Balance and agility of team games and individual sports persons: A comparative study

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Abstract
In this study the researcher effort has been made to compare the balance and agility of individual and team sports of university level sports persons. For achieving purpose of the study total 80 University level players were selected for this study, in that 40 subjects from team sports, 20 each from volleyball players and football players, similarly subjects from individual sports. The age of the subjects ranged between 18 to 25 years. For this study, the motor fitness variable such as Balance and Agility was selected as a independent variables. To compare the balance and agility between the individual and team sports persons the independent t-test was applied and level of significance fixed at 0.05 level. The findings of the study was found that there was significance difference exists in balance ability between individual and team sports persons of university level players and there was no difference exists in the agility of individual and team sports persons of university level players.

Keywords: balance ability, agility, individual sports, team sports

Introduction
Know a day's sports become a very competitive and the sport is a form of physical activities and its required high-level motor fitness, Psychological, physiological and also a good body composition for a top-level performance in the higher competition. The motor fitness plays a vital role in all types of sports at higher level competition. Types of fitness and level of fitness require differ from individual sports to team sports. Present study involves individual and team sports players, an individual sport such as Athletic, Swimming, Gymnastic wrestling etc… and in the team sports the participants compete with a group such as Volleyball, Football, and Basketball. Handball etc… the both sports needs to some of motor fitness like Strength, Speed, muscular Endurance, Flexibility, Balance and agility for execution of the skills.

The athletes needs maintain their motor fitness for their consistent performance in an every sports.

Balance and agility it is the one of most essential motor fitness components in the both individual and team sports. The Balance ability helps to athlete for functional movement and optimal force production and may help avoid injuries. Balance does not work in isolation and in isolation and in both static and dynamic. It relies on integrated, dynamic process requiring optimal muscular relationship, joint dynamics and nuero- muscular efficiency. The movement an important to perform any physical activity. The ability to move efficiently requires control of the body. Coordinative ability also a component of motor fitness and it helps to move two or more body parts under the control, the balance ability helps to smoothly and efficiently to perform any activity sports.

In this article, the researcher made an effort to compare the

Motor fitness such as Balance and Agility abilities between individual and team sports of university level sports persons.

Objectives of the study
- To compare the variation and similarities of balance and agility between University level team and individual sports persons.

Significance of the study
- This study may help to determine the present selected motor fitness of university level team and individual sports person.

- This study may help to coach, physical education teacher to makes aware about the balance and agility ability of motor fitness of the players in order to formulate training programme.

Methodology
To accomplish the purpose of the study, total 80 University level players were selected for this study, in that 40 subjects from teams sports (20 volleyball players and 20 football players) and 40 subjects from individual sports (20 athletes and 20 swimmers). The selected age ranged between 18 to 25 years. For this, the motor fitness variables such as balance and agility abilities were selected as independent variables.

The balance ability measured by Flamingo Balance ability test and the agility measured by 4*10 meters shuttle run. To determine the significant difference in selected variables between two groups' i.e. team and individual sports persons, the independent t-test statistical technique was applied and the level of significant fixed at 0.05.

Results and interpretation

Table 1: Comparison of Balance ability between Team game players and Individual sports persons

Variable	Group	N	Mean	Std. Deviation	t-value	df	Mean Difference	Sig. (2-tailed)
Balance	Team game players	40	3.78	2.475	2.355	78	1.125	0.021*
	Individual sports person	40	2.65	1.733				

*Significant at 0.05 level

Table 1.1 shows that the mean values and standard deviations of balance ability of team and individual sports persons are 3.78 ± 2.475 and 2.65 ± 1.733 respectively and the mean difference is 1.125. Further the t-value is 2.355 for 78 degree of freedom and the p-value 0.021 which lesser than 0.05 level of significant, therefore it is conclude that there is significant difference in balance ability between team and individual sports persons.

Table 2: Comparison of Agility between Team game players and Individual sports persons

Variable	Group	N	Mean	Std. Deviation	t-value	df	Mean Difference	Sig. (2-tailed)
Agility	Team game players	40	7.211	0.326	1.508	78	0.125	0.136
	Individual sports person	40	7.086	0.411				

*Significant at 0.05 level

Interpretation
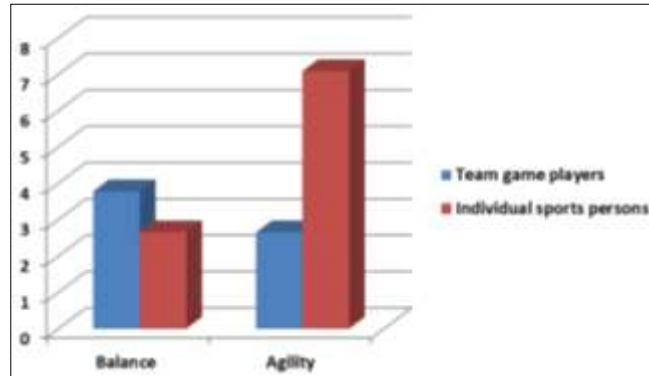Table 1.2 indicates that the mean values and standard deviations of agility of team and individual sports persons are 7.211 ± 0.326 and 7.086 ± 0.411 respectively and the mean difference is 0.125. Further the t-value is 1.508 for 78 degree of freedom and the p-value 0.136, which is greater than 0.05 level of significant; therefore, it is conclude that there is no significant difference in agility between team and individual sports persons.

Mean score of Balance and Agility of Team and individual sports persons

Fig 1

Discussion
It is understood from above findings that significance difference was found in balancing ability between team and individual sports persons. The team games such as football and volleyball needs high balance ability to complete the skills because both team games have a vigour's movements like jumping, zig zag running, ball tackling, and ball receiving etc… without balance ability the players cannot execute these type of skills.

In other hand, the result found that there was no significant difference exists in agility between team and individual sports persons. The agility most essential factors of an every team and individual sports persons because athletes wants to execute and control their movements, which imperative in order to hit a ball, kick a goal even jumping hurdles and for leg and arm action in the swimming. Because of this, they are often better at both team and individual sports that requires high level of agility for an athlete.

Conclusion
On the basis of above findings it is concluded that the balance ability differ from team and individual sports. The team sports persons have better balance ability than the individual's sports persons. Contrarily, there was no any difference seen in the agility between the team and individual sports. And both team and individual sports persons have similar in agility, finally it is concluded that the balance and agility of motor ability is most required components in all team and individual sports to execute movements and skills in a perfect manner.

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