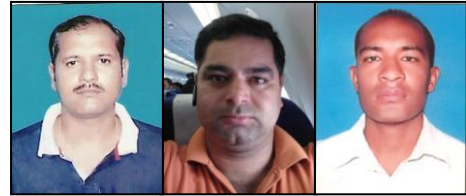


COMPARISON OF THE COORDINATIVE ABILITIES OF FEMALE FOOTBALL PLAYERS OF UTTAR PRADESH

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INTRODUCTION

Coordinative abilities are relatively stabilized and generalized pattern of motor control and regulation process. These enable the sportsman to do a series of movements with better quality and effect. The world of training methodology has crossed many milestones as a result of different types of research in general and their application to sports development in particular. In the modern scientific age, athletes are being trained by highly sophisticated means for better achievement in their concerned sports. They are being exposed to the exercises and training methods which have proved beneficial for achieving higher standards. Much progress has been made in the recent years in the acquisition of knowledge about training means and techniques of sports skills. In sport training specialized exercises are being prescribed for the fullest and optimum development for a particular game. The world of games and sports is ever expanding with intensity and of competition and enhancing scientific studies of human movements. Sports are dynamic in nature and progressive. It is not confined to “what has been” but its target is to fix new targets.

MATERIALS AND METHODS

The subjects for the study sixty (60) female football players of Uttar Pradesh were selected as subjects for the present study. From the sixty subjects, thirty subjects were football players of district level and remaining football players of state level. All the subjects were selected randomly and subject's age ranged from 18 to 25 years.

Selected Variable

- a. Reaction Ability- Reaction ability was the distance measured in centimeters from the top of the planks to the point where the subjects stopped the ball. Only two trials were given and the best one was recorded as the score.
- b. Orientation Ability- Orientation ability was noted in seconds. Two trials were given to each subject and the best one was recorded as the score.
- c. Differentiation Ability- Differentiation ability judged through 1Kg Medicine ball touching the mat – 1 point, 1Kg Medicine ball touching the circle line – 2 points, 1Kg Medicine ball touching inside the circle – 3 points, 1Kg Medicine ball touching the 2 kg. Medicine ball – 4 points.
- d. Rhythmic Ability- Rhythmic ability was scored as the difference between the timing of the first and second attempts was taken as the score.

Statistical Analysis

To Compare the coordinative abilities between the district and state level female football players of Uttar Pradesh, 't' test was used. The level of significance was set at 0.05 level.

RESULTS AND DISCUSSION

Table-1
Mean Comparison of Reaction Ability between the district and state level female football players of Uttar Pradesh.

	District level Football Players	State level Football Players	"t" ratio
Mean	93.4667	97.7667	2.706*
SD	7.16665	4.77554	

Significant $t_{0.05(58)} = 2.000$

It is evident from the table -1 that significant differences was found in Reaction Ability between the district and state level female football players of Uttar Pradesh, since the calculated 't' value 2.706 was greater than tabulated 't' value 2.000 at 0.05 level.

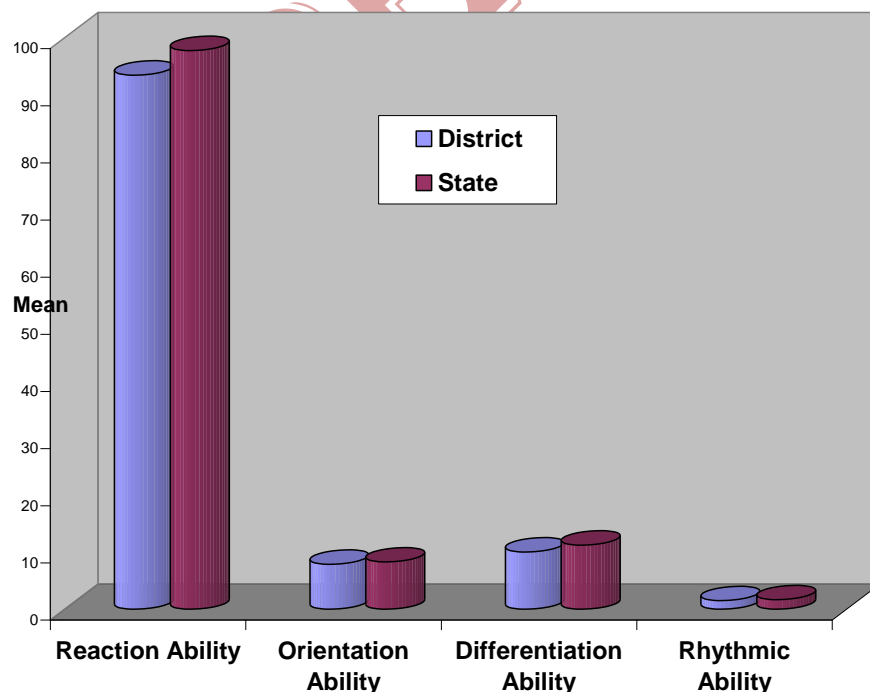


Fig. 1: Graphical Representation of Reaction Ability, Orientation Ability, Differentiation Ability, and Rhythmic Ability between the District and State Level Female Football Players of Uttar Pradesh.

Table-2
Mean Comparison of Orientation Ability between the district and state level female football players of Uttar Pradesh.

	District level Football Players	State level Football Players	“t” ratio
Mean	7.8563	8.2567	2.602*
SD	.74504	.42805	

Significant $t_{0.05}(58) = 2.000$

The table-2 reveals that significant differences was found in Orientation Ability between the district and state level female football players of Uttar Pradesh, as the calculated value of $t' = 2.602$ was greater than the tabulated $t_{0.05}(58) = 2.000$.

Table-3
Mean Comparison of Differentiation Ability between the district and state level female football players of Uttar Pradesh.

	District level Football Players	State level Football Players	“t” ratio
Mean	10.000	11.200	2.330
SD	2.33415	1.95466	

Significant $t_{0.05}(58) = 2.000$

The table-3 reveals that significant differences was found in Differentiation Ability between the district and state level female football players of Uttar Pradesh,, as the calculated value of $t' = 2.330$ was greater than the tabulated $t_{0.05}(58) = 2.000$.

Table-4
Mean Comparison of Rhythmic Ability between the district and state level female football players of Uttar Pradesh.

	District level Football Players	State level Football Players	“t” ratio
Mean	1.4807	1.6397	3.620
SD	.23146	.08942	

Significant $t_{0.05}(58) = 2000$

The table-4 reveals that significant differences was found in Rhythmic Ability between the district and state level female football players of Uttar Pradesh,, as the calculated value of $t' = 3.602$ was greater than the tabulated $t_{0.05}(58) = 2.000$.

CONCLUSION

The findings of the study revealed that there were statistically significant difference found in case of Reaction Ability, Orientation Ability, Differentiation Ability, and Rhythmic Ability between the district and state level female football players of Uttar Pradesh.

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