



## COMPARATIVE STUDY OF AGILITY BETWEEN VOLLEYBALL PLAYERS AND HANDBALL FEMALE PLAYERS

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### **Abstract**

*The purpose of the present study was to Comparative Study of Agility between Volleyball and Handball Female Players. Total thirty subjects were randomly selected (15 from Volleyball and 15 from Handball) from Karnataka state Akkamahadevi Women's University, Vijayapura, Karnataka was taken as a sample. The data was collected during inter-Collegiate competition organized by Department of Studies in Physical Education and Sports Sciences, Karnataka. The age of subject ranged between 19-23 years. Agility tests were used to measure the selected Physical 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 levels. Study concluded that insignificant difference found between the means of selected Physical variable such as Agility.*

**Keywords:** *Agility, Volleyball, Handball Female Players.*

### **Introduction**

In December 1895, in Holyoke, Massachusetts (United States), William G. Morgan, a YMCA physical education director created a new game called Mintonette, a name derived from the game of badminton, as a pastime to be played (preferably) indoors and by any number of players. The game took some of its characteristics from other sports such as baseball, tennis and handball. Another indoor sport, basketball, was catching on in the area, having been invented just ten miles (sixteen kilometers) away in the city of Springfield, Massachusetts, only four years before. Mintonette was designed to be an indoor sport, less rough than basketball, for older members of the YMCA, while still requiring a bit of athletic effort. The first rules, written down by William G. Morgan, called for a net 6 ft 6 in (1.98 m) high, a 25 ft × 50 ft (7.6 m × 15.2 m) court, and any number of players. A match was composed of nine innings with three serves for each team in each inning, and no limit to the number of ball contacts for each team before sending the ball to the opponents' court. In case of a serving error, a second try was allowed. Hitting the ball into the net was considered a foul (with loss of the point or a side-out) except in the case of the first-try serve.

After an observer, Alfred Halstead, noticed the volleying nature of the game at its first exhibition match in 1896, played at the International YMCA Training School (now called Springfield College), the game quickly became known as volleyball (it was originally spelled as two words: "volley ball"). Volleyball rules were slightly modified by the International YMCA Training School and the game spread around the country to various YMCAs. Games similar to handball were played in Ancient Greece and are represented on amphorae and stone carvings. Although detailed textual reference is rare, there are numerous descriptions of ball games being played where players throw the ball to one another; sometimes this is done in order to avoid interception by a player on the opposing team. Such games were played widely and served as both a form of exercise and a social event.



There is evidence of ancient Roman women playing a version of handball called *expulse louder*. There are records of handball-like games in medieval France, and among the Inuit in Greenland, in the middle Ages. By the 19th century, there existed similar games of hand bold from Denmark, hazing in the Czech Republic, handball in Ukraine, and Tomball in Germany. The team handball game of today was codified at the end of the 19th century in northern Europe: primarily in Denmark, Germany, Norway and Sweden. The first written set of team handball rules was published in 1906 by the Danish gym teacher, lieutenant and Olympic medalist Holger Nielsen from Ordrup grammar school, north of Copenhagen. The modern set of rules was published by Max Heiser, Karl Schelenz, and Erich Konigh in 1917 on 29 October in Berlin, Germany; this day is therefore seen as the "date of birth" of the sport. The first ever official handball match was played on 2 December 1917 in Berlin. In 1919 the rules were modified by Karl Schelenz. The first international games were played under these rules, between Germany and Austria by men in 1925 and between Germany and Austria by women in 1930.

Agility training forms an integral role during performance rehabilitation. The focus of this intervention is to develop the connection between the physical and psychological systems necessary to carry out complex multidirectional tasks in response to a stimulus with the aim of improving the mind–body connection when processing signals and cues from the environment (Sheppard and Young, 2006).

### **Objective of the study**

To Compare of Agility between Volleyball Female Players and Handball Female Players.

### **Hypothesis**

Agility of the Volleyball Female Players is better than Handball Female Players.

### **Samples**

Total 30 Subjects consisting of 15 Volleyball Female Players and 15 Handball Female Players were randomly selected for the present study. All the Players were the participants of Inter-Collegiate University tournaments organized by Karnataka state Akkamahadevi Women's University, Vijayapura, Karnataka (KSAWU).

