International Journal of Multidisciplinary Research and Development

IJMRD 2014; 1(5): 145-147
www.allsubjectjournal.com
Received: 29-09-2014
Accepted: 10-10-2014
e-ISSN: 2349-4182
p-ISSN: 2349-5979
Impact Factor: 3.762

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Comparison status of co-ability and flexibility between hockey and football school girls

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Abstract
The purpose of the study was to compare the physical fitness variable of Hockey and Football school girls. To fulfill the objective of the study, 30 Hockey school girls 30 and Football school girls were selected from Haryana State. Who was attending national camp. The data were collected in different coaching camps. The age of the selected subjects ranged from 14 to 18 years. Zig-zag test and sit and reach tests were used to measures the selected physical fitness variables of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant different between hockey and football school girls of difference selected physical fitness variables.

Keywords: Hockey, Football, Co-ability, Flexibility.

1. Introduction
Physical fitness is an essential quality in man. A person who is good in strength feels superior and tends to be well adjusted, while a person who is poor in strength fell inferior, a tendency towards social difficulties and not adjusted. The famous greek philosophes Aristotle stated. Every individual should be physically fit to enjoy the life fully. A physically fit individual is mentally alert, emotionally balanced and socially well adjusted. He faces the problems of life with confidence. In short physical wellbeing is the bases of all forms of excellences. Some of the standards the fit player attain to meet the demands of the games are flexibility, co-ability, power, speed etc. fitness components. Court and field games like Badminton, lawn-tennis, Table-Tennis, Kabaddi Squash, Football, Volleyball help in developing flexibility and speed of the players while other games like boxing, gymnastic, wrestling etc. developing agility and power of its players better.

Methodology
The purpose of the study was to compare strength co-ability and flexibility between hockey and football school girls players. To achieve the desire objective of the study, the only those player were selected from Haryana state who was attending national camps. Only two physical fitness variables were tested to collect the data by using of two physical fitness tests i.e. zig-azg test and 60 bent and reach test T-test was used to compare these variables of Badminton and lawn-tennis school girls players. The age of the selected subject ranged from 14 to 18 years.

2. Purpose of the Study
Comparison Status of co-ability and flexibility between Hockey and Football School Girls

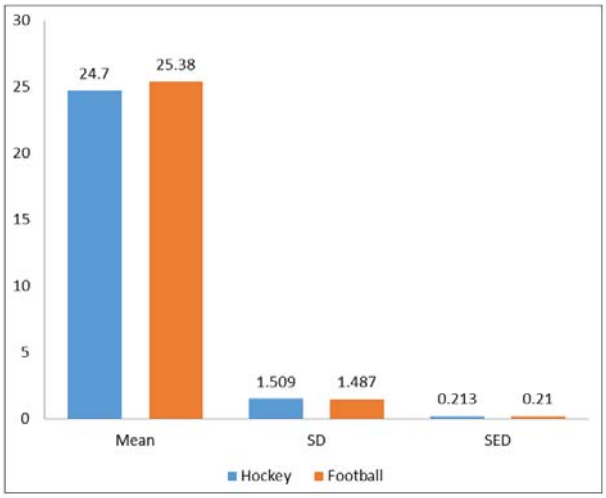
3. Result and Discussion

Table 1: Comparison of co-ability between Hockey and Football school girls

Game	N	Mean	SD	SED	t
Hockey	50	24.70	1.509	0.213	2.247
Football	50	25.38	1.487	0.210	

Significant at 0.05 level

As shown in table-1 that the Mean score of zig-azg test of Hockey and Football Players were 24.70 and 25.38 Respectively and SD of Co-ability jump of Hockey/Football players were 1.509 and 1.487 and 't' value was 2.247for significant 0.05 level. It means that Hockey girls have better than Football school girls in co-ability test at national level.



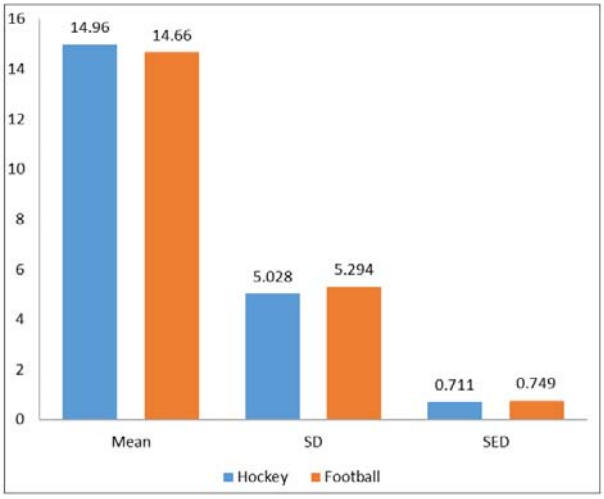
Graph-1

Table 2: Comparison of Flexibility between Hockey and Football School girls

Game	N	Mean	SD	SED	t
Hockey	50	14.96	5.028	0.711	0.287
Football	50	14.66	5.294	0.749	

Significant at 0.05 level

As shown in table-2 the mean score at sit and reach test of hockey and football were 14.96 and 14.66 respectively and SD of sit and reach test of hockey and football player were 5.028 and 5.294 and 't' value was 0.287 significant at 0.05 level. It means that hockey school girls have much speed in sit and reach test as compare to football school girls.



Graph-2

4. Acknowledgement
The research scholar was indebted to his supervisor Dr. Ishwar Malik, Assistant Professor Department of Physical Education, Chaudhary Devi Lal University, Sirsa for his valuable inspiration, patience, guidence providing and facilities extended to his in carrying the same sucessfully. Heartfelt thanks are due to my friends shivkant, parul, karishma, for inspiring and helping me to do this work.

5. Conclusion
It is evident that hockey female players having more co-ability and flexibility than football female players.

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