

A COMPARATIVE STUDY OF SELECTED MOTOR COORDINATIVE ABILITIES BETWEEN BASKETBALL AND FOOTBALL PLAYERS

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ABSTRACT

The purpose of present study was to compare the selected motor coordination ability between basketball and football players. For present study the researcher selected 30 male players (15 from basketball and 15 from football) from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) and their age ranging from 18-25 years. The variables selected for the present study was selected motor coordination abilities. The data was collected through applying the tests; numbered medicine ball run test for orientation ability; backward medicine ball throw test for differentiation ability; sprint at the given rhythm test for rhythm ability. For comparing the means of selected motor coordination abilities, descriptive analysis and independent t-test were applied at 0.05 level of significant. All the statistical analyzed was carried out using SPSS version 16.0. The result of the present study showed that there was significant difference found in orientation ability ($t=2.168$, $p<0.05$), rhythm ability ($t=2.244$, $p<0.05$) and differentiation ability ($t=1.525$, $p>0.05$) between basketball and football players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G). On the basis of the findings it was concluded that the football players have better orientation ability and rhythm ability than basketball players. On other hand basketball players were better in differentiation ability than football players.