

## **Comparison on Explosive Power of Legs among Foot Ball and Sepak Takraw Players of Hyderabad District**

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### **Abstract:**

The Purpose of the study is to find the Explosive Power among Foot Ball and Sepak Takraw Players of Hyderabad District. The Sample for the study consists of 20 Foot ball Players and 20 Sepak Takraw Players of Hyderabad between the age group of 18 to 20 Years. To assess the Explosive Power the Standing Broad Jump Test were conducted for the study. It is concluded that Sepak Takraw Players are having more Explosive power compare to Foot Ball Players. It is recommended that Conditioning training must be given to all Sepak Takraw Players and Foot ball Players. Key words: Explosive Power, Conditioning, Standing Broad Jump Test etc.

### **INTRODUCTION:**

Sepak" is the Malay word for kick and "takraw" is the Thai word for a woven ball, therefore sepak takraw quite literally means to kick ball. The choosing of this name for the sport was essentially a compromise between Malaysia and Thailand, the two powerhouse countries of the sport."Sepak" is the Malay word for kick and "takraw" is the Thai word for a woven ball, therefore sepak takraw quite literally means to kick ball. The choosing of this name for the sport was essentially a compromise between Malaysia and Thailand, the two powerhouse countries of the sport. Strength and agility is important for football players and sepak takraw players. The basic elements of speed, mobility and strength are all functions of explosive power and agility. Sepak Takraw is Playing Volleyball with the Feet.Sepak takraw is a skill ball game originated from Asia. It combines the teamwork of volleyball, the dexterity of soccer and the finesse of badminton. In Thailand it is called takraw, but the official name of this internationally recognized game is sepak takraw.

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Association football, more commonly known as simply football or soccer, is a team sport played with a spherical ball between two teams of 11 players. It is played by approximately 250 million players in over 200 countries and dependencies, making it the world's most popular sport. The game is played on a rectangular field called a pitch with a goal at each end. The object of the

game is to score more goals than the opposition by moving the ball beyond the goal line into the opposing goal, usually within a time frame of 90 or more minutes

Suman Mondal, Biswabandhu Nayek and Dr. Kallol Chatterjee (2016) studied to compare Strength ability, Agility and Dynamic balances between Volleyball and Basketball players. For the purpose of the study total 40 players (20 Volleyball and 20 Basketball players) were selected randomly from Tensen Athletic club of Durgapur. To compare the Strength, Agility and Dynamic balances between Volleyball and Basketball Vertical jump test (sargent jump), Semo agility test and Modified Bass test was administrated to the subject. The age of the subject was between 15-17 years. The collected data was analysed using independent 't' ratio to find out the significant difference between volleyball and basketball players. The result of the study showed that there was significant difference on Strength, Agility and Dynamic balances ( $t = 0.136$ ,  $p > 0.05$ ) between volleyball and basketball players.

Aruna Rani, Rohit Chauhan, Dr. Satpal Kaur Kalsi (2013) Studied on different motor abilities among University level Volleyball and Basketball male players of Guru Nanak Dev University, Amritsar and Lovely Professional University, Phagwara, Punjab. The main aim of the study was the comparison between Volleyball and Basketball players with different motor abilities. The purpose of the study was to compare arm strength and leg strength of Volleyball and Basketball players. In z present study investigator has taken a total of 30 samples. For analysis and interpretation of data, a comparative analysis of the selected variable, was statistically analyzed by 't' test. The data of both groups were calculated separately for both the variables. Different types of descriptive statistic such as mean and standard deviation was computed to describe each variable statistically. The level of significance was set at 0.05. To know the difference in the selected variables the individual 't' test was used. It was found that Volleyball and Basketball players do not have significant difference between the variables; arm strength and leg strength.

### **Methodology:**

The Sample for the study consists of 20 Foot ball Players and 20 Sepak Takraw Players of Hyderabad between the age group of 18 to 20 Years

Standing Broad Jump Test.

purpose:

to measure the explosive power of the legs

equipment required:

tape measure to measure distance jumped, nonslip floor for takeoff, and soft landing area preferred. Commercial Long Jump Landing Mats are also available. The take off line should be clearly marked.

procedure:

The athlete stands behind a line marked on the ground with feet slightly apart. A two foot takeoff and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

**Results and Discussion:**

**Table 1: Comparison of Mean Values, SD, df, ‘t’ value and p-value among Foot Ball and Sepak Takraw Players on Standing Broad Jump.**

Sl. No.	Subjects	N	Mean	SD	df.	‘t’ value	p-value
1.	Foot Ball Players	20	2.00	0.00	38	-9.761	.000
2.	Sepaktakraw Players	20	2.76	0.43			

The mean value of Footr Ball Players is 2.00, SD value is 0.00, and Sepak takraw Players the mean value is 2.76 and SD value is 0.43. The degree of freedom is 38. The t-value is -9.761 and p-value is 0.000. It is very clear a significant difference there is a difference in Standing Broad Jump among Sepak Takraw Players and Foot Ball Players.

**Conclusion**

It is concluded that Sepaktakraw Players are having more Explosive power compare to Foot Ball Players. It is recommended that Conditioning training must be given to all Sepaktakraw Players and Foot Ball Players.

**Recommendations:**

Similiar studies can be conducted on female players and other team game players and individual game players.

**References**

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