



A comparative study on speed among basketball and volleyball players of junior colleges in Aligarh

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Abstract

The purpose of present study was to compare the speed parameters between basketball and volleyball players. For present study the researcher selected 20 male Basketball players and 20 male Volleyball players from Junior Colleges in Aligarh, U.P., as subjects and the age ranged from 16-18 years. In order to find out the speed between Male Basketball and Male Volleyball Players, 50 Meter Run is used to collect the data for speed. On the basis of the findings it was concluded that the players of Basketball are having good speed as compare to the players of Volleyball.

Keywords: speed, basketball, volleyball, players, training, 50 meter run

Introduction

Basketball, game played between two teams of five players each on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket. Basketball requires flexibility, strength, power, agility, speed, body composition, and aerobic & anaerobic fitness. Players must train to the best of their ability. Speed and agility training is crucial for basketball to improve footwork skills as well as improve cardio-respiratory stamina. Speed and agility training is also key in decreasing injury for basketball players. There is an array of training equipment for Basketball, some to strengthen a specific area in a player's athletic needs. But there are some products that are more basic, and can help any player training at any age. For a trainee to be at their athletic peak is crucial in succeeding at Basketball. And this equipment is sure to help anyone who wants to be better. The aim of basketball is to score more points than the other team, by making the ball in the basket. Players on one team try to stop players on the other team from scoring. Baskets can be worth 1, 2, or 3 points. Each normal score is worth two points; however, if a player throws the ball into the hoop from behind the large arched line on the court, called the "3-point line," the score is worth three points. You get points by "shooting" (throwing or dropping) the ball into the opponents' basket. The team with the most points at the end of the game wins. The ball is moved forward by shooting, passing (throwing or handing off) or dribbling it. The ball may not be carried by a player who is walking or running without dribbling it. If this rule is violated, it is called a travel. Volleyball is a team sport that requires great skill and can be very rewarding when played properly. Certainly considered to be both a competitive and leisurely activity, it can be played by school teams, professional athletes and families enjoying a day at the beach. A workout involving volleyball is an effective way to burn calories. Approximately 20 minutes of volleyball consumes up to 126 calories. Over a twelve month period given 20 minutes of volleyball per day, that would add up to a total of 45,990 calories (or thirteen pounds of body fat)

burned per year. Volleyball also develops key upper body muscles (especially the arms), improves sprint speed and agility due to the quick changes of pace and direction, and improves overall flexibility.

Volleyball places a large number of demands on the technical and physical skills of a player. During the course of play, players are required to serve, pass, set, attack, block and dig the ball. Playing volleyball requires flexibility, good balance, upper and lower body strength and speed in order to be played effectively.

Basic Volleyball Rules

- 6 players on the floor at any one time - 3 in the front row and 3 in the back row Maximum of 3 hits per side Points are made on every serve for winning team of rally (rally-point scoring). Player may not hit the ball twice in succession. (A block is not considered a hit.) Ball may be played off the net during a volley and on a serve. A ball hitting a boundary line is in.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.
- Matches are made up of sets; the number depends on level of play. 3-set matches are 2 sets to 25 points and a third set to 15. Each set must be won by two points. The winner is the first team to win 2 sets. 5-set matches are 4 sets to 25 points and fifth set to 15. The team must win by 2 unless tournament rules dictate otherwise. The winner is the first team to win three sets.

Speed is a key component of physical fitness which is very important for Basketball and Volleyball Players for giving the high level of performance in competition. Speed is the performance pre requisite to do motor actions under given conditions in minimum of time. Speed is the quickness of movement of a limb, whether this is the legs of a runner or the arm of the shot putter. Speed is an integral part of every sport and can be expressed as any one of, or combination of, the following: maximum speed, elastic strength and speed endurance.

Methodology

Aim: To find out the Speed between Male Basketball and Male Volleyball Players.

Sample: The sample for present study consists of 20 Male Basketball Players and 20 Male Volleyball Players between the age group of 16 to 18 years of Junior Colleges in Aligarh, U.P.

Tools: 50 Meter Run is used to collect the data for speed.

Procedure of Data Collection

Results and Discussion

Table 1: is showing the speed among the Basketball and Volleyball Players.

Test	Group	Number	Mean	Std.	Std. Error	t	df	Sig.
Item				Deviation	Mean			(2tailed)
50 M Run	Basketball	20	7.11	0.24	0.08	-1.81	38.00	0.09
50 M Run	Volleyball	20	7.39	0.46	0.15	-	-	-

It was found that the average speed of Basketball Players are 7.11 and Volleyball Players are 7.39. Basketball Players are having good speed compare to the Volleyball players because the Basketball Players are playing in the court and playing basketball demands high level of agility, flexibility, strength, power, speed, body composition and anaerobic and aerobic fitness. Volleyball Players are also playing in the court but volleyball game need not much running activities as in Basketball.

It is concluded that Basketball are having good speed compare to the Volleyball Players. Speed Training must be given to all Basketball Players and Volleyball Players to enhance the performance.

Recommendations

The similar studies can be conducted on different sports and games at school and University level.

References

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The Basketball and Volleyball Players are made to run 50 meters in each batch of two members. The timing is taken by the Qualified Officials at Govt., College Ground, Aligarh.

50 Meters Run:

Purpose: To measure the speed among the Basketball and Volleyball Players.

Equipment: Two stop watches or one with a split second timer.

Description: It is preferable to administer this test to two players at a time. Both have to take standing start position behind the starting line. The starter will use the command on your marks and gun will be fired.

Rules: The starter may take any position behind the starting line. On the command on your marks and gun fire the student runs as fast as he can across the finishing line. Do not slow up until you across the finish line.

Then he may down slow gradually.

Scoring: The score is the elapsed time to the nearest tenth of a second between the starting signal and the instant the student crosses the finish line.