



COMPARATIVE ANALYSIS ON SPEED AMONG CRICKET AND HOCKEY PLAYERS

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Abstract

Speed power is usually measured by how fast you can move your body through a certain distance. Regular exercise and active work advances solid muscles and bones. Remaining dynamic can likewise assist you with keeping a sound weight, decrease your danger for type 2 diabetes, coronary illness, and diminish your danger for certain diseases. Response speed is a capacity to respond to a given boost as quick as could be expected. Improvement of speed is firmly identified with strength advancement; basically to advancement of quick speed and receptive strength. To have the option to play out a given engine task (engine capacity), the competitor should apply strength as quick as could really be expected. The current examination is about the correlation of the speed capacity among cricket and hockey players in Bhandara area. The players were arbitrarily picked for the investigation, 20 cricket and 20 hockey players having age bunch 16-18 years. The information were collected and examined with the assistance of measurable techniques. The outcome and determination were finished up having a critical contrast in speed capacity between both the games. The members were tried on 50 meters run test to evaluate the speed among cricket and hockey players. The above paper studies the speed ability between cricket and hockey players.

Keywords: Speed capacity, Hockey, Cricket, cardiovascular capacity, muscular strength

Introduction



The speed ability makes all participants in the games quickly move to their places or move away from the opponents. In any case, speed power does not correspond to readiness for regular movement. Speed power is usually measured by how fast you can move your body through a certain distance. This can be a bit more difficult to judge as it is difficult to maintain the same speed while running. For example, when driving there is an acceleration phase, a maintenance phase, where the maximum speed is reached and then a weak phase, where it is not possible to maintain the most extreme speed at the moment. These stages vary according to the distance covered and individual abilities. An effective field hockey player takes advantage of the change in speed during the game. In general racing, it is important to use different speeds to overtake your competitors. Top competitors have a serious level at all three speeds and the ability to use them effectively. In cricket, the speed factor is needed in everything. Getting maximum speed is important for a cricketer in bowling, chasing the ball, running between the creases etc. Cricket has been a well-established team activity for many years and is probably the most famous game on the planet. It originated in England and is now extremely popular in countries like India, Pakistan, Sri Lanka, Australia, West Indies and South Africa. It is played by two teams on an oval and involves batting, handling and bowling. Cricket can be played both socially and seriously, boys and girls, all things considered. Although serious cricket is mostly played on the pitch, cricket can be played on lawns, parks, roads or by the sea for no particular reason. You just have your friends, a bat, a ball and something to hit. If you're serious about playing, consider joining a club near you. Ice hockey has been accepted until now by earlier civilizations. The Arabs, Greeks, Persians and Romans each had their own form, and hints of the stick game played by the Aztec Indians of South America have been found. Ice hockey can also be related to other early games such as hurling and shinty. Regular exercise and physical activity promote strong muscles and bones. Staying active can also help you maintain a stable weight, reduce your risk of type 2 diabetes, coronary heart disease and some cancers. Simply put, physical movement and exercise are important for everyone. Teenagers, young adults and adults of all ages need regular exercise. An inactive lifestyle and lack of movement can have a negative effect on the human body. Physical latency is associated with an increased risk of certain types of malignancy, various ongoing illnesses,



and mental well-being. Exercise in any form has been found to improve mood and emotional well-being and provide various medical benefits. For example, mountain climbing is a rewarding experience that gives a sense of achievement and offers great scenery, but there are people who cannot endure it due to well-being problems. Be that as it may, a walk with the family in the zoo or playing with the children can be difficult for people who neglect exercise for a long time. -Speed is not exactly how fast someone can run (or bike, swim, etc.), but it depends on their growth rate (how fast they can accelerate in place), their maximum development speed, and also their speed. . quickmaintenance (limits deceleration). Development speed requires great quality and strength, but in addition excess weight and air tension can drag a person away. Speed is one of the most important aspects of well-being and is important for achievements in many games. For some competitors, such as cross-country runners, runners, cyclists and speed skaters, speed is the most important part of fitness. In many different games, including team sports, high speed is also an important part of overall well-being. In the voting of major sports that require speed, the runners of Olympic events are firmly in the first place.

Review of literature

Chinnappa, (1988) directed an examination in which he looked at somatotypes of Indian public plausible and Pakistan public hockey major parts according to their lines of play. 32 Indian and 16 Pakistani players filled in as subjects. Heath-Carter anthropometric somatotype procedure was utilized to survey the somatotypes of the body types and was analyzed between the two nations and furthermore as per the lines of play. The objective guardians and the half backs of Pakistan fell in the mesomorphic ectomorph area, while the Indians were into the endo mesomorphic area. Half lines and forwards of India overwhelmed the endomorphic area as against meso endomorphic strength of Pakistanis. Full backs of both the nations were endomorphic mesomorph. Overall Asian hockey players were less mesomorphic when contrasted with hockey players of driving nations. Indians had thicker skinfolds than Pakistani players showing more noteworthy mass subsequently prompting lesser portability and adaptability.



SorabhTrikha 2014-17, has led an examination on Comparative status of solidarity and speed between various group games, he discovered huge contrast among cricket and hockey players corresponding to speed capacity. Some other studies conducted by Natraj H.V. & Chandrakumar, M. (2006), Uppal and Roy (1986) and Angyan (1989) were support the result of the present study.

