ANTHROPOMETRIC CHARACTERISTICS AND PERFORMANCE IN FIELD HOCKEY

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ABSTRACT

Anthropometry, the measuring of the human body, is a vital field, especially in sports like hockey where physical attributes can significantly impact performance. Taller athletes frequently have a reach advantage while passing and tackling. In defence and midfield, where reach is crucial for ball interceptions, this might be advantageous. Longer limbs can enhance stride length and allow for a more extended reach during tackles, which can impact speed and agility on the field. Objective of the study was to investigate the anthropometric variables and its correlation with performance of male field hockey players at junior elite level. Standing height, Body weight, Thigh Girth, Calf Girth, and Arm Length were taken as Anthropometrical variables for this study. A panel of three experienced experts assessed each selected player's hockey performance based on their subjective observations of their performance in practice match and scored in a specific rating scale. The following measurements were taken from 99 males of age 16-19 years junior hockey players of different reputed field hockey centers of India. After collecting data, the SPSS 21 version was employed to extract the information from raw data. Finally, research showed that the junior elite hockey players' thigh, calf and waist circumferences were positively correlated with their performance. This suggests that an increase in any one of these parameters will also improve hockey performance.