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A COMPARATIVE STUDY OF SPEED AMONG CRICKET AND SOFTBALL WOMEN PLAYERS OF DEPARTMENT OF PHYSICAL EDUCATION SPORTS AND SCIENCES, ANDHRA UNIVERSITY, VISAKHAPATNAM

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Abstract

The purpose of the present study was to find out the speed Cricket and Softball players of Department of Physical Education Sports and Sciences ,Andhra University, Visakhapatnam The sample for the present study consists of 40 female University players out of which 20 are cricket players and 20 softball players. 30 meter run test is conducted to determine the speed. This study shows that softball players are having better speed compare to cricket players Department of Physical Education Sports and Sciences, Andhra University.

***Keywords**: Cricket , softball , Speed.*

INTRODUCTION

Sports participation has shown important contributions to be healthy, wealthy, and productive. Physical literacy plays an important role on individual and social wellness. At present, different competitions making the world unite and showing integrity and inclusive growth even though there are so many gaps in health and physical activity promotion among countries. Indians need to be imposing strong physical literacy and sports participation policy for every individual right from childhood to senior citizens then only can expect medals in international levels. Physical fitness is generally achieved correct nutrition, enough rest, and through exercise. It is an important part of life. cricket and baseball players are equally conductive to developing physical abilities among the players. Speed and resistance training depends on adenosine triphosphate (ATP) and ATP-creatine phosphate systems (6–15 s). Speed and endurance are very important physical ability for performance in cricket and softball. Softball is very similar to cricket The purpose of the present study was to compare the speed and endurance among softball and cricket players. For the present study, 40 female cricket and softball players of affiliated colleges in Andhra university ,Visakhapatnam dist , 20 softball players and cricket players between the age group of 18 and 25 years. The *t*-test was found significant difference at 0.05 level of significance in speed. The 30 M for speed and 12 min Cooper test were used for endurance to assess the results. This study shows that softball players are having good speed and cricket players are having good aerobic endurance.

METHODS

The purpose of the present study was to find out the speed among female cricket and female softball players of Department of physical education sports and sciences, Andhra university, Visakhapatnam. The sample for the present study consists of 40 female university players out of which 20 cricket players and 20 softball players. 30-meter run test is conducted to determine the speed.

Table: 1 A comparative study of speed among Cricket and Softball Women players of Department of Physical Education Sports and Sciences, Andhra University, Visakhapatnam

Variables	Group	Mean	SD	t value	Sig (two tailed)

	cricket	7.24	0.227	11.93	0.000
30 mts Run	softball	6.61	0.339		

***Significant at 0.05 level**

RESULTS

This study shows that softball players are having better speed compare to the cricket players in 30 m run. In Table 1, the mean values of cricket players are 7.24 and softball players are 6.61. The average mean of softball players is lesser than the cricket players. The standard deviation of cricket players is 0.227 and softball players is 0.339 and t is 11.93 and sig. (two tailed) is 0.000.

CONCLUSION

1. It is concluded that softball players are having better speed compare to cricket players.
2. Conditioning exercises play a major role for the improvement of speed among cricket and softball players.

RECOMMENDATIONS

1. Similar studies can be conducted on other events and among females players .
2. This study also helps the physical educators and coaches to improve their training regime to excel in cricket and softball.
3. Fitness should begin with a series of sprint drills that will help the athlete train the firing patterns for the appropriate muscle groups and also strengthen those muscles while performing action-specific exercises. It is important for cricket and softball players.

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