



STUDY OF THE CORRELATION BETWEEN SKILL AND PHYSICAL ABILITY OF SOFTBALL PLAYERS

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ABSTRACT

“Study of the correlation between skill and Physical ability of softball players” In the present research, the correlation between The research was started to see how their skill and physical ability can be. Those tests were conducted. Also some objectives were decided according to the research. such as, Studying the skills of softball players, To study the physical abilities of these athletes, To examine the correlation between skill and physical abilities of softball players, To study the correlation of base running skills and some physical abilities of soft ball players.

KEY WORDS:- Correlation, physical ability skill and softball players

INTRODUCTION :-

Since ancient times, sports have been an important part of human development process. Different games are played in different countries. In the era of competition, humans have conquered new areas of development on the strength of intellect, but sport has a major role in it. That's why the game seems to have developed along with the development of human beings.

When considering the fitness or fitness of a person's body to function, the functional capacity of other organs functioning in the body has to be considered. Because these organizations are also working day and night until the formation of small and large muscle cells, in such an organization, the body's performance depends on the circulatory system, lungs, respiratory system, blood vessels, etc., exercise also affects them. The efficiency of this institution is measured and evaluated in terms of the efficiency of the physical



education system by taking different tests.

Many individuals who do jogging, mountain climbing, stair climbing, etc. with ease are seen as physically fit and strong. And by the time they do these immense deeds with ease, they complete their breathing capacity. That is, their body organization and respiratory qualification are in accordance with the effect of physical activity exercise. The same is the case with softball players.

As mentioned above, we need exercise to lead a healthy life. There is no denying the fact that exercise increases physical capacity, strengthens internal and external muscles, and makes a person live longer. Softball is a competitive sport.

The game of softball is also known as baseball and play ground ball. Playing the game of softball requires agility, courage and good judgment. This game can be played by anyone from 12 years to 60 years. Initially Americans used to play this game for fun but now it is played all over the world.

SAMPLE:-

The total or whole course of all the subjects/individuals of all the subjects to be researched is the population. For the present research to be effective and reliable, the researcher has selected the necessary group reference sample. Every school plays a variety of sports, including fencing, volleyball, kho-kho, base ball, soft ball and outdoor sports.

Players are selected. This player is from Bhausahab Nagar area of Nashik district and total number of softball players is 90.30 of these samples were selected for this research, they are children and their age group is 14-17 years.

MOTOR FITNESS TEST

1. Bend and Rich test **TOOLS AND MEANS –**

- Personal data Bank it is used to collected the information of an individual
- Height, Name, Age, Diet.....
- Bend and Rich test
- Library material
- Computer



- Cones
- Helpers
- Stop watch
- Scale

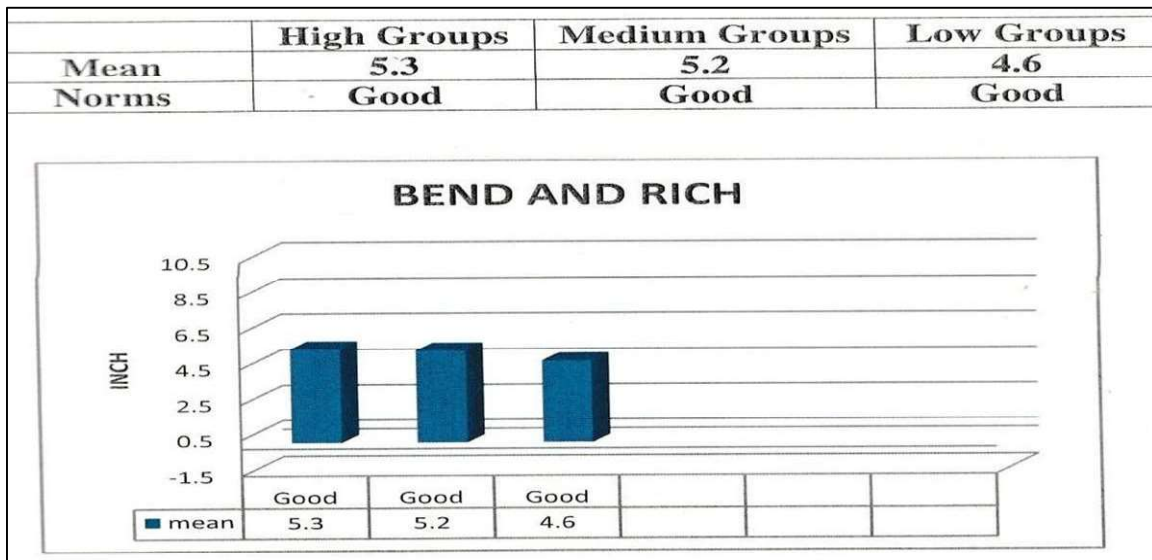
BAND AND RICH :-

This test measures the flexibility of the student's back and waist. Purpose : To measure flexibility

Material: For sewing

Scale Action:

Make the student stand on the step and ask them to bend from the waist.



Asked to move the fingers towards the toes. Back and waist flexibility is measured by measuring the distance between the toes.

RESULT :

Based on the above information it is clear that the mean of the good group is 5.3 and the mean of the middle group is 5.2 and the mean of the junior group is 4.6. , the level of bend and reach performance of softball players is an equal factor.

Bend & Rich	Pearson Correlation	.283	.533	.514	1	-.089	-.051	-.164	.687
	Sig. (2-tailed)	.429	.113	.128		.806	.889	.651	.026
	N	10	10	10	10	10	10	10	10

Correlations : Group I



As the bend and reach of the player increases, so does the medicine ball throw distance. Bend and Rich correlation value and medicine ball correlation value in this context is 0.687 which shows significant correlation at 0.05 level.

Bend & Rich	Pearson Correlation	-.198	.640	.147	1	.261	.019	-.056	-.115
	Sig. (2-tailed)	.584	.046	.686		.466	.960	.878	.751
	N	10	10	10	10	10	10	10	10

Correlations : Group II

Correlations : Group III

Bend & Rich	N	10	10	10	10	10	10	10	10
	Pearson Correlation	.344	.410	.544	1	-.281	-.326	-.117	-.063
	Sig. (2-tailed)	.331	.240	.104		.431	.358	.747	.863

CONCLUSION:-

30 softball players were tested on their skills and physical abilities. All the results obtained from this were studied statistically. Based on the above information it can be concluded that the base of softball players A significant correlation was found between running skill and breath capacity.

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