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## Relationship between agility and playing ability of softball players

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### Abstract

The main purpose of the study is to find out the relationship of agility with playing ability of softball players. The allied objectives are as follows: 1) To find out the relationship of agility with batting ability; 2) To find out the relationship of agility with fielding ability; 3) To find out the relationship of agility with throwing ability and 4) To find out the relationship of agility with running ability. For the Present study source of data was taken from Vidarbha Region who participated in State level. For the present study 30 subjects were selected. Age of subjects was ranging between 16 to 19 years. The 30 subjects were selected by purposive sampling method. Agility was measured by administering 4×10 yard Shuttle run and Performance was measured by administering AAHPERD Softball Skill Test. To find out the relationship between agility and batting skill, fielding skill, throwing skill and running skill, the descriptive statistics (i.e. Mean and Standard deviation) and correlation coefficient of agility and batting skill, fielding skill, throwing skill and running skill was taken and significance was set at 0.05 levels. Result: 1) There was a negative significantly correlation between agility with performance of batting skill, fielding skill and throwing skill. 2) There was a positive significantly correlation between agility with performance of running skill and There was a positive significantly correlation between agility with playing ability of softball players.

**Keywords:** agility, softball players

### Introduction

Fitness in the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us for better look, pleasant feel and do our best. More specifically, it is “the ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well being” [1].

Fitness involves the performance of the heart and lungs, and the muscles of the body. And since what we do with our bodies also effects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability [2].

The speed with which an individual may change his body positions and direction rapidly and accurately or fastness in changing directions while moving is known as agility. Agility is affected greatly and differentially by the types of stimuli. Body agility is drastically better response to be an anticipated known stimulus requiring movements in the unknown directions. For example, sprinter reacting to the starting gun is much be faster than a defensive half back reacting to changes in speed or direction of pass receiver whose body usually in a position that restricts rapid maximum reaction in almost all directions. Agility being one’s ability to change direction or position of the body or parts of body rapidly and precisely is closely associated with coordination. Which defined as harmonious interplay of muscle groups during a motor performance that indicates some degree of skill? In other words to agile, one must also be coordinated. The level of one’s agility is results of both innate capacity (genetic) and training. Agility is more effective when it’s combined with high levels of speed, strength and endurance. Agility may greatly improve with specific training [3].

### Purpose of the Study

The main purpose of the study is to find out the relationship of agility with playing ability of

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softball players. The allied objectives are as follows:

1. To find out the relationship of agility with batting ability.
2. To find out the relationship of agility with fielding ability.
3. To find out the relationship of agility with throwing ability.
4. To find out the relationship of agility with running ability.

**Methodology**

For the Present study source of data was taken from Vidarbha Region who participated in State level. For the present study 30 subjects were selected. Age of subjects was ranging between 16 to 19 years. The 30 subjects were selected by purposive sampling method.

**Criterion measures**

The criterion measures adopted for the study measuring the

agility and performance are given below.

- a) **Agility:** Agility was measured by administering 4×10 yard Shuttle run.
- b) **Softball Performance:** Performance was measured by administering AAHPERD Softball Skill Test.

**Results and Discussion**

To find out the relationship between agility and batting skill, fielding skill, throwing skill and running skill, the descriptive statistics (i.e. Mean and Standard deviation) and correlation coefficient of agility and batting skill, fielding skill, throwing skill and running skill was taken and significance was set at 0.05 levels. Mean scores and standard deviation of all selected variables are presented in Table - II.

**Table 1:** Mean and standard deviation of all selected variables

Variable	Agility	Batting Skill	Fielding Skill	Throwing Skill	Running Skill
Mean	11.38	15.83	14.40	136.30	6.39
SD	1.11	5.36	3.86	18.03	0.45

The analysis of the data shows the results of the study of selected variables, agility and batting skill, fielding skill, throwing skill and running skill. The mean + Standard deviation of body agility in the test were (11.38 + 1.11), batting skill (15.83 + 5.36), fielding skill (14.40 + 3.86), throwing skill (136.30 + 18.03), and running (6.39 + 0.45) respectively.

**Table 2:** Relationship between agility and playing ability of softball players

Skill	Pearson 'r' value	Multiple R
Batting	-0.669*	0.855*
Fielding	-0.548*	
Throwing	-0.659*	
Running	0.813*	

\*Significant at 0.05 level with df 28 is 0.361.

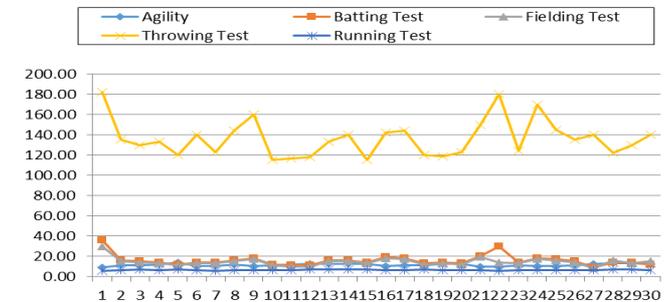
An analysis as shown in table-2 indicated that agility had significantly correlation to batting skill test (r= -0.669) were statistically negative significant as the value obtained were much higher than the tabulated value (0.361) required, to be significant at 0.05 level with 28 degree of freedom.

An analysis as shown in table-2 indicated that agility had significantly correlation to fielding skill test (r= -0.548) were statistically negative significant as the value obtained were much higher than the tabulated value (0.361) required, to be significant at 0.05 level with 28 degree of freedom.

An analysis as shown in table-2 indicated that agility had significantly correlation to throwing skill test (r= -0.659) were statistically negative significant as the value obtained were much higher than the tabulated value (0.361) required, to be significant at 0.05 level with 28 degree of freedom.

An analysis as shown in table-2 indicated that agility had significantly correlation to running skill test (r= 0.813) were statistically positive significant as the value obtained were much higher than the tabulated value (0.361) required, to be significant at 0.05 level with 28 degree of freedom.

An analysis as shown in table-2 indicated that agility had significantly correlation to playing ability of softball players (r= 0.855) were statistically positive significant as the value obtained were much higher than the tabulated value (0.361) required, to be significant at 0.05 level with 28 degree of freedom.



**Graph 2:** Relationship between agility and playing ability of softball players

**Conclusion**

On the basis of the result drawn with the mentioned methodology the following conclusions were sougheed out:

1. There was a negative significantly correlation between agility with performance of batting skill.
2. There was a negative significantly correlation between agility with performance of fielding skill.
3. There was a negative significantly correlation between agility with performance of throwing skill.
4. There was a positive significantly correlation between agility with performance of running skill.
5. There was a positive significantly correlation between agility with playing ability of softball players.

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