

Playing Ability Of Netball Players In Relation To Selected Speed Parameters

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ABSTRACT:

The motivation behind the investigation was to discover the connection between playing ability and chosen speed variables of netball players. To arrive at the investigation, complete of thirty (N=30) netball players as subject chosen from Calicut university. The chosen subjects were partaken in intercollegiate netball title during the year 2019-20. The age subjects was range between 18-25 years. In this examination was directed to assess the playing capacity of netball players regarding the speed parameters: speed, and agility separately. The playing ability was estimated by the subjective rating. The subject speed was assessed through 50 meter run and the agility was assessed through shuttle run test. Unmistakable measurements were inferred for all test factors using SPSS. To decide the relationship between playing ability and chose speed Variables was assessed by Pearson product moment correlation test. The degree of freedom is set at 0.05. The aftereffect of the investigation shows that there would be huge relationship between playing ability and chose speed variables like speed and agility

Keywords:

Netball, Speed Parameters

1. INTRODUCTION

Netball is a group activity and it is an ideal method to meet new individuals. It is additionally an extraordinary route for young men and young ladies to blend and associate in a controlled climate. Moreover, players should participate effectively to attack, defend and score objectives. Thusly, it will instruct children to cooperate, and improve their social and verbal abilities. Netball expects players to go around the court, run, and shift bearing rapidly. Thusly, it is a decent cardiovascular exercise, and will improve in general wellness. Their speed, adaptability and strength will increment too. (Miles, A. (1981))

Speed is "King" in most forms of modern sport and speed is a skill that can be learned. Speed is an emphasis on completing an activity in

the shortest possible time. Speed is the ability to achieve the skill in less time under particular conditions in minimum possible time. In other words speed is nothing but moving a limb or the part body with great velocity. Speed is measured in meters per second; as for example, in quantifying the value for speed differs from one action to another, the forward speed of the body in sprinting or at a point of take-off in jumping and the velocity of implements and balls at release or being struck. The time taken to achieve a certain task may also be considered a measure of the athlete's speed. The number of repetitions of a task within a short period of time might be considered as an index of speed (Carpinter, P. 1993)

Agility is the ability to move and change the direction and position of the body quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation. When you are agile, it means you are moving to the best position to take the next action, such as catching a ball or making a tackle. Agility ensures that your body and sports equipment are in the right position to take the next action effectively (Reilly R. et.al., 1993)

Speed and agility is one of the fundamental wellness segments and it is vital for Netball players since they need to move into position to be open to get a pass to make a shot. When they have the ball they can't make another stride so speed is fundamental on the grounds that the player with the ball just has 3 seconds to pass the ball or shoot so the wide range of various players are moving around the floor to get open likewise Netball competitors should have the option to perform hazardous moves from a standing position. They must have taken off unique speed all together they have an edge over their rivals.

1.1 Statement of the Problem

The reason for the examination was to discover more about the "Playing ability of netball players in relation to selected speed parameters".

1.2 Objectives of the Study

1. Assess the relationship between Playing ability and speed of the netball players.

2. To find out the relationship between Playing ability of the netball players
3. To analyses the relationship among Playing ability and agility of the netball players

2. MATERIALS AND METHODS

The purpose of the examination was to investigate relationship between playing ability of netball players as for such speed factors: speed and agility. To arrive at the motivation behind the investigation, complete of thirty (N=30) netball players (18-25years) as subject chosen from Calicut university. The chose subjects were partaken in intercollegiate netball tournament during the year 2019-20. In this examination was explicitly directed to assess the playing capacity of netball players concerning such speed factors: speed and agility. The playing ability was assessed by the subjective rating. Three qualified coaches who filled in as specialists appraised every individual part in the real game situations (50 points). The average of the three specialists was taken as the measuring score. The subject speed was estimated through 50 meter run and the agility was measured through shuttle run test

2.1 Statistical Techniques

Descriptive statistics were derived for all test variables using SPSS. To determine the relationships between playing ability and selected speed variables was evaluated by Pearson product moment coefficient of correlation. The level of significance is set at 0.05.

3. RESULT AND DISCUSSIONS

Table I: Descriptive statistics on selected speed parameters and playing ability of netball players

SI No	Variables	N	Mean	SD
1	Playing ability	30	40.56	1.12
2	Speed	30	6.78	0.61
3	Agility	30	11.21	0.21

Table I shows that, the descriptive statistics of the selected speed parameters and playing ability of the netball players. The mean value on the playing ability was 40.56 with a standard deviation 1.12. The mean and standard

deviations of speed and agility were 6.78, 11.21, 0.61 and 0.21 respectively.

Table II: Relationship between playing ability and selected speed and strength parameters of netball players

		Playing Ability	Speed	Agility
Playing Ability	Pearson Correlation	1	0.312*	0.424*
	Sig. (2-tailed)	-	0.03	0.02
	N	30	30	30

Correlation is significant at the 0.05 level

Table II Shows the Correlations coefficient between playing ability and selected speed parameters of netball players. The statistical results showed that speed ($r=0.312^*$, $p=0.03$, $p<0.05$) showed significant relationship between playing ability. The statistical results proved that agility ($r=0.424^*$, $p=0.02$, $p<0.05$) showed a significant relation with playing ability.

3.1 Discussion on Findings

The examination on relationship of those speed parameters to the playing capacity has exposed not many discoveries and perceptions. Speed factors picked for the exploration like speed

and agility. The outcome showed that speed parameters has fundamentally correlated with the Playing capacity of netball players. Netball is a sport that utilizes all components of fitness

On court performance is characterized with strategically executed bursts of explosive power, speed and agility along with balance and coordination, muscular endurance and flexibility. Running speed, agility and explosive power are important factor in competitive netball (Siedentop, Dary et al., 1994).

Since speed and execution are inextricably linked, the speed would also improve netball players' execution. A variety of factors affect how

netball players present themselves during practise or competition. The strong touches, as well as a large number of motor skills such as running, jumping, throwing, pushing, pulling, and changing directions, are examples of such components. As we all know, agility refers to the ability to change directions quickly. It has been determined that high performance in netball needs a flexible body or agility. Agility is an important aspect of the game of netball.

4. CONCLUSIONS

1. It was concluded that playing ability of netball players were significantly correlated with speed at 0.05 levels of significance.
2. The results show that playing ability of netball players were significantly related with agility at 0.05 levels of significance.

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