

Comparative Study of Selected Coordinative Abilities of Selected Team and Individual Sports Players

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Abstract:

The fundamental motivation behind the examination was to look at the chose coordinative capacities of chose group and individual games players. With the end goal of the investigation 30 between university male players, 10 from each chose group and individual games of Degree College of Aurangabad, Aurangabad. Age of the subjects was going from 18 to 25 years. The players of group activities were chosen from football match-ups, volleyball and hockey. The players of individual games were chosen from wrestling, athletic and badminton match-ups. The examination was additionally confined to the Orientation capacity, Differential capacity and Rhythm capacity of coordinative capacities. The Orientation capacity was estimated by utilizing numbered drug ball run test and score was recorded like a flash. Separation capacity was estimated by utilizing in reverse prescription ball toss test and score was recorded in number of focuses. Mood capacity was quantifies by utilizing dash at a given beat test and score was recorded in a moment or two. The information relating to this examination were gathered on the chose subjects by managing the previously mentioned fitting tests as recommended by Peter Hertz. The discoveries of the examination demonstrated that there was critical distinction between the players of Team and Individual Sports in Orientation Ability and Rhythm Ability among the players of Team and Individual Sports. There was no huge distinction between the players of Team and Individual Sports in Differentiation Ability.

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Key words: Orientation ability, Differentiation ability, Rhythm ability and Players of Football, Volleyball, Hockey, Wrestling, Athletic and Badminton.

Introduction:

In sports today best execution must be accomplished through a carefully arranged, executed and controlled preparing framework loosed on the logical information, hypothetical and deliberate essentials of sports preparing.

The creating inclinations in global games, particularly in group games are distinguished as the expansion in game beat, harder body game and more noteworthy inconstancy in method and strategies. An expanded presentation level must be accomplished by working and preparing of every significant segment for example method coordination, strategies, physical wellness and mental characteristics, aside from these segments, one more factor which is currently a day's know as coordinative capacities likewise assume a more prominent job. A sportsman can contend adequately just by a specific coordinative dominance of the procedure.

Coordinative capacities empower the games man to do a gathering of development with better quality and impact.

The speed of learning of expertise and its security is legitimately subject to the degree of different coordinative capacities. Coordinative capacities are required for maximal usage of restrictive capacities, specialized aptitudes and strategic abilities (Hardyal Singh, 1991).

Inadequate preparing of coordinative capacities constrains the exhibition capacity particularly at more significant levels. Despite what might be expected, better created coordinative capacity gives a basic base to quicker and successful learning, adjustment execution in game circumstance (Kalbed Lothar 1889).

In various games necessity of coordinative capacities are extraordinary and these capacities guarantees higher development productivity and development economy, while in certain games they helps in higher development recurrence with high touchiness and power application. In quality games they help in placing most extreme exertion in a brief span and at the correct time.

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In any case, where the system rules the occasions these capacities help in better learning, adjustment, changeability. Aside from execution improvement, in group games coordinative capacities guarantees a powerful utilization of strategic capacities in the persistent evolving circumstances (Kalbed Lothar 1889).

So the examination researcher was intrigued to attempt the investigation expressed as "Near Study of Coordinative Abilities of Selected Team and Individual Sports Players".

Criticalness of the investigation:

Research is by and large led for advancing new thoughts which was fundamental for the general public. The present examination may have the accompanying commitments.

The result is of the investigation would know the coordinative capacities of Team and Individual games.

The discoveries of the examination may be useful to investigate and arrange the players dependent on coordinative capacities.

For analytic reason.

To create preparing strategies dependent on the consequences of this investigation.

Speculations:

Based on accessible written works and researchers possess comprehension of the issue it was speculated that there would be critical distinction in the middle of the Team and Individual Sports in-

1. Orientation capacity
2. Differentiation capacity
3. Rhythm capacity

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Material and Method:

For the present investigation 30 between university male players, 10 from each chose group and individual games of Degree College of Aurangabad. Age of the subjects was running from 18 to 25 years. The players of group activities were chosen from football match-ups, volleyball and hockey. The players of individual games were chosen from wrestling, athletic and badminton match-ups.

