



# A comparative Study of Speed of Volleyball and Basketball Girls Players

**Suma S.Tadwalkar****Research Scholar****Dr.Sakpal Hoovanna****Research Guide**

Department of Studies in Physical Education & Sports Sciences,  
Karnataka State Akkamahadevi Women's University, Vijayapura

## Abstract

The purpose of the present study was to a comparative Study of Speed of Volleyball and Basketball Girls Players. Subjects were randomly selected (12 from basketball and 12 from volleyball) from various schools of Vijayapura, District of Karnataka State was taken as a sample. The data was collected during interschool competition organized by department of youth services and sports, Karnataka State. The age of subject ranged between 12-17 years. Motor fitness tests were used to measure the selected Motor fitness variable of players. All the subjects were informed about aim and methodology of the study and they volunteered to participate in this study. 'T' test independent was used to analysis the data, level of confidence was set at 0.05 level. Study concluded that insignificant difference found between the means of selected Motor fitness speed variable.

**Keywords:** Motor fitness, speed, Basketball and Volleyball.

## Introduction

“Physical fitness is the ability to carry out daily tasks with vigorous and alertness without undue fatigue, and with ample energy to engage in pursuits and to meet emergency situation.” Clarke (1957)

Basketball and Volleyball is a unique sport that can improve overall fitness and confidence for players of all age groups. It requires upper and lower body speed, agility, flexibility and strength.

Viewed sports basketball was originally played with a soccer ball. The first balls made specifically for basketball were brown, and it was only in the late 1950s that Tony Hinkle, searching for a ball that would be more visible to players and spectators alike, introduced the orange ball that is now in common use. Basketball is a sport played by two teams of five players on a rectangular court. The objective is to shoot a ball into the ring for getting points. Daya Nand Singh (2014)

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964. Biswajit Malakar (2014).The famous Greek philosopher Aristotle stated "Every individual should be physically fit to enjoy the life fully. In intellectual as well as physical work, a sound heart and lungs, good digestion, well-developed physique, all are the great assets for living a happy and satisfying life." Sunil Sen, Kamlesh Sen and K. R. Bhagat (2014)

## **Speed**

Speed is the ability of an athlete to move as fast as possible, through the optimal range of motion, in a deliberate and intentional manner, in a particular direction. Speed is not just measured on how fast a person is either; there are several components of measurement that give a complete picture of an athlete's speed.

## **Methodology**

**Selection of Subjects** Total twenty four subjects were randomly selected (12 Basketball players and 12 Volleyball players) from various Schools of Vijayapura, District of Karnataka State were taken as a sample. The age of subjects were ranged between 12-17 years.

## **Selection of Variable**

For the present study the investigator selected Motor fitness variable.

- **Speed**

### **Criterion Measures**

Selected variables and their criterion measures

<b>Variable</b>	<b>Test items</b>	<b>Unit measurement</b>
Speed	50 meter dash run	In seconds

## Statistical Analysis

To find out the significance difference of Speed of Volleyball and Basketball Girls Players from various Schools of Vijayapura, District of Karnataka State in comparison to Speed ability the data were analyzed by applying Descriptive statistics and Independent sample t-test. The level of significance was set at 0.05.

## Result of the study

The scores were obtained by applying the 50 meter dash run test. All the individual 50 meter dash run test scores used to judge the level of Speed.

