



ISSN: 2456-0057

IJPNPE 2023; 8(2): 396-398

© 2023 IJPNPE

www.journalofsports.com

Received: 05-07-2023

Accepted: 07-08-2023

Sharath Mamidi

Physical Director, Keshav
Memorial Institute Commerce
and Sciences, Hyderabad,
Telangana, India

Effect of agility on cricket and soft ball male players of Osmania University

Sharath Mamidi

DOI: <https://doi.org/10.22271/journalofsport.2023.v8.i2f.2827>

Abstract

The purpose of the study to compare agility on cricket and soft ball male players of Osmania University. Youngsters are very much interested towards cricket so soft ball to compare the agility because they are similar to each other. The study was designed to compare the shuttle run variables of men soft ball and cricket players. To achieve the study, 20 men soft ball players and 20 men cricket players were selected from Osmania University, Hyderabad.

Based on statistical findings, the following conclusions were drawn,

- It is concluded that Cricketers are having better agility than Soft Ball Players
- Conditioning Exercises plays a major role for improvement of speed among Soft Ball and Cricketers.

Keywords: Cricketers, soft ball, agility, shuttle run, aerobic endurance and flexibility

Introduction

Cricket is a bat-and-ball game played between two teams of 11 players each on a field at the centre of which is a rectangular 22-yard-long pitch. The game is played by 130 million players in many countries, making it the world's second most popular sport. Each team takes its turn to bat, attempting to score runs, while the other team fields. Each turn is known as an innings. The bowler delivers the ball to the batsman who attempts to hit the ball with his bat away from the fielders so he can run to the other end of the pitch and score a run. Each batsman continues batting until he is out. The batting team continues batting until ten batsmen are out, or a specified number of overs of six balls have been bowled, at which point the teams switch roles and the fielding team comes in to bat.

In professional cricket the length of a game ranges from 20 overs per side to Test cricket played over five days. The Cricket is maintained by the International Cricket Council (ICC) and the Marylebone Cricket Club (MCC) with additional Standard Playing Conditions for Test matches and One Day Internationals. Cricket was first played in southern England in or before the 16th century. By the end of the 18th century, it had developed to be the national sport of England. The expansion of the British Empire led to cricket being played overseas and by the mid-19th century the first international match was held. ICC, the game's governing body, has 10 full members. The game is most popular in Australasia, England, the Indian subcontinent, the West Indies and Southern Africa.

Softball is a variant of baseball played with a larger ball on a smaller field. It was invented in 1887 in Chicago as an indoor game. It was at various times called indoor baseball, mush ball, playground, soft bund ball, kitten ball, and, because it was also played by women, ladies' baseball. The name softball was given to the game in 1926. A tournament held in 1933 at the Fairs purred interest in the game. The Amateur Softball Association of America (founded 1933) governs the game in the United States and sponsors annual sectional and World Series championships. The World Baseball Softball Confederation (WBSC) regulates rules of play in more than 110 countries, including the United States and Canada; before the WBSC was formed in 2013, the International Softball Federation filled this role. Women's fast-pitch softball became a Summer Olympic sport in 1996, but it (and baseball) was dropped in 2005 from the 2012 games.

Corresponding Author:

Sharath Mamidi

Physical Director, Keshav
Memorial Institute Commerce
and Sciences, Hyderabad,
Telangana, India

From a T20 game that is played for 3 hours to an International Test Match that stretches to 5 days, the game of cricket requires a high level of fitness for a professional player to perform effectively. Every cricketer needs to undergo a specific proper strength, Speed and conditioning program. For example, a batsman may damage his tennis elbow if he pulls a shot too quickly or twists his arm suddenly. Similarly, a bowler may risk ligament tear or ankle damage if he twists his leg. A strength conditioning program helps the body to adapt quickly to sudden movements in the sport and reduces chances of bodily damage.

In addition to the high level of skill required to play Cricket, a successful player needs good balance and core strength, speed for running between the wickets and in the field, and fast bowlers particularly need very good speed and power. Posts we have run on this site about the fitness requirements for cricket, have determined balance, coordination and speed to be most important.

Motor Components required for Cricketers

- Speed / Quickness, Balance & Coordination
- Motivation & Self Confidence, Skill and Technique
- Strength & Power, Reaction Time
- Analytic & Tactical Ability
- Flexibility, Agility
- Body Size and Composition, Aerobic Endurance.

