**International Journal of Academic Research and Development**
**ISSN: 2455-4197**
**Impact Factor: RJIF 5.22**
**www.academicsjournal.com**
**Volume 3; Issue 2; March 2018; Page No. 1508-1509**

# Comparative study of agility and speed between tribal and non-tribal intercollegiate male soccer players

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**Abstract**
The main purpose of the study was to compare the agility and speed of the inter-collegiate football players. A total of fourty (40) subjects, comprising 20 Tribal, and 20 Non-tribal of Intercollegiate Male Soccer Players in Jammu And Kashmir State. The Subjects were selected by using simple random sampling. The age of the subjects ranged between 18-28 years. To analyze the agility and speed of the subjects of two the groups I.e. tribal and Non-tribal Intercollegiate Male Soccer Players belongs Jammu and Kashmir state. The following tests or equipments were used, Agility: Shuttle runs (4 x 10 yards). Equipment: Lime powder, flag, wooden blocks, score card, pen etc. Speed: 50 meter run. Equipment: Stop watch with split second time and preferred Tribal and Non-Tribal Intercollegiate Male Soccer Players. The analysis of data was done by using statistical technique 't'- test for finding the significance difference of agility and speed of Non-Tribal Intercollegiate Male Soccer Players in Jammu and Kashmir state and the level of significance was set at 0.05 levels ($p<0.05$).

**Keywords:** agility, speed, tribal and non-tribal

## Introduction
The term motor fitness is most often used synonymously with physical fitness by the coaches but it is very important for the physical education students to understand the basic difference between physical fitness and motor fitness. Physical fitness is used to denote only the five basic fitness components (muscular strength, muscular endurance, cardiovascular endurance, freedom from obesity and flexibility), whereas motor fitness is a more comprehensive term, which includes all the ten fitness components including additional five motor performance components (power, speed, agility, balance and reaction time), important mainly for success in sports. In other word, motor fitness refers to the efficiency of basic movements in additional to the physical fitness.

Motor fitness is a term that describes an athlete's ability to perform effectively during sports or other physical activity. An athlete's motor fitness is a combination of five different components, each of which is essential for high levels of performance. Improving motor fitness involves a training regimen in all five. There are many different manifestations of fitness. Some examples include strength, stamina, speed, and flexibility. Certain types of fitness, such as an athlete's cardiac fitness level, are more important than others. An athlete needs to be aware of the various types of fitness to develop an effective training program that focuses on weak or important areas. Motor fitness, or motor physical fitness, refers to how an athlete can perform at his or her sport, and involves a mixture of agility, coordination, balance, power, and reaction time. Improving this form of fitness is an indirect result of training in any of these attributes. All five components of motor fitness are essential for competing at high levels, which is why the concept is seen as an essential part of any athlete's training regime.

## Agility
The speed with which an individual may change his body positions or fastness in changing directions while moving is known as agility. For example, shuttle run etc.

## Speed
The rapidity of muscle movement or the rate of change of body movement is known as muscular speed. Literality speed is measured by dividing distance by time in short run. However, in sports, time of sprint of 60 yard dash itself is considered as a measure of one's speed instead of converting it in meters per second it is recorded as seconds per 60 yard or per 30 M etc.

## Procedure and Methodology
A total of fourty (40) subjects were selected for the collection of data which include 20 Tribal and 20 Non-Tribal intercollegiate soccer players belongs to Jammu and Kashmir, were randomly selected for the study. The Subjects were selected by using simple random sampling. The age of the subjects ranged between 18-28 years.

## Equipments Used For Collection of Data
The following tests or equipments were used, Agility: Shuttle runs (4 x 10 yards). Equipment: Lime powder, flag, wooden blocks, score card, pen etc. Speed: 50 meter run. Equipment: Stop watch with split second time and marked track and for Tribal and Non-Tribal Intercollegiate Male Soccer Players.

**Table 1:** Comparison in agility of inter collegiate tribal and non-tribal soccer players

| Players | Mean | S.D. | M.D. | S.E. | D.F. | O.T. | T.T. |
|---|---|---|---|---|---|---|---|
| Tribal | 10.19 | 0.71 | 0.91 | 0.35 | 78 | 2.31 | 2.00 |
| Non-Tribal | 9.28 | 0.36 | | | | | |

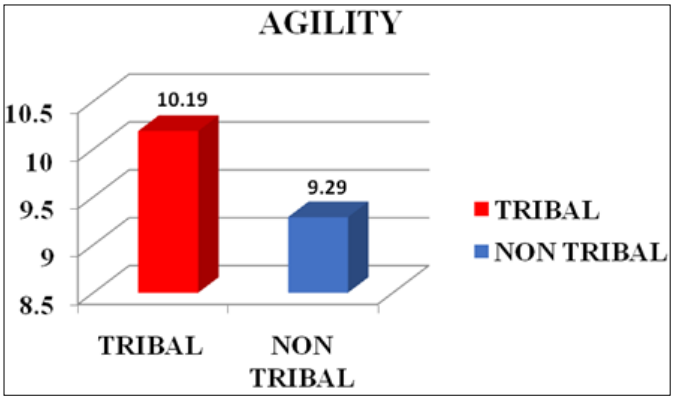


**Fig 1:** Graphical representation of mean difference of agility between inter collegiate tribal and non-tribal soccer players

**Table 2:** Comparison in Speed of Inter Collegiate Tribal and Non-Tribal Soccer Players

| Players | Mean | S.D. | M.D. | S.E. | D.F. | O.T. | T.T. |
|---|---|---|---|---|---|---|---|
| Tribal | 7.89 | 0.26 | 0.32 | 0.24 | 78 | 1.33 | 2.00 |
| Non-Tribal | 7.53 | 0.23 | | | | | |

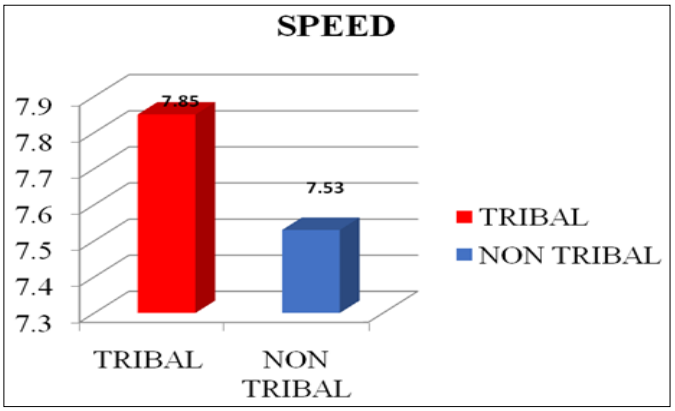


**Fig 2:** Graphical representation of mean difference between speed of inter collegiate tribal and non-tribal soccer players

## Conclusion

The researcher compared the selected motor fitness components Tribal and Non-Tribal Intercollegiate Male Soccer Players Within the limitations of the present study and on the basis of findings it is concluded that there is significant difference in selected motor fitness components between the speed of inter collegiate football players, but found insignificance of Agility. Hence the researcher's pre assumed has been partially accepted

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