



A Comparative Study of the Speed and Agility of Kho-Kho and Football Players

Dinesh B. Parmar

Ph.D. Scholar

Veer Narmad South Gujarat University,
Surat**Dr. Ketan R. Nizama**

Ph.D. Guide (Principal)

Adarsh Kelvani Mandal kosamaba sanchalit
Science & Commerce college,
Tarsadi, Surat

Abstract : The purpose of this research study was to conduct a comparative study of the speed and agility of Kho-Kho and Football players. This research study was limited to Kho-Kho and Football players. In this research study, 12 Kho-Kho and 12 football players were selected as subjects. Under-19 players were selected in this research study. In the measurement standard, speed was measured by running 50 times and agility was measured by shuttle run test. To compare the dynamic aspects of Kho-Kho and Football players, the significance was tested at the 0.05 level by applying the 't' ratio. The findings were as follows. There was no significant difference in the speed and agility test of Kho-Kho and Football players.

Introduction :

Speed and agility are two important components of physical fitness and motor ability that play a significant role in successful sports performance. In competitive games, an athlete is required not only to possess adequate strength and endurance but also to move rapidly, respond quickly, accelerate, decelerate, and change direction efficiently. The importance of these abilities becomes particularly evident in dynamic games such as Kho-Kho and football, where the players continuously respond to opponents, teammates, and changing game situations.

Speed may be defined as the ability of an individual to perform a movement or cover a specified distance in the minimum possible time. It is influenced by muscular strength, explosive power, reaction time, neuromuscular coordination, stride length, stride frequency, and movement technique. In Kho-Kho, speed is essential because the chaser must pursue the defender rapidly, while the defender needs to move quickly to avoid being touched. Repeated acceleration and short-distance sprinting are common characteristics of the game. Therefore, a high level of speed can provide a considerable advantage to a Kho-Kho player.

Football is also a sport in which speed is highly important. Football players frequently perform short sprints while attacking, defending, moving into space, chasing opponents, and attempting to reach the ball. Although football involves prolonged activity, many decisive actions occur during short periods of high-intensity movement.

Consequently, the ability to accelerate rapidly and attain high running speed contributes significantly to football performance.

Agility is another essential component of sports performance. It refers to the ability to move the body rapidly and effectively while changing direction or body position with control and accuracy. Agility requires the coordinated contribution of speed, balance, reaction ability, muscular power, coordination, and body control. In Kho-Kho, players repeatedly turn, dodge, stop, accelerate, and change direction according to the movement of the opponent. Such movements require a high degree of agility. Similarly, football players must change direction quickly while dribbling, tackling, marking, intercepting, and creating space. Thus, agility is fundamental to effective performance in both sports.

Although Kho-Kho and football have different rules, playing areas, movement patterns, and technical requirements, both demand rapid and coordinated movements. Kho-Kho predominantly involves repeated short-distance movements, chasing, dodging, and sudden directional changes, whereas football involves a combination of walking, jogging, running, sprinting, jumping, and multidirectional movements over a comparatively larger playing area. These differences may produce variations in the speed and agility profiles of players participating in the two sports.

A comparative assessment of speed and agility among Kho-Kho and football players can therefore provide useful information regarding the physical demands and motor characteristics associated with each sport. Standardized physical-fitness tests, such as a sprint test for speed and a shuttle-run or T-test for agility, can be employed to obtain objective measurements. The findings may be useful to physical education teachers, coaches, trainers, and researchers in understanding sport-specific fitness requirements and in developing appropriate training programmes.

The Purpose of the Study :

The purpose of this research study was to conduct a comparative study of the speed and agility of male players of the games of Kho-Kho and Football.

Selection of the Subject :

This research study was limited to Kho-Kho and Football players. In this research study, 12 Kho-Kho and 12 Football players were selected as subjects. In this research study, Under-19 players were selected.

Criterion Measurements :

Sl.	Variables	Test	Measurement
1	Speed	50 Yard Desh Run	Time / Second
2	Agility	Shuttle Run	Time / Second

Statistical Procedure :

To compare the dynamic aspects of players in the games of Kho-Kho and Football, the significance was tested at the 0.05 level by applying the 't' ratio.

Result of the Study :**Table - 1**

Table showing the mean, standard deviation, median difference and 't' ratio of speed test of players in Kho-Kho and Football games

Group	Number	Mean	Standard Deviation	Mean Difference	't' Ratio
Kho-Kho	12	6.80	0.30	0.33	1.48
Football	12	7.13	0.72		

* The significance level is 0.05 at the t level: $0.05 (22) = 2.07$

It can be seen in Table - 1 that in the speed test the mean score of kho-kho players was 6.80 and the mean score of football players was 7.13. Standard deviation of kho-kho players was 0.30 and standard deviation of football players was 0.72. Also the median difference of both groups was found to be 0.33. While the 't' ratio was found to be 1.48. There was no significant difference between the two groups which was tested at 0.05 level $(22) = 2.07$.

Table - 2

Table showing the mean, standard deviation, median difference and 't' ratio of agility test of players in Kho-Kho and Football games

Group	Number	Mean	Standard Deviation	Mean Difference	't' Ratio
Kho-Kho	12	17.95	0.86	0.55	1.67
Football	12	18.50	0.65		

* The significance level is 0.05 at the t level: $0.05 (22) = 2.07$

It can be seen in Table - 2 that in the agility test, the mean score of the Kho-Kho players was 17.95 and the mean score of the football players was 18.50. The standard deviation of the Kho-Kho players was 0.86 and the standard deviation of the football players was 0.65. Also, the mean difference of both the groups was 0.55. While the 't' ratio was 1.67. Which at the 0.05 level $(22) = 2.07$, there was no significant difference between the two groups.

Conclusion :

- No significant difference was found in the speed test of kho-kho and football players.
- No significant difference was found in the agility test of kho-kho and football players.

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