Motor Components required for Softball players

There are several components of fitness that are important for success for all softball players, though there are positional differences in the requirements for fitness.

- Aerobic Fitness
- Flexibility
- Strength and Power
- Speed and Agility.

Methodology

The sample for the present study consists of 20 Male Soft Ball Players and 20 Male Cricketers between the age group of 18-22 Years of Osmania University. To assess the agility Shuttle Run Test were conducted on Soft Ball Players and Cricketers with the help of Track and Field Officials. Agility Shuttle Run Test, this test describes the procedure as used in the President's Challenge Fitness Awards. The variations listed below give other ways to also perform this test.

Purpose: Purpose of this is a test of speed and agility. This is important in many sports.

Equipment required: wooden blocks, marker cones, measurement tape, stopwatch, etc.

Procedure: This test requires the person to run back and forth between two parallel lines as fast as possible. Set up two lines of cones 30 feet apart or use line markings, and place two blocks of wood or a similar object behind one of the lines. Starting at the line opposite the blocks, on the signal "Ready, go!" the participant runs to the other line, picks up a block and returns to place it behind the starting line, then returns to pick up the second block, then runs with it back across the line.

Scoring: Two or more trials may be performed, and the quickest time is recorded. Results are recorded to the nearest tenth of a second.

Results

This study shows that Cricketers are having better agility compare to the Soft Ball Players in shuttle Run Test

Table 1: Mean values and Independent Samples Test of Shuttle Run Test between Cricketers and Soft Ball Players

Variables	Group	Mean	Sd	T	Sig (2-Tailed)
Shuttle Run Test	Cricket Players	14.10	0.56	2.53	0.02
	Soft Ball Players	14.48	1.20		

*Significant at 0.05 level

In Table-1 the Mean Values of Shuttle Run Test of Cricketers is 14.10 and soft ball Players is 15.48 The Average Mean of Cricketers in Shuttle Run Test is lesser than the Soft Ball Players. The Standard Deviation of Cricketers 0.56 and Soft Ball Players in 1.20 and t value is 2.53

Discussion

There is a range of physical and mental components that contribute to successful performance in sports. Each sport and activity require a specific set of these skills. Being successful in one sport does not necessarily make you successful in another, as success requires a whole range of factors to come together and interact in the right way. Fitness is just one of the factors, and for many sports plays a major role in success. In Cricket bowlers require agility to do fast bowling, fielding and batting. It was found that Cricketers are having good agility compare to compare to the Soft Ball Players. Hence it is also concluded that Speed bowling is required in Cricket compare to Soft Ball and Cricketers are having better agility than soft ball players.

Speed and agility are one of the main fitness components, important for success in many sports. For some athletes such as Track and Field sprinters, sprint swimmers, cyclists and speed skaters, speed is the most important aspect of fitness. Speed requires a training program that focuses on leg strength and power, with appropriate technique training to best utilize your strength and power development. Speed plays an important role in Cricket and Soft ball to exhibit the high level of performance

Conclusion

- It is concluded that Cricketers are having better agility than Soft Ball Players
- Conditioning Exercises plays a major role for improvement of speed among Soft Ball and Cricketers.
- Sprint training is not all about running fast.
- It is important to have a good fitness base to build speed upon, and to have the capacity to train regularly. Flexibility is important so that good running form can be achieved, exercises can be performed over the full range of motion and to reduce the incidence of injury.

Recommendations

- Similar studies can be conducted on other Events and among female players.
- This study also helps the physical educators and coaches to improve their training regime to excel in Soft Ball and Cricket players.
- Sprint training session 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 Cricketers and Soft Ball Players.

Acknowledgements

I am thankful to Mr. M. Ranadheesh, Mr. ChandhanGoud, Cricket Coaches and Mr. Krishna, Soft Ball Coach and Mr. Rajesh, Athletics Coach and Osmania University ICT/IUT secretary for their help in accomplishment of the Study.

References

1. Wikipedia-Soft Ball and Cricket www.topendsports.com
2. Biochemia medica: Biochemia medica. 2015;25(1):103-113.
3. Agility and importance by John
4. Baquet G, Van Praagh E, Berthoin S. Endurance training and aerobic fitness in young people. Sports medicine. 2023;33(15):1127-1143.
5. ICT/IUT Players list of Osmania University; c2022-23.