjects at random. Among them, thirty basketball players and thirty netball players were selected. Among the anthropometrical variables, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using stadiometer and weighing machine separately. The independent 't' ratio was used to analyze the significant difference if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered appropriate. The results of the study showed that there was a significant difference between basketball players and netball players on speed and agility.

Key Words: Speed, Agility, College Men Basketball Players, Netball Players

Introduction:

The role of speed and agility in college men's basketball and netball players can significantly impact their performance and effectiveness on the court. Speed is a crucial factor in basketball, especially for positions such as center and power forward. Taller players have advantages in rebounding, shot-blocking, and defending near the basket. Centers are often the tallest players on the team and are responsible for scoring close to the basket, blocking shots, and controlling the paint. Guards and forwards also benefit from speed, as it can help them shoot over defenders, grab rebounds, and see passing lanes more effectively.

Agility can contribute to a player's physical presence and ability to establish position in the paint. Heavier players can often absorb contact better when driving to the basket or defending against larger opponents. Centers and power forwards typically carry more agility to establish themselves in the low post and battle for rebounds and position under the basket. Guards and forwards may have varying agilitys depending on their playing style and role within the team. Some may focus on agility and speed, while others prioritize strength and physicality.

Netball is traditionally played by women, and the role of speed and agility in men's netball may differ slightly. Speed can provide advantages in netball, particularly for positions like goal shooter and goal keeper, where players need to reach for passes, intercept throws, and shoot over defenders. Taller players may have better reach and can disrupt passing lanes and shots from opponents.

Agility can contribute to a player's stability and ability to hold position, especially in physical matchups against opponents. Heavier players may have advantages in maintaining balance and establishing position in the goal circle or defending against opponents. In both basketball and netball, while speed and agility can confer advantages, skill, agility, and athleticism are also crucial factors for success. Players with exceptional ball-handling, shooting, passing, and defensive skills can excel regardless of their physical attributes. Coaches often assess players based on a combination of factors, including speed, agility, skill level, and overall athleticism, to determine their roles and contributions to the team.

Methodology:

The purpose of the study was to compare the speed and agility between college men basketball and netball players. To achieve this purpose of the study, sixty men players studying in the colleges in Karnataka State, India were selected as subjects at random. Among them, thirty basketball players and thirty netball players were selected. Among the anthropometrical variables, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using stadiometer and weighing machine separately. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data:

Speed:

The mean, standard deviation and 't' ratio values on speed of basketball players and netball players have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Basketball and Netball Players on Speed

Groups	Mean	Standard Deviation	't' ratio value
Basketball Players	8.52	0.11	4.23*
Netball Players	8.63	0.09	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on speed for basketball players and netball players were 8.52 and 8.63 respectively. The obtained 't' ratio value on speed 4.23 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men basketball players and netball players on speed.

Agility:

The mean, standard deviation and 't' ratio values on agility of basketball players and netball players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Basketball and Netball Players on Agility

Groups	Mean	Standard Deviation	't' Ratio Value
Basketball Players	10.82	0.18	3.32*
Netball Players	10.97	0.17	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on agility for basketball players and netball players were 10.82 and 10.97 respectively. The obtained 't' ratio value on agility 3.32 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men basketball players and netball players on agility.

Conclusions:

- There was a significant difference between basketball players and netball players in speed.
- There was a significant difference between basketball players and netball players in agility.

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