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**A Pilot Study of Agility between High School Kabaddi and Kho-Kho Players****Vishal Kumar Gupta**Research Scholar,  
Swami Ramanand Teerth Marathwada University,  
Nanded( MS)**Abstract**

*The purpose of the study was to identify the agility of Kabaddi and Kho-Kho Players., Agility can be defined by the ability to explosively start, decelerate, change direction, and accelerate again quickly while maintaining body control and minimizing a reduction in speed 15 Kabaddi and 15 Kho-Kho from Devaria (UP) India were selected as subjects for the study. The data was analysed with the help of statistical procedure in which arithmetic mean, standard deviation and t - test were employed. Significant difference in the agility ( $t = p < .05$ ) was found between Kabaddi and Kho-Kho Players, Kabaddi Players was found to be greater agility as compared to Kho-Kho Players.*

**Introduction**

Agility can be defined by the ability to explosively start, decelerate, change direction, and accelerate again quickly while maintaining body control and minimizing a reduction in speed. (Arthur, M. & Bailey, B. Agility Drills, 1988). Agility is recognized as an important component of Sports related components and it may be important for the performance of Sports activities and quality of life Low Agility may result in high physical strain during the performance of activities As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low physical fitness. Kho-Kho and Kabaddi are the most popular sports in Uttar Pradesh and both are Indian games. The Study of jumping ability of sports participants is one of the most popular areas in sports training and coaching research It is well known fact that players, of one game differ from the players of other games in their skill and strength . The game of Kabaddi and Kho-Kho are simple in nature, easy to organise, less expensive. Hence they reach to common men. Both games can be played in a small area and practically less equipment is required. Kabaddi is most aggressive and heavy contact game, but Kho-Kho is a semi contact game. Both games differ from each other in their nature, skill, techniques and strategies etc

**Materials And Methods**

15 High school Kabaddi and 15 high school Kho-Kho Players from Devaria ( UP) selected for the study. The data analysed with the help of statistical procedure in which mean, standard deviation, t test were used to compare the data. Agility measured by administering SEMO agility test. This test is used to measure agility ability of the subject during forward, sideward and backward maneuvering movements. The test is suitable for both boys and girls aged 12 years and above. A stopwatch, four plastic cones 9"x9" base having 12" height and a basketball court area measuring 12'x19'. A smooth plane area of 12'x19' size is marked. This marked area must have adequate running space around it. It is easier to mark the test area in a basketball court starting from the free throw line to the end line of the court. Four cones are placed at each inner angle of the 12'x19' rectangle. After a demonstration given by a trained helper, the tester asks the subject to stand just outside the marked rectangle at the starting point. With his back towards the free throw line, the subject waits for the signal ready, go at the word 'Go' the tester starts the stopwatch while the subject start side stepping to his right has his faster speed until he reaches outer



corner of the 3<sup>rd</sup> second cone from where the subject start back pedaling (running backward) from the outer corner of the second cone I just outside the 19' marked line. As soon as the subject reaches the cone no. 1 he is to take a side turn and again run back pedaling to reach the inner corner of cone no.4 to no.2 where he is to perform a side step to his left to reach the finish line as rapidly as possible with his best efforts. As soon as he steps outside the finish line with his both feet, the tester stops the stopwatch. Each subject is given two trials and time of each trial is noted accurate up to 0.1 second. The lesser value of the time out of the two trial is the score of the subject.

## Results

The Statistical Of the Results of Agility between Kabaddi & Kho-Kho Players Are Shown In

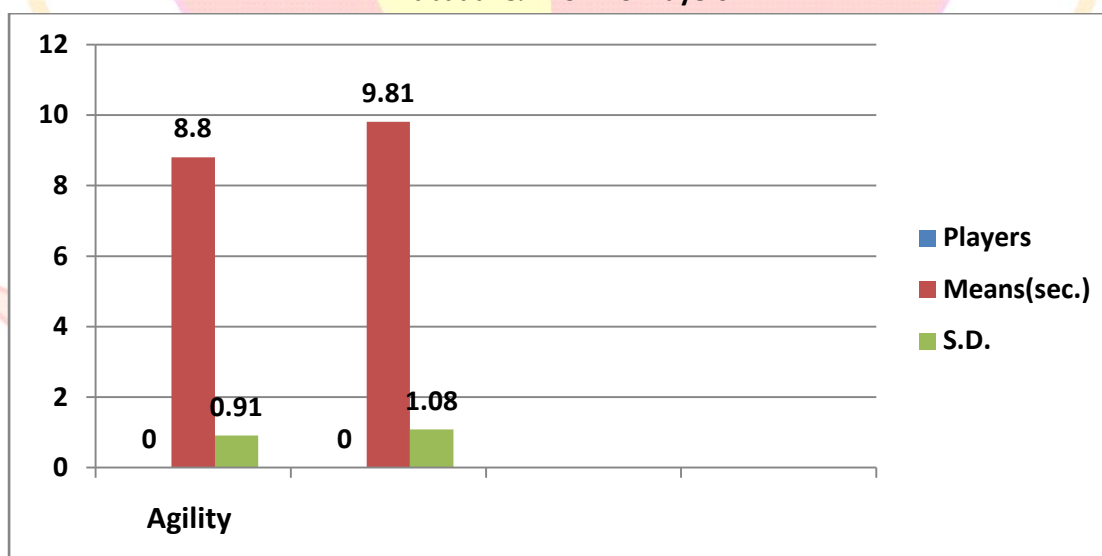
**Table 1**

Components	Players	Means(sec.)	S.D.	t-value
Agility	Kabaddi	8.80	0.91	P<.05
	Kho-Kho	9.81	1.08	

\* Significant at 0.05 level.

With regard to agility of Kabaddi and Kho-Kho collegiate Students, mean values of 10.84 and 11.90 respectively were observed (Table-1).and the standard deviations of kabaddi players was 0.91 and Kho-Kho Players was 1.08 respectively. The findings of the study revealed that kabaddi players were found to have got high agility as compare to kabaddi players.

**Figure -1 Shows Mean scores and standard deviation of agility between Kabaddi & Kho-Kho Players**



## Discussion

Kabaddi Players were comparatively better than Kho-Kho players agility ability at school level. Agility training may be the primary determining factor to predict success in a sport. Sports are not straight ahead, but require changes of direction in which lateral movements are used in several planes



of movement simultaneously. Most athletic activities that utilize agility occur in less than 10 seconds and involve the ability to coordinate a few or several sport specific tasks simultaneously (like catching a football and then making a series of evasive moves and cuts to avoid being tackled in order to advance the ball further down the field. The performances of athletes in sports today have dramatically elevated the level of agility necessary for performance success. Agility training provides the athlete with performance benefits: neuromuscular adaptation, improved athleticism, injury prevention and decreased rehabilitation time. Universally, agility can often be described as an athlete's collective coordinative abilities. These are the basic elements of technical skills used to perform motor tasks spanning the power spectrum from dynamic gross activities to fine motor control tasks and include adaptive ability, balance, combinatory ability, differentiation, orientation, reactivity, and rhythm

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