

# A Comparative Study of Agility among Handball and Basketball Male Player

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**Abstract:** *The aim of the study was to find out the agility among handball and Basketball male players. The subjects of the study were fifteen handball and basketball players with in age of 19 to 24 years. All players are different colleges of C.D.L.U, (Sirsa). The data was collected during their university camp. To measure the agility the Shuttle Run was used. The 't' test was in use to compare agility between handball and basketball players. The 'p' value was in use to find significant different between handball and basketball players. The level of significance value was in use is 0.05. Result: For analysis and interpretation of the collected data, there was significant difference in agility between handball and basketball players. Basket Ball players are having good agility compare to Hand Ball Players because the Basket Ball are involved more in short running and agility type of Movements in game.*

**Keywords:** Agility, Shuttle Run, Handball, Basketball, University Camp

## 1. Introduction

Agility is the ability to change the direction of the body in an efficient and effective manner and to achieve this requires a combination of balance, static balance, dynamic balance and co-ordination. In sports, agility is often defined in terms of an individual sport, due to it being an integration of many components each used differently (specific to all of sorts of different sports). Sheppard and Young (2006) defined agility as a "rapid whole body movement with change of velocity or direction in response to a stimulus".

Basketball is a sport played between two teams normally consisting of five or more players. Each team has five players on the basketball court at any given time. The objective is to score more points than the other team, with points being scored by shooting a ball through a basketball hoop (or basket), which is located ten feet above the ground. The two teams shoot at opposite goals. In order to move while in possession of the ball, a player must be dribbling, or bouncing the ball. The number of points awarded a player for successfully shooting the ball through his team's goal varies according to the circumstance. The most common scenario is the two-point play, wherein a player scores two points for making a basket anywhere inside the "3-point line" while the ball is in play. A semicircular line (the three-point line) marks the area beyond which, if a player makes a basket, three points are awarded for the shot. One point is given to a player upon successfully making a free throw, or a foul shot.

Handball is a name that can refer to a long row of different games but this website is as mentioned above dedicated to European handball. European handball is a game where two teams, each comprised of seven players (six outfield players and a goalkeeper), meet on a handball court. The goal of the game is to score by throwing the ball into to the goal of the other team. The handball court is a rectangle divided into

two halves. Each half has a goal at the end of it. In front of the goal there is a zone in which only the goalkeeper is allowed to step, but all outfield players are allowed to jump over it as long as they let go of the ball before they hit the ground. The zone stretches 6 meters from the goal and is marked by the 6 meter line. Outside the 6 meter line there is a 9 meter line. The 6 and 9 meter lines play important roles in the game as they form the basis for the formation of the teams. The winning team is whatever team has scored the most goals after 2 x 30 minutes. Handball is quick game with a lot of action. It is not unusual for a game to feature 50-60 goals which means that there is often a goal every minute or every other minute. A very large amount of the offensives results in goals. Handball used to be a very different game that what it is today. This is not due to changes in the rules since those have remained largely the same, but rather due to the players becoming better. It used to be a lot fewer goals in the game. Historically, hand ball used to feature about the same amount of goals as ice hockey, but with better and better players the amount of goals have increased to the point we are now and where it is common for both teams to score more than 30 goals in a game.

## 2. Method

The agility of handball players and basketball was taken in shuttle run. The subjects of the study were fifteen handball and basketball players with in age of 19 to 24 years. All players are different colleges of C.D.L.U, (Sirsa). The data was collected during their university camp. The data was collected for each variable by administering their respective tests. This test requires the person to run back and forth between two parallel lines as fast as possible. Set up two lines of cones 30 feet apart or use line markings, and place two blocks of wood or a similar object behind one of the lines. Starting at the line opposite the blocks, on the signal "Ready Go" the participant runs to the other line, picks up a

block and returns to place it behind the starting line, then returns to pick up the second block, then runs with it back across the line.

### 2.1 Scoring

Two or more trails may be performed, and the quickest time was recorded. Results were recorded to the nearest tenth of a second.

### 2.2 Testing Personnel

One trained tester can administer this test and record the score and time. If he has a split-second timer, he may have two students running at the same time. If two regular stop watches are available, two timers can be used.

## 3. Results

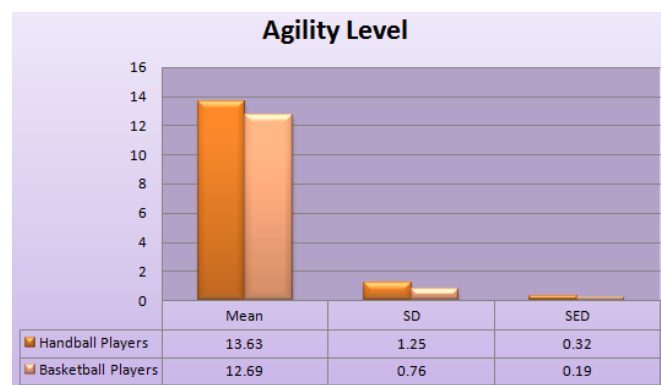
Comparison of agility between handball and basketball players.

**Table 1**

| Agility            | Mean  | SD   | SED  | Mean Difference | DF | T    |
|--------------------|-------|------|------|-----------------|----|------|
| Handball Players   | 13.63 | 1.25 | 0.32 | 0.94            | 28 | 2.48 |
| Basketball Players | 12.69 | 0.76 | 0.19 |                 |    |      |

\* .05 (level of significance)

According to Table 1, the mean of agility in handball players and basketball players were 13.63 and 12.69 respectively, the SD of handball players and basketball players were 1.25 and 0.76 respectively, the degree of freedom was 28. Whereas the 't' value 2.48 was found, so we can say that the difference was significant at 0.05 which prove that there are agility of basketball players better than handball players.



**Graph 1:** Comparison of agility between handball and basketball players

## 4. Conclusion and Discussion

It is concluded that Basket Ball female Players are having good agility compare to Hand Ball female Players. The basketball players are involved more in short running and agility type of Movements in game.

## References

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