

## A COMPARATIVE STUDY OF SPEED AMONG NATIONAL LEVEL FOOTBALL PLAYERS AND STATE LEVEL FOOTBALL PLAYERS.

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### Abstract-

In the present study, an attempt has been made to compare speed component among National level football players and State level football players. The study was carried out on 200 female football players in the age group of 18-24 years, from National level football players (N=100) and State level football players (N=100). The subjects were collected from different coaching camps and various training centers from Haryana. The data was collected by use of AAHPER Youth Fitness Test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. National level football players and State level football players Speed was found no significantly Difference.

**Keywords-** Speed, National level football players, State level football players.

### Introduction

Games and sports have been part of human life almost since the time immemorial. But it is a necessary for his survival i.e. hunting for food, shelter and safety from wild animals or other enemies or as a pursuit of pleasure. The games and sports have been indispensable to mankind and have become part of his culture. The games and sports are a great unifying force and have tremendous effect on the national and international integration people used sports.

First the way sports are organized and played may be a reflection of other institutions in a particular society. In this sense, the composition of an American football team is a reflection of the management structure of American Corporations, with a single leader. The quarter back (CEO), fitness players called running backs and receiver and defense. Second sport may be a symbolic expression of the use values of the culture such as achievement, individuality, teamwork and winning. As a symbolic expression that takes place in public sport plays the

important role of communicating care values to all members of society and is especially important way for adults to communicate values to children. (David Levinson and Christensen, 1999)

## Method

For the purpose of the investigation, the sample for the study were 200 female players in the age group of 18-24 years, National level football players (N=100) and State level football players (N=100). The subjects were collected from different coaching camps and various training centers from Haryana. The data was collected by use of AAHPER Youth Fitness Test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Speed was measured of every individual with the help of AAHPER Youth Fitness test i.e. 50yard dash.

To examine the hypothesis of the study that there will be no significant difference in the Speed of National level football players and State level football players, descriptive statistics and t-test analysis was employed for the present data.

## DESCRIPTIVE STATISTICS OF SPEED

Table no.1 indicates the values of descriptive statistics of the National level football players and State level football players for Speed, which shows that the mean and S.D. values of National level football players and State level football players were 7.21 & 0.51 and 7.34 & 0.59 respectively. S.E.M values of the National level football players and State level football players were found to be 0.061 and 0.067 respectively.

**Table No. 1**

**Descriptive statistics of Speed of National level football players and State level football players (in Sec.)**

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Speed	National level football players	100	7.21	0.51	.061
	State level	100	7.34	0.59	.067

	football players				
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Table No. 2

T-test description of National level football players and State level football players Speed

Variable	Groups	df	t-value	Sig.
Speed	National level football players - State level football players	98	1.12	.068



Figure No. 1: Bar diagram showing the mean value of speed between National level football players and State level football players

The t-test value of speed of National level football players and State level football players is shown in table 2. As shown in the table the National level football players were no significantly difference of speed ( $t=1.12, 0.05 < p$ ) than the State level football players. There was no significant difference in physical fitness variable Speed between National level football players and State level football players

Conclusion

In the present study it was concluded that National level football players were similar Speed as compared to the State level football players

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