Keogh JW[^], Weber CL, Dalton CT (2003) built up a compelling testing battery for female field hockey by utilizing anthropometric, physiological, and expertise related tests to recognize local delegate (Rep, n = 35) and neighborhood club level (Club, n = 39) female field hockey players. Rep players were fundamentally less fatty and recorded quicker occasions for the 10-m and 40-m runs just as the Illinois Agility Run (with and without spilling a hockey ball). Rep players likewise had more noteworthy vigorous and lower body strong force and were more precise in the shooting exactness test, $p < 0.05$. No huge contrasts between bunches were obvious for tallness, weight, speed decrement in 6 x 40-m rehashed runs, handgrip strength, or pushing speed. These outcomes show that %BF, running pace, spryness, spilling control, vigorous and solid force, and shooting precision can recognize female field hockey players of changing norms.

Objective of the study

To compare the speed ability among the hockey and cricket players in Bhandara District.

Methodology

The size and selection of the sample, the variable and the control employed the sources of data, the tools and the method of gathering data, the description of data gathering instruments and the statistical procedure used in the analysis are carefully described.

Sampling Procedure

The samples of the present study consists of 20 cricket and 20 hockey players in Bhandara district having age group 16-18 years.



Tools

50 meter run is done to collect the data for speed

Administration of 50 m. dash

The test includes showing a solitary most extreme run more than 50 meters to the time recorded. An exhaustive warm up ought to be given, including some training starts and increasing speed. Start from a fixed standard position (hands can't contact the ground) with one foot before the other. The front foot must be behind the beginning line. When the subject is prepared and unmoving, the starter gives the guidelines 'Set' at that point 'go'. The analyzer ought to give clues to augmenting speed, (for example, keeping low, driving hard with the arms and legs, and the member ought to be urged not to back off before intersection the end goal.

Scorings

Two preliminaries were permitted and the best time is recorded to the closest two decimal places. The timing begins from the principal development or when the planning framework was activated and completes when the middle crossed the end goal or completing get was activated.

Analyzing the data

The following statistical procedures were used to analyze the difference of the speed ability between cricket and hockey players.

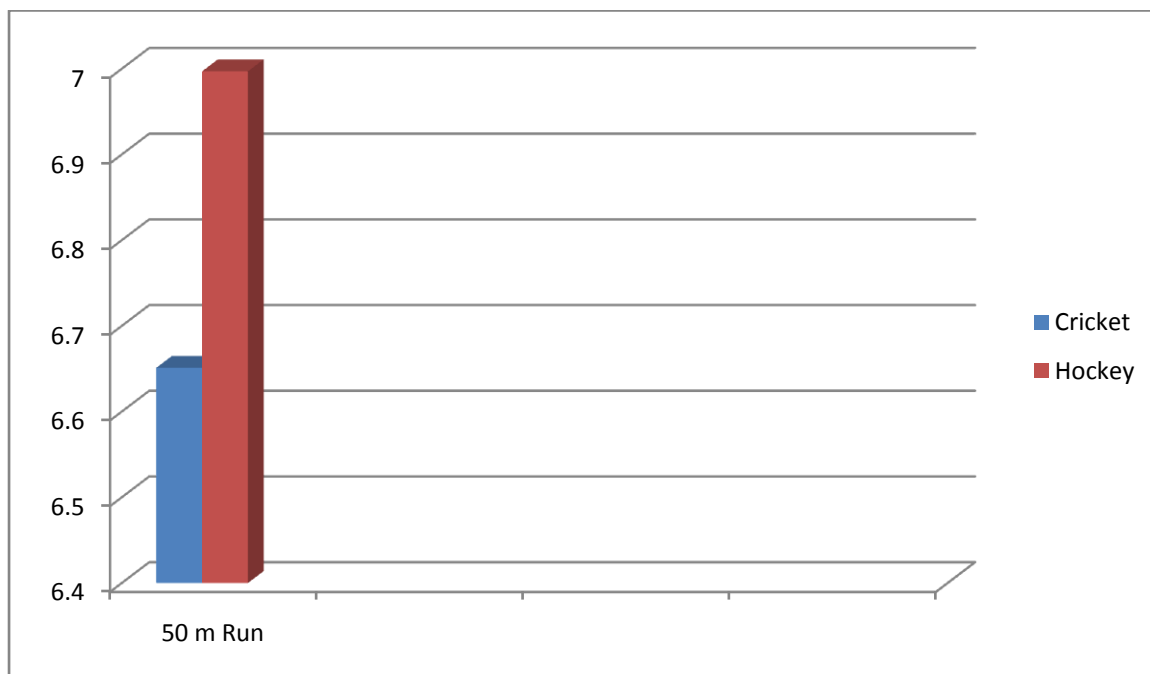
Results and findings

Speed ability between cricket and hockey players

Test item	Group	No.	Mean	S.D.	T value	Df
50 m Run	Cricket	20	6.651	0.3880	2.773*	38
	Hockey	20	6.997	0.4006		

The above table shows that the mean value of a speed of cricket player is 6.651 and the mean value of speed of the hockey player is 6.997. The result shows that the cricket players have good speed value as compared to the hockey players.

Graphical presentation





Discussion and Conclusion

Based on the consequence of the investigation, it tends to be presumed that there was a noteworthy contrast between the cricket and hockey players comparable to the speed capacity. Hockey players have more speed compared with the Cricket players because of the idea of the game preparing plan, ground length and the level running on the as indicated by game interest.

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