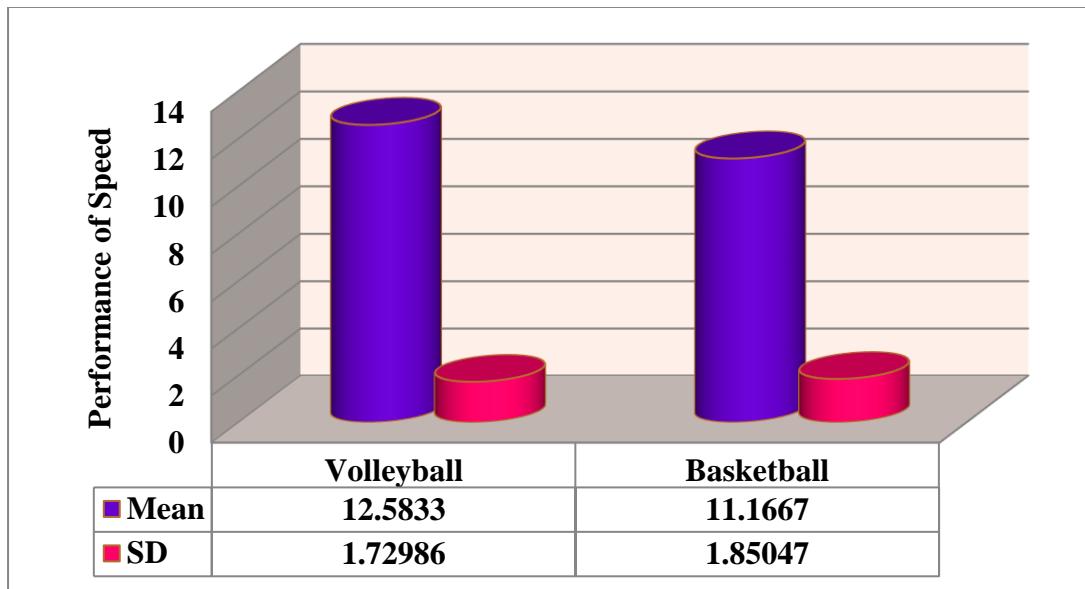
**Table 1:** Shows Statistical Comparison of Speed between Volleyball and Basketball Girl Players is as under

Group	N	Mean	SD	T-ratio
Volleyball	12	12.5833	1.72986	3.957*
Basketball	12	11.1667	1.85047	

\*\*The level of significant 0.05 =Table value 2.07

**Table -1** show that the mean of the speed of Volleyball and Basketball Girl Players is 12.5833 and 11.1667 respectively. Whereas standard deviation of the Agility of Volleyball and Basketball Girl Players is 1.72986 and 1.85047 respectively, ‘t’value is 3.957. The result reveals a statistically significant difference in agility between Volleyball and Basketball Girl Players. The Table no.1 shows that the mean of Basketball girl players is less than mean of Volleyball Girl Players. This proves that Basketball Girl Players speed is merely less than Volleyball Girl Players.

### Graph: 1. Comparison the Level of Speed between Volleyball and Basketball Girl Players.



**Figure: 1:** showing Mean Difference of Speed among the Volleyball and Basketball Girl Players. Mean score of Volleyball Players is 12.5833 and Basketball Girl Players is 11.1667; mean difference vale is 3.957only. It shows that there was significant difference between Volleyball and Basketball Girl Players.

### Conclusion

The investigator analyzed the collected data as per the purpose of study. The statistical analysis of Motor fitness component showed that in the parameter speed there is a significant difference between volleyball and basketball players of Vijayapura, District of Karnataka State.

### References

- Anderson D. The Discipline and the Profession. Foundations of Canadian Physical Education, Recreation, and Sports Studies. Dubuque, IA: Wm. C. Brown Publishers, 1989.
- Angell (Combined endurance and resistance circuit training in highly Antonio La Torre, Gianluca Vetrained/top-level female race walkers: a case report (58, DOI: 10.1007/s1133rnillo, Pierluigi Fiorella, Clara Mauri and 2-008-0067-1).
- Babalola JF. Effects of 8-weeks Circuit Training Programmed on Physiological and Performance Characteristics of University Racket Game Players. 2011; 1(4):143-149.
- Chia M. Fit to play: enabling play and physical activity in children. In: The power of movement- enhancing children's cognitive, social & emotional and physical development through movement. Nonis K & Daswani S (Eds) Pearson Education Asia, Singapore, 2007, 112-128.

- Charles A. Buchers, Administration of school health and physical education programmes Saint-Louis: the C.V. Mosy Company, 1958, 196.
- Manohar M, Mane, Sarvesh Kumar Yadav. The Effects of Circuit Training for the Development of Vertical Jumping Ability, Endurance, Agility and Skill Ability in Football Players' Boys Aged 10 To 12 Years.), 2011, 01(IV)