The investigation was additionally confined to the Orientation capacity, Differential capacity and Rhythm capacity of coordinative capacities.

The Orientation capacity was estimated by utilizing numbered drug ball run test and score was recorded in a flash. Separation capacity was estimated by utilizing in reverse medication ball toss test and score was recorded in number of focuses. Mood capacity was gauges by utilizing run at a given beat test and score was recorded in a moment or two.

The information relating to this examination were gathered on the chose subjects by controlling the previously mentioned suitable tests as recommended by Peter Hirtz.

Results and Discussion:

To determine the significant difference if any in the selected Coordinative ability between the players of Team and Individual Sports One-way analysis of variance (F-ratio) and if the ANOVA was found to be significant then Least Significant Difference (LSD) Post Hoc test statistical techniques were employed to determine the paired mean differences among the selected sports. The significant level was set at 0.05. The results pertaining to this study have been presented in the following tables.

Table – 1**Summary of One Way Analysis of Variance for the Data on Orientation Ability, Differentiation Ability and Rhythm Ability of Team and Individual Sports Players**

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Variables	Source of Variance	Degree of Freedom	Sum of Square	Mean Sum of Square	F- Ratio
Orientation Ability	Between the Groups	5	7.87	1.58	4.91*
	Within the Groups	54	17.17	0.33	
Differentiation Ability	Between the Groups	5	10.89	2.080	0.687 [@]
	Within the Groups	54	163.3	3.024	
Rhythm Ability	Between the Groups	5	0.401	0.080	4.00*
	Within the Groups	54	1.096	0.020	

*Significant at 0.05 level

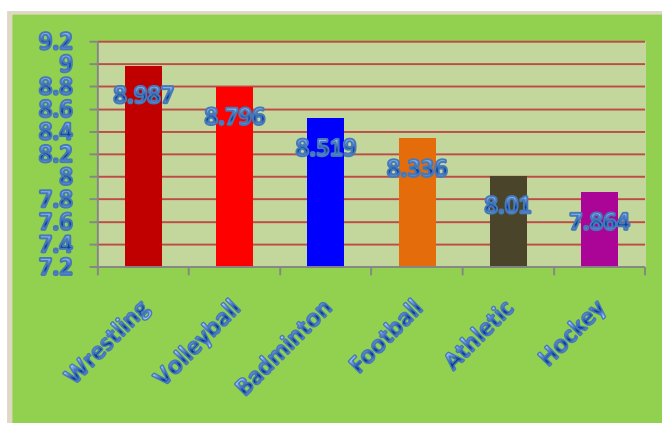
Tabulated_{0.05 (5,54)} = 2.384

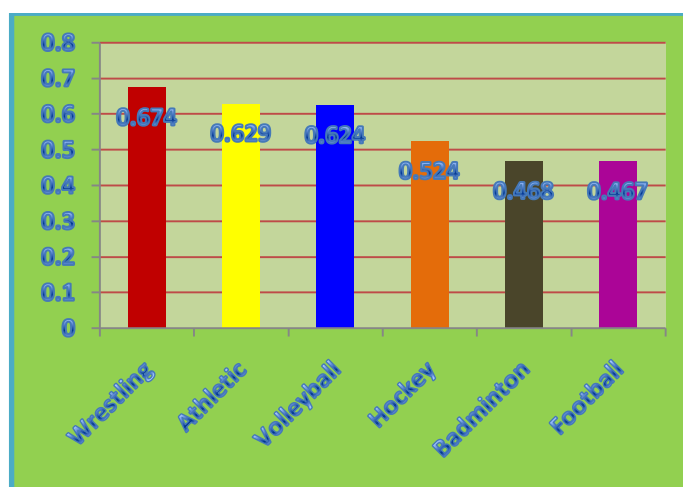
An analysis of table - 1 reveals that there are significant difference in Orientation ability and Rhythm ability among the team and individual sports players, because the calculated F - value of 4.91 and 4.00 are greater than the tabulated F- value of 2.384 at 0.05 level for 5, 54 as well as table-1 also indicate that there is no significant difference in Differentiation ability because the calculated F- value of 0.687 is less than the tabulated F-value of 2.387 at 0.05 level for 5, 54 degrees of freedom. Since the calculated F - ratio is found to be significant, therefore to determine the paired mean difference among the selected team sports and individual sports LSD Post Hoc test was computed and it has been shown in Table – 2.

