

Comparative study of coordinative ability of cricket players at high and low performance level

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Abstract

This study is aimed to achieve the coordinative ability variable of cricket players. The present study is persuaded to be conducted on 20 male and 20 female cricket players at college/Club level i.e. 20 high (state and inter college position holder, intervarsity and national level) and 20 low level. (Inter- college and district participants). The age limit of the player ranged 18 to 25 years. The study is confirmed on the subjects of various colleges/Clubs of Sirsa District. Only one coordinative ability variables such as agility are taken into account. To establish the effect of the circuit training and Interval training vascular endurance. The difference between initial and final performance and to compare the achievements of the two groups the ‘t’ test was adopted and the criterion measure for comparing the two groups is 0.05. After the collecting the data the Statistical technique is mean, SD and t-ratio was used.

Keywords: coordinative ability, cricket, performance

Introduction

The performance at high level or outstanding performances are based upon the foundation of sports persons, which should also be strong and potential. The foundation of sports persons starts from their initial development phase. The development stage starts with the type of training or with the methods of initial training to the sportsperson. The methods of training the motor qualities by understanding the importance of specificity of the event, the recruitment of different methods, means and forms of training in games and sports and intervals training programmed to designed to develop physical fitness elements such as strength, endurance, general and basic endurance along with circuit training. Further station training, set training are used to develop the maximum strength and explosive strength with the help of repetition method.

Coordinative ability variables which were previously considered as the part of the physical fitness factors of the players of different games are how studies separately and have the equal importance in terms of achievements in that game as physical fitness factors effect. The agility ability is covered both under the physical fitness factors and as one of the coordinative ability factors. In fact, some of the researchers have derived coordinative ability has wide scope and importance in game and sports. Coordinative abilities primarily depend, upon the motor control and regulation process of Central Nervous System.

Objective of the study

1. The objective of the study is to compare the agility ability one of the coordinative variables of male cricket players at different levels.
2. The objective of the study is to compare the agility ability one of the coordinative variables of female cricket players at different levels.

Methodology

This study is aimed to achieve the coordinative ability variable of cricket players. The present study is persuaded to be conducted on 20 male and 20 female cricket players at college/Club level i.e. 20 high (state and inter college position holder, intervarsity and national level) and 20 low level. (Inter- college and district participants). The age limit of the player ranged 18 to 25 years. The study is confirmed on the subjects of various colleges/Clubs of Sirsa District. Only one coordinative ability variables such as agility are taken into account. To establish the effect of the circuit training and Interval training vascular endurance. The difference between initial and final performance and to compare the achievements of the two groups the ‘t’ test was adopted and the criterion measure for comparing the two groups is 0.05. After the collecting the data the Statistical technique is mean, SD and t-ratio was used.

Results

Table 1: Significance Difference between Mean Self Agility Ability State and Inter College Male and Female Low Students

Respondents	N	Mean	S.D.	‘t’-value	Level of Significance
male	20	14.99	.93	13.37	0.05
female	20	18.00	.61		

As shown in Table-4.1 above, the mean agility ability score of male low students were 14.99 and female low students were 18.00. The S.D. of self-practice score of male low students were .93 and female low students were .61, and the calculated value of ‘t’ was 13.37, which was more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the male and female low students in agility ability.

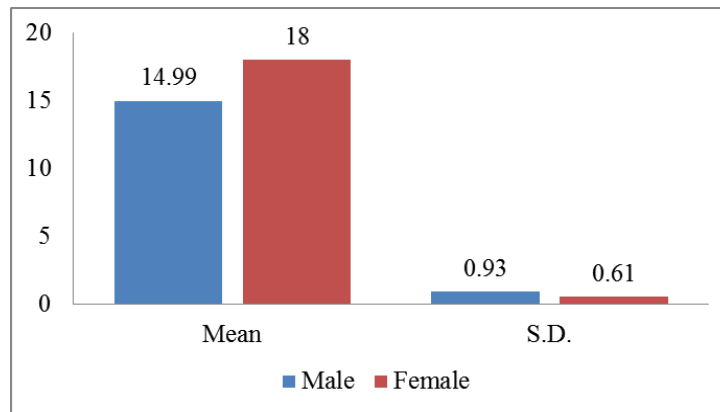


Fig 1: Significance Difference between Mean Self Agility Ability State and Inter College Male and Female Low Students

Table 2: Significance Difference between Mean Self Agility Ability State and Inter College Male and Female High Students

Respondents	N	Mean	S.D.	't'-value	Level of Significance
male	20	14.66	.92	13.43	0.05
female	20	17.66	.57		

As shown in Table-4.1 above, the mean agility ability score of male high students were 14.66 and female high students were 17.66. The S.D. of self-practice score of male high students were .92 and female high students were .57, and the calculated value of 't' was 13.43, which was more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the male and female high students in agility ability.

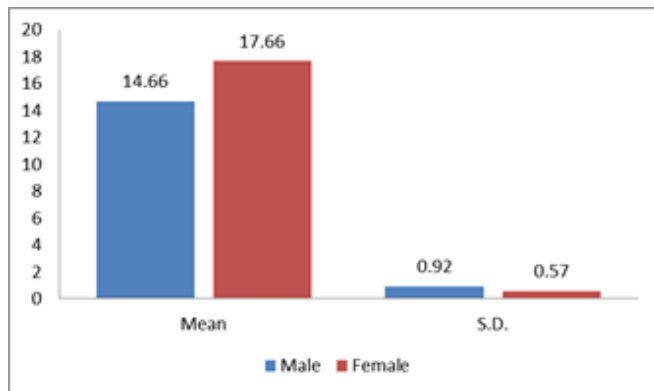


Fig 2: Significance Difference between Mean Self Agility Ability State and Inter College Male and Female High Students

Discussion of the hypothesis

1. There will be no significance between the state and inter college students male and female high on self-practice factor of agility.
2. There will be no significance between the state and inter college students male and female low on self-practice factor of balance.

Conclusion

On the basis of result obtained from the study following conclusion were drawn:-

1. There was no significant comparison between male and female players.

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