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An assessment study of agility among basketball and volleyball players of Nagpur district

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Abstract

Background: Basketball is a team sport that is played between 2 teams, each consisting of 5 players. The objective of a team is to shoot a basketball through the hoop of the other side, while at the same time, preventing the other team from shooting into theirs. It is played on a rectangular court. Every successful shot earns a team 2 points. If a player is fouled by the other team's player, then he or she is given one or two free throws. At the completion of the playtime, the team with the highest points on the board wins. If there is a tie, then some overtime is also given.

Volleyball is a team sport. The teams are separated by a large net. It has six players on each side of the net. Each team is allowed twelve substitution players. The game starts when the captain from each team decides which side of the court they will play on, by the toss of a coin, which also determines who will serve (hit) the ball first. The point of the game is to keep the ball in the air. The ball can be played with any part of the body, with a maximum of three strokes a team. If at any point the ball hits the floor, the side that the ball landed on it is a point for the other team.

The purpose of the present study was to measure the agility among Basketball and Volleyball players of Nagpur. For the present study 15 Male Basketball and 15 Male Volleyball players of Nagpur are taken for the study.

Keywords: Agility, basketball, volleyball, players

Introduction

Basketball is a rough sport, although it is officially a noncontact game. A player may pass or bounce (dribble) the ball to a position whereby he or a teammate may try for a basket. A foul is committed whenever a player makes such contact with an opponent as to put him at a disadvantage; for the 2001-02 season the NBA approved a rule change that eliminated touch fouls, meaning brief contact initiated by a defensive player is allowable if it does not impede the progress of the offensive player. If a player is fouled while shooting and the shot is good, the basket counts and he is awarded one free throw (an unhindered throw for a goal from behind the free throw, or foul, line, which is 15 feet [4.6 metres] from the backboard); if the shot misses, he gets a second free throw. If a foul is committed against a player who is not shooting, then his team is awarded either the possession of the ball or a free throw if the other team is in a penalty situation. A team is in a penalty situation when it has been called for a set number of fouls in one period (five in one quarter in professional and international play and seven in one half in the college game). In college basketball, penalty free throws are "one-and-one" in nature (consisting of one free throw that, if made, is followed by a second) until the opposing team commits a 10th foul in a half, creating a "double bonus" situation where all fouls automatically result in two free throws. A pair of penalty free throws are immediately earned when teams enter the penalty situation in both the NBA and international play. Infractions such as unsportsmanlike conduct or grasping the rim are technical fouls, which award to the opposition a free throw and possession of the ball. Overly violent fouls are called flagrant fouls and also result in free throws and possession for the opposition. Players are allowed a set number of personal fouls per game (six in the NBA, five in most other competitions) and are removed from the game when the foul limit is reached.

Volleyball, game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface-that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net.

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A team is allowed only three touches of the ball before it must be returned over the net.

Volleyball requires a minimum of equipment and space and can be played indoors or outdoors. The game is played on a smooth-surfaced court 9 metres (30 feet) wide by 18 metres (60 feet) long, divided by a centre line into two equal areas, one of which is selected by or assigned to each of the two competing teams. Players may not step completely beyond the centre line while the ball is in play. A line 3 metres (10 feet) from and parallel to the centre line of each half of the court indicates the point in front of which a back court player may not drive the ball over the net from a position above the top of the net. (This offensive action, called a spike, or kill, is usually performed most effectively and with greatest power near the net by the forward line of players.) A tightly stretched net is placed across the court exactly above the middle of the centre line; official net heights (measured from the top edge of the net to the playing surface-in the middle of the court) are 2.4 metres (8 feet) for men and 2.2 metres (7.4 feet) for women. Further adjustments in net height can be made for young people and others who need a lower net. A vertical tape marker is attached to the net directly above each side boundary line of the court, and, to help game officials judge whether served or volleyed balls are in or out of bounds, a flexible antenna extends 1 metre (3 feet) above the net along the outer edge of each vertical tape marker. The ball used is around 260 to 280 grams (9 to 10 ounces) and is inflated to about 65 cm (25.6 inches) in circumference. A ball must pass over the net entirely between the antennae. A service area, traditionally 3 metres (10 feet) long, is marked outside and behind the right onethird of each court end line. At the 1996 Olympic Games the service area was extended to 9 metres (30 feet). The service must be made from within or behind this area. A space at least 2 metres (6 feet) wide around the entire court is needed to permit freedom of action, eliminate hazards from obstructions, and allow space for net support posts and the officials' stands. A clear area above the court at least 8 metres (26 feet) high is required to permit the ball to be served or received and played without interference.

Agility or nimbleness is the ability to change the body's position efficiently, and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength and endurance. Agility is the ability to change the direction of the body in an efficient and effective manner and to achieve this you require a combination of: balance - the ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints); static balance-the ability to retain the centre of mass above the base of support in a stationary position; dynamic balance-the ability to maintain balance with body movement; speed-the ability to move all or part of the body quickly; strength-the ability of a muscle or muscle group to overcome a resistance; and lastly, coordination - the ability to control the movement of the body in cooperation with the

body's sensory functions (e.g., catching a ball [ball, hand and eye co-ordination]).

Statement of the problem

To find out the agility among Basketball players and Volleyball players of Nagpur.

Sample

For the present study 15 Male Basketball and 15 Male Volleyball players of Nagpur district are taken for the present study.

Tool

To measure the agility the Shuttle Run is used.

Shuttle run

Purpose

To measure the agility.

Facilities and Equipment

Two lines parallel to each other are marked on the floor thirty feet apart. Since the student must over run both of these lines, it is necessary to have several feet more of floor space at either end. A block of wood 2 by 2 by 4 inches and a stopwatch are needed.

Procedure

The subject stands at one of the lines with the 2 blocks at the other lines. On the signal to start, the student runs to the blocks, takes one and returns to the starting line, and places the block behind that line. He then returns to the second block, which is carried across the starting line on the way back. Two students can run at the same time if 2 timer are available, or if 1 test administrator has a split second timer, and of course, if there are 2 sets of blocks. Two trials are permitted. If the student starts first at one line and then at the other, it is not necessary to return the blocks after each race. Sneakers should be worn or the students may run bare footed.

Instructions

On the signal "Go" run as fast as you can to the next line and pick up a block. You should return the block over the second line where you place it on the floor. Do not throw it. Return for the second block, and this time you may run across the starting line as fast as you can without placing the blocks on the floor.

Scoring

The score is the elapsed time recorded in seconds and tenth of seconds for the better of 2 trials. 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.

Results and discussion

Table 1

Test	Group	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2- tailed)
Shuttle Run	Basketball Players	15	14.39	0.57	0.18	2.53	28.00	0.02
Shuttle Run	Volleyball Players	15	15.63	1.21	0.38			

Table 1 found that Basketball players are having good agility compare Volleyball players because the Basketball players are involved more movement of agility.

Conclusion

It is concluded that Basketball players are having good agility compare to Volleyball players.

Recommendations

It is recommended that Basketball Players and Volleyball Players must be given good training for agility. Similar studies can be conducted on other sports.

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