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The findings of table- 2 reveals that the mean of Orientation Ability differs significantly in between Football and Wrestling (MD=0.651), Volleyball and Wrestling (MD=0.691), Hockey and Wrestling (MD=1.123), Hockey and Badminton (MD=0.655) Wrestling and Athletic (MD= 0.977), Athletic and Badminton (MD= 0.509) as their mean difference values are greater than critical difference value of 0.507 at 0.05 level of confidence. The table-2 also indicates that there is no significant mean difference in between the players of Football and Volleyball (MD= 0.04), Football and Hockey (MD= 0.472), Football and Athletic (MD= 0.326), Football and Badminton (MD= 0.183), Volleyball and Hockey (MD= 0.432), Volleyball and Athletic (MD= 0.286), Volleyball and Badminton (MD= 0.223), Hockey and Athletic (MD= 0.146), Wrestling and Badminton (MD= 0.468) as their mean difference values are less than critical difference value of 0.507 at 0.05 level of confidence.

As well as The findings of tables-2 also reveals that the mean of Rhythm Ability differs significantly in between Football and Volleyball (MD=0.157), Football and Wrestling (MD=0.207), Football and Athletic (MD=0.212), Volleyball and Badminton (MD=0.156), Hockey and Wrestling (MD=0.15), Athletic and Badminton (MD= 0.161) as their mean difference values are greater than critical difference value of 0.126 at 0.05 level of confidence. Insignificant difference also observed in between Football and Hockey (MD= 0.057), Football and Badminton (MD= 0.001), Volleyball and Hockey (MD= 0.01), Volleyball and Wrestling (MD= 0.05), Volleyball and Athletic (MD= 0.005), Hockey and Athletic (MD= 0.105), Hockey and Badminton (MD= 0.056), Wrestling and Athletic (MD= 0.045), Wrestling and Badminton (MD= 0.045) as their mean difference values are less than critical difference value of 0.126 at 0.05 level of confidence.



Comparative Study of Selected Coordinative Abilities of Selected Team and Individual Sports Players**Fig-1: Ordered Mean Difference of Orientation Ability among the players of Team and Individual Sports****Fig-2: Ordered Mean Difference in the Variable of Rhythm Ability among the players of Team and Individual Sports.****Discussion:**

The Findings of Table-1 and 2 revealed that there were significant differences among the players of Team and Individual sports in the variables of Orientation Ability and Rhythm Ability; it may be attributed to the nature of sports movements in team sports. Most of the coordinative abilities are badly needed for better performance in team sports. As it is well known fact that a team game/sports consists of group's cohesiveness, co-operation and integrated efforts hence such result might have observed in this study. The variable of Differentiation ability did not show significant difference among the players of team and individual sports it might be because the test item to assess differentiation ability was such both the team sport and individual sports require this ability for better performance, hence such result might have occurred in this study.

Conclusions: Recognizing the limitations of the study and on the basis of results obtained from the study, following conclusions are drawn:-

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- There was significant difference between the players of Team and Individual Sports in Orientation Ability.
- Significant difference was observed in the variable of Rhythm Ability among the players of Team and Individual Sports.
- There was no significant difference between the players of Team and Individual Sports in Differentiation Ability.

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