



Comparison Of Agility And Flexibility Between Fast Bowlers And Batsmen In Cricket

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ABSTRACT

The aim of the study is to compare the agility and flexibility between fast bowlers and batsmen in cricket. A total of 40 state level male subjects age ranged between 16-18 years were selected for this study from Cricket Coaching Centre, Kaithal (Haryana) approved by BCCI. The purposive sampling method was used to obtain the objective of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. They were further divided into two groups of 20 each (N1=20; fast bowlers and N2 =20; batsmen). The t- test was employed to find out the significant differences between male fast bowlers and batsmen. To test the hypotheses, the level of significance was set at 0.05. The results revealed insignificant differences between Fast bowlers and batsmen on the variables agility. Significant differences found on the variables of flexibility.

KEY WORDS: Fast bowlers, batsmen, agility, flexibility.

INTRODUCTION

Cricket matches can last for very long periods of time, particularly at the highest levels during 50 over matches. Players can be on the pitch for up to four hours at a time before a break in play which will test their concentration levels as well as fitness. The better physical condition a player is in the better their concentration will be and the more effective their performance, regardless of whether they are batting, bowling or fielding. Cricket is a highly profile world sport. Cricket has had a history of being regarded as a leisurely gentleman's game (Clark, 1996). Cricket is essentially a game of skill but fitness gives the edge. There are two things that matter in cricket i.e. ability and fitness. If a cricketer haven't got the first, then the second does not matter all that much. But if he has got two side of equal ability then obviously the fitter one is going to have the edge (Chappell,1978). Physical fitness variables are the most important contributing factors for better performance in all sports and games so is in cricket. The game of cricket requires considerable amount of physical fitness and mastery of skills. A cricket player

ought to possess specific speed, strength, power, agility flexibility & endurance in abundance so as to learn & master the techniques of the game (Gosh,1982).

For a player striving for success in cricket there are three vital components in preparing 1. Physical fitness 2. Technique practice 3. Proper mental preparation. Physical fitness lays the foundation for both technique practice and mental preparation. Poor physical condition can predispose one to premature tiredness and cause a loss in concentration, resulting in a lesser performance. There is also no doubt that fit players are less likely to be injured than those who are unfit. (Amarnath,1996). So the physical fitness is one of the deciding factors for the successful participation of cricketers at higher level. Although, plenty of research work had been done on comparison on physical fitness variables between cricketers but only few studies were conducted on comparison between fast bowlers and batsmen. Therefore, this study had been designed to compare the physical fitness variable between male fast bowlers and batsmen.

METHOD AND PROCEDURE

Selection of subjects

Subjects for the study were selected purposively from the Cricket Coaching Centre, kaithal (Haryana) approved by BCCI. For the purpose of the study 20 fast bowlers and 20 batsmen age ranged between 16-18 were selected randomly. The fast bowlers and batsmen both the groups were measured on the selected physical fitness variables namely, agility and flexibility. The fast bowlers and batsmen agility was assessed by shuttle run test in seconds and flexibility was assessed by sit and reach test in centimeters.

STATISTICAL ANALYSIS

Descriptive statistics such as mean and standard deviation of the variables i.e. agility, flexibility were calculated. Independent t-test was employed to compare between male fast bowlers and batsmen. The level of significance was set at 0.05 level. The statistical analysis was conducted by using SPSS 16 software.

RESULTS

Table: 1 Mean, Standard Deviation, Standard Error of the Mean, t- value and p- value of Fast Bowlers and Batsmen

Variables	Mean		SD		SEM		t-Value
	Fast Bowlers	BATSMEN	Fast Bowlers	BATSMEN	Fast Bowlers	BATSMEN	
AGILITY	10.72	6.94	.707	2.350	.158	.525	1.306
FLEXIBILITY	10.42	5.49	.697	1.052	.156	.235	2.502

*Significant at 0.05 level

Degree of freedom=38

AGILITY

Table no. 1 The descriptive statistics shows the mean and SD value of fast bowlers on the variable of Agility as 10.72 and .70 respectively. However, batsmen had mean and SD values as 10.42 and .69 respectively. The 't' - value -1.306 as shown in the table above was found statistically insignificant ($P > .05$).

FLEXIBILITY

The descriptive statistics shows the mean and SD value of fast bowlers on the variable of flexibility as 6.94 and 2.35 respectively. However, batsmen had mean and SD values as 5.49 and 1.05 respectively. The 't' - value 2.502 as shown in the table above was found statistically significant ($P > .05$).

The comparison of mean scores of both the groups has been presented graphically in figure 1

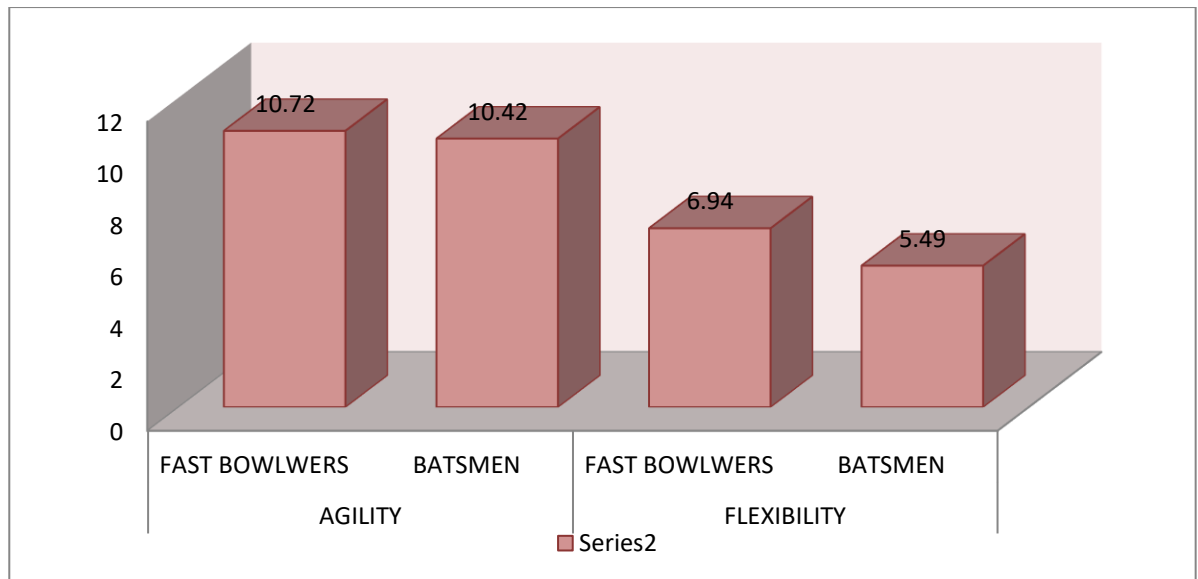


Figure 1 Graphical representation of mean scores of fast bowlers and batsmen on the variables i.e. agility, Flexibility.

DISCUSSION & CONCLUSION

It is concluded from the above findings that the insignificant difference were found in the selected physical fitness variable i.e. agility, The result might be due to the skills (Fast bowling and slow bowling) because both skills developed selected physical variable correspondingly and the level of players is same. And significant differences were found in the selected physical fitness variable flexibility between male fast bowlers and batsmen. The fast bowlers are better than batsmen in flexibility. There was significant difference between fast bowlers and batsmen on flexibility.

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