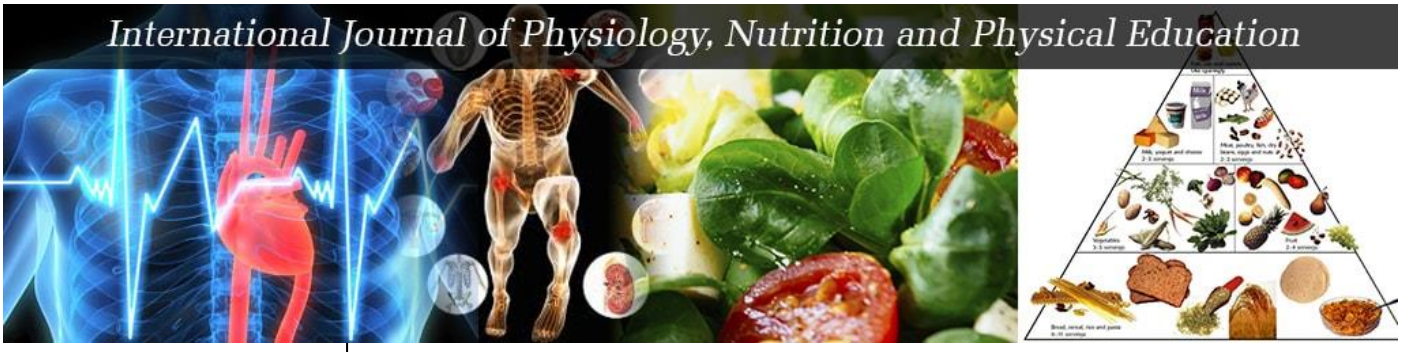

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Comparative study of fitness components of cricket and softball players

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Abstract
The study was conducted to compare the Agility and Flexibility variables of Cricket and Soft ball male players of Takshshila Mahavidyalaya, Amravati, (MS). A total of forty (40) players, comparing 20 cricket players and 20 Soft ball players of Takshsheela Mahavidyalaya, Amravati,(MS) which were randomly selected for the study. The Subjects were selected by using simple random sampling. The age of the subjects ranged between 18 to 25 years were selected to analyzed Flexibility and Agility of the players of both the games. Agility and flexibility by using standard tests namely 40 yard Shuttle Run and Goniometer were used respectively for the study. The analysis of data using 't'- test for finding the significance difference of Agility and Trunk Flexibility in- between Cricket and Soft ball male players. On the basis of our study it is concluded that the Agility and Trunk Flexibility of cricket players has significant difference. The result shows that the soft ball players had more agility than cricket players and cricket players had more flexibility than softball players.

Keywords: Agility, flexibility, cricket and softball

Introduction
Flexibility is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion. Although flexibility varies widely from person to person, minimum ranges are necessary for maintaining joint and total body health. Flexibility refers to the anatomical range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles. Flexibility in some joints can be increased to a certain degree by exercise, with stretching a common exercise component to maintain or improve flexibility. (Wiki/Flexibility) Agility is the ability to change the body's position efficiently. (Wiki/Agility) Cricket is one of many games in the "club ball" sphere that basically involve hitting a ball with a hand-held implement; others include baseball (which shares many similarities with cricket, both belonging in the More specific bat-and-ball games category), golf, hockey, tennis, squash, badminton and table tennis. In cricket's case, a key difference is the existence of a solid target structure, the wicket (originally, it is thought, a "wicket gate" through which sheep were herded), that the batter must defend. The cricket historian Harry Altham identified three "groups" of "club ball" games: the "hockey group", in which the ball is driven to and fro between two targets (the goals); the "golf group", in which the ball is driven towards an undefended target (the hole); and the "cricket group", in which "the ball is aimed at a mark (the wicket) and driven away from it". Leo Fischer and Michael Pauley decided to organize softball on a more national basis. They brought thousands of softball teams together into state organizations and from there into one national organization. In 1934 membership on the Joint Rules Committee added the Amateur Softball Association. This helped to cement softball and its rules. (Dr. M. Kalimuthu* & Ab.Raoof Bhat).

Materials and Method
A total of fifty (40) players, comparing 20 cricket players and 20 Soft ball players of Takshshila Mahavidyalaya, Amravati, which were randomly selected for the study. The age of the subjects ranged between 18 to 25 years. To analyze the Flexibility and Agility of the players of both the games.

Agility and flexibility by using standard tests namely 40 yard shuttle run and Goniometer respectively were used for the study The analysis of data using 't'-Test for finding the significance difference of Agility and Flexibility components in-between Cricket and Soft ball male players.

Table 1: Comparison of Mean Value of Agility of Cricket and Softball Player

Game	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Cricket	8.012	0.51	0.15	0.090	65	1.80	2.08
Soft ball	7.90	0.44					

Significant value for 0.05

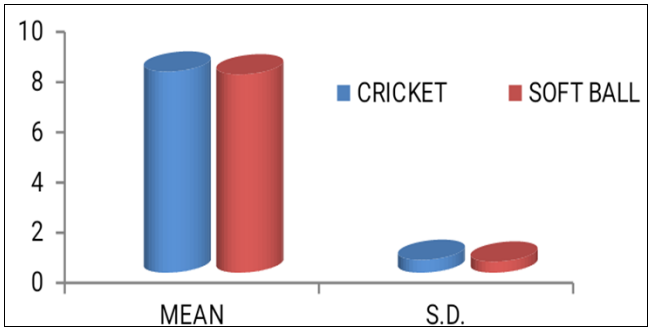

Fig 1: Comparison of Agility between Cricket and Soft Ball

As per the Table and Figure No 1, it is revelled that before applying test, standard deviation was calculated between cricket players and soft players which was 0.51 and 0.44 Respectively and the calculated value of 't' was found to be 1.80, is lesser than tabulated 't' which was 2.08 at 0.05 level of significance. This shows that softball players have more agility than cricket players.

Table 2: Comparison of Mean Value of Flexibility of Cricket and Softball Players

Game	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Cricket	58	3.35	6.028	0.75	52	6.82	2.00
Softball	51.86	2.55					

*Significant value for 0.05

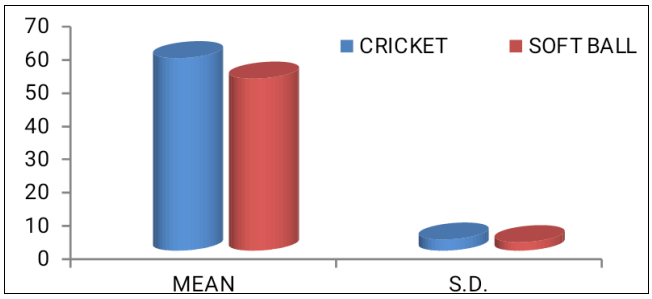

Fig 2: Comparison of Flexibility between Cricket and Softball Players

As per the Table and Figure No 2, it is revelled that before applying 't' test, standard deviation was calculated between cricket players and softball players which was 3.35 and 2.55 respectively and the calculated value of 't' was found to be 6.82 was greater than tabulated 't' which is 2.00 at 0.05 level of significance. This shows that cricket players had more flexibility than softball players.

Conclusion

On the basis of current experiment it is concluded that there was significant difference in Agility and Flexibility between cricket players and softball players. Soft ball players had more agility than cricket players and cricket players had more flexibility than softball players.

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