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GRT **COMPARATIVE STUDY OF CO-ORDINATIVE ABILITIES OF GULBARGA DISTRICT JUNIOR BASKET BALL AND VOLLEYBALL FEMALE PLAYERS**



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Abstract: *Co-ordinative abilities are qualities of an organism to co-ordinate separate elements of actions in our systems to decided a concrete action task co-ordinative abilities help faster and effective learning and also help to achieve high level performance Plantonor (1987) ascertained that high level co-ordinative abilities help to improve the technical development and effective use of physical training.*

Key words: Co-Ordinative , Junior Basket Ball , Volleyball Female Players.

INTRODUCTION:

Co-ordination is a complex biomotor ability closely interrelated with the conditional abilities. It is of prime importance not only for the acquisition, perfection of technique and tactics but also for their application in unfamiliar situations like the load dynamics in training, equipments used, climate conditions and opponents.

METHODOLOGY:

Twenty one girls who had attended the Gulbarga District Junior volley ball coaching camp during September-October 2001 at Chandrakanth Patil Stadium Gulbarga, and twenty one girls who had attended the Gulbarga District Junior Basket Ball Coaching Camp during April-May 2002 at Chandrakant Patil Stadium Gulbarga. Four different co-ordinative ability tests suggested by Mirtz (1985) were conducted to evaluate the differentiation ability of hands, space orientation ability. Balancing ability and reaction ability of each one of them.

DESCRIPTION OF THE TESTS:

1) Backward Medicine Ball Throw Tests:

Aim: To find out the differentiation ability of the hands.

A gymnastic mat was kept 2 mts. Away from the start line. A circle with 40 cms. Radius was drawn at the middle of the mat and a medicineball of 2 KG. weight was kept at the centre of the circle. The subjects were asked to stand behind the starting line, facing opposite direction and were asked to throw five 1 KG medicineballs with both the hands over the hand

Scoring:

Medicine ball touches the mat 1 Points
Medicine ball touching the circle line 2
Medicine ball touching inside the circle 3
Medicine ball touching the medicine ball (2 Kg) 4
The grand total of the points in all five throws were taken as the final score.

2) Numbered Medicineball run test:

Aim: To measures the space orientation ability.

Five medicine balls (3 KG) were arranged in a semi circle with a distance of 1.50 M between the medicine balls. The sixth medicine ball (4 kg) was placed 3 mts away from all other medicineballs. The subject was asked to stand behind the sixth medicineball, facing towards the opposite direction. Behind all the five medicine balls, number plates were kept numbers from 1 to 5. On signal, the subject must turn and run towards the number which the teacher called, must touch medicine ball and run back and touch the sixth medicine ball. The moment the subject touches the sixth ball, immediately another number is called. Similarly a total of 3 times the numbers were called by the teacher. The time taken to complete the course was taken is seconds. 2 trails were given and the best was taken as the score.

Balancing Ability test (Long Nose test):

Aim: To measures the dynamic balancing ability.

A balancing beam of 4 mts. Length was kept on the ground, 1.5 mt away from the starting line. The subjects were asked to stand, holding a 1 kg medicine ball on his strong hand fully stretched toward and with left had hold the right earlobe. On signal the subject moved over the blancing been towards the 2 kg medicine ball which was kept at the and of

the beam, pushed the without leasing the balance. Only the chance was given. The time taken to complete the course was as the score.

Ball Reaction Exercise test:

Aim: To assess the reaction ability:

Two wooden plants of 4 m 15 long were kept slanting close to each other to enable the volleyball to roll freely from 1.20 mts height. Outer side of the plank was graduated in centimeters. A volleyball was held by the research scholar on the top of the two planks. The subjects were made to stand towards the opposite direction, 1.50 mt away towards the right side from the lower and of the wooden plank. On signal, the subject made an abouturn, ran towards the plank and stopped the ball with both hands which was let loose on the signal. The distance was measured from the tap to the point where the subject stopped the ball. 2 chances were given and the best was taken as scare in centimeters.

To determine the significance of mean difference in different co-ordinative abilities between volleyball and basketball female players, 't' test was employed. The level of significance chosen was 0.05.

FINDINGS:

The analysis of the data pertaining to significance of difference in the means of both Gulbarga district junior team is presented in table 1.

The analysis of data in the above table reveals that there is significant difference in all the co-ordinative abilities between Gulbarga district junior basketball and Gulbarga district junior Volleyball female players. It is evident from the result that in differentiation ability of hands and balancing ability. Basketball group scored significantly higher than Volleyball group. But in space significantly higher that basketball group.

Table-1
Significance of mean difference in different co-ordinative abilities between Gulbarga District junior basketball and Volleyball female players.

Co-ordinative abilities	M ₁ ± SD	M ₂ ± SD	Mean diff.	DM	"t"
Differentiation Ability (Hands)	12 ± 2.8	9.33 ± 2.03	2.67	0.785	3.40*
Orientation Ability	8.06 ± 0.63	6.95 ± 0.50	1.11	0.14	7.93*
Balancing Ability	6.78 ± 0.80	8.78 ± 1.81	2	0.43	4.65*
Reaction Ability	171.95 ± 17.53	153.86 ± 14.97	18.09	5.02	3.60*

DISCUSSION:

The differentiation ability of hands of the basketball players has shown significant difference which may be attributed to the pattern of the game being played in basketball, the ball can be held some time before passing of scoring in hands where as in Volleyball the ball cannot be held in the hands other than during the service by the players.

Better balancing ability is shown by the basketball players than the Volleyball players. This may be due to the nature of basketball game body contact game, where as in Volleyball there is no direct body contact what so ever because being played in either sides of the net. Basketball,

being a body contact game, there are many occasions of charging another player by loosing body balance. Hence the basketball player must always try to keep his body balance to avoid fouls resulting from charging.

A Basketball player cannot come out of the filed when the ball in play. Where as in Volleyball, other that before service, the players can even go outside the court to play the ball. This restriction in the game of basketball might have led to the development of better balancing ability.

The better space orientation ability of the Volleyball players may be attributed due to the reason that the ball has to travel a certain distance always to reach the opponents court. That too, with a certain height during the play. Moreover the ball stays for a longer time in space in Volleyball that in basketball. The ball is played always off the ground in volleyball unlike in basketball.

The reaction ability of the volleyball players was found significant, may be due to the complex situations prevail in the game of volleyball especially during attack where the flight path of the ball is almost uncertain. Moreover, the ball travels fast in volleyball during many occasions compared to the game of Basketball.

CONCLUSIONS:

On the basis of the results obtained in the study, the following conclusions may be drawn:- Indian junior Basketball female players have better differentiation ability of hands and balancing ability than Indian Volleyball female players.

Indian Junior Volleyball female players have better space orientation ability and reaction ability than Indian Junior Basketball female players.

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