

RELATIONSHIP OF SELECTED PHYSICAL VARIABLES WITH THE PERFORMANCE OF SQUASH RACQUET PLAYERS

Khare Krishna Kant **Singh Sanjay Kumar ***Yadav Sameer and *Raddy, T. Onima**

1. Research Scholar, Department of Physical Education, Banaras Hindu University, Varanasi, **INDIA**.
2. Physical Education Teacher, Kendriya Vidyalaya School, Khargone, Bhopal Region, **INDIA**.
3. Assistant Professor, Laksmibai National University of Physical Education, Gwalior, **INDIA**.
4. Assistant Professor, Department of Physical Education, Banaras Hindu University, Varanasi, **INDIA**.

Email: johnlynipe@gmail.com

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ABSTRACT

The purpose of the study was to find the relationship of Physical variables with the performance of Squash Racket Players. For the purpose of the study, Twenty Squash Racquet Players were selected as subject from Lakshmbai National University of Physical Education, Gwalior, Banaras Hindu University, Varanasi and from Jiwaji club, Gwalior. There are different Physical variables were selected for achieving the purpose of this study like arm strength, leg strength, agility and flexibility. For this study the arm strength was measured by the Roger's formula, the leg strength was measured by leg dynamometer, the agility was measured by shuttle run and flexibility i.e. spine flexibility was measured by Modified sit and reach test. For shoulder-wrist flexibility, Shoulder and wrist elevation test was applied and the Squash Racquet performance was evaluated and graded by a panel of experts on the basis of their skills, techniques and match results. Zero order correlation was used to compute correlation between Squash Racquet Performance with the selected variables at 0.05 level of significance. The result of the study indicates that the shoulder - wrist flexibility and agility were found significant at 0.05 level of significance. And on the basis of the findings of the study, the following conclusion drawn that the shoulder – wrist flexibility and agility of the subjects were important variables for better performance in Squash Racquet game.