### **Statistical analysis**

In statistical analysis, descriptive and comparative both analyses have been done successively. In descriptive analysis, we have measured mean and S.D. and in comparative analysis. For comparative analysis we have used t-test.

### **Procedure**

For the present study from the given observational data on Agility of two groups for the present study based on Agility, the collected the data measured by 6x 10 Meters Shuttle Run in seconds method from two groups,

### **Analysis of the data**

In the present study applied descriptive statistics for analyzing the data. In which the calculated mean, S.D. and comparative analysis (t-test) were done to analyze the data with the help of MS Excel 2007.



### Results and Discussion.

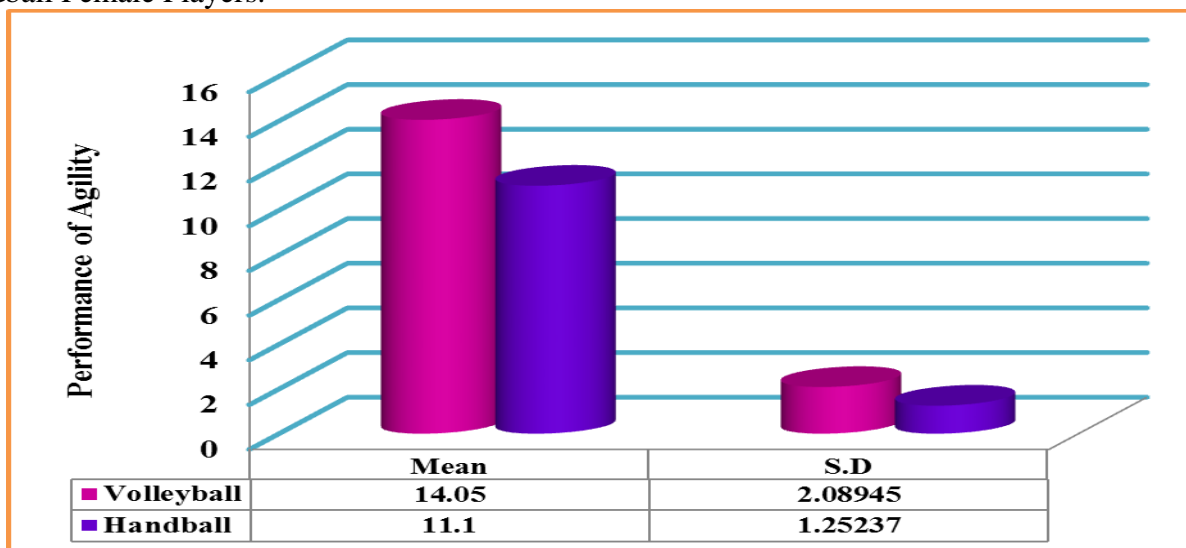
Table Shows Statistical Comparison of Agility between Volleyball Female Players and Handball Female Players.

Group	Number	Mean	S.D	't'
Volleyball	15	14.05	2.089	<b>7.13</b>
Handball	15	11.10	1.252	

\* **Significance at 0.05 Tab value = 2.042**

Table indicates that a mean and standard deviation values with regard to Volleyball Female Players on Agility variable were 14.0500 and 2.08945 whereas in case with Handball Female Players the same were recorded as 11.1000 and 1.25237 respectively. There is significant difference between Volleyball Female Players **and** Handball Female Players were found as the calculated t-value (7.135) was more than tabulated t- value (2.042) at .05 level.

Figure-1 Shows the Mean Scores and Standard Deviation of Agility of Volleyball Female Players and Handball Female Players.



The above figure indicates that Agility Performance mean scores two graphs showing of comparison of Volleyball Female Players and Handball Female Players with to Agility Performance scores. The mean Agility scores of Volleyball Female Players and Handball Female Players are 14.05 and 11.10, SD are 2.089 and 1.252 respectively. It means that the Agility Performance of Volleyball Female Players was better than Handball Female Players.

### Conclusion

A Comparative study on Agility of Volleyball Female Players is better than the Agility of Handball Female Players.

### References

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