

**Comparison of Explosive Power among Soft Ball Players and Cricketers  
of Govt. College of Physical Education, Hyderabad**

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**Abstract:**

Soft Ball Players and Cricketers need to perform in multiple bursts of speed. Agility being the key component of cricket is a collective coordinative ability that includes speed, balance and coordination and plays an important role in determining a player's performance. The purpose of the present study to find out the explosive power among Soft ball Players and Cricketers of Osmania University in India. The sample for the present study consists of 20 Male Soft Ball Players and 20 Male Cricketers of Govt. College of Physical Education, Domalguda, Hyderabad. The Standing Broad Jump Test were used to analyze the explosive power. The descriptive Statistics is used to analyze the results of the study. The Mean Values of Cricketers in 2.31 and Soft Ball Players is 2.27. Hence the Cricketers are having good explosive power to Soft Ball Players. Key words: soft ball Players, cricketers, explosive power etc.

**Introduction:**

**Cricket** is a bat-and-ball game played between two teams of 11 players each on a field at the centre of which is a rectangular 22-yard long pitch. The game is played by 120 million players in many countries, making it the world's second most popular sport. Each team takes its turn to bat, attempting to score runs, while the other team fields. Each turn is known as an innings. The bowler delivers the ball to the batsman who attempts to hit the ball with his bat away from the fielders so he can run to the other end of the pitch and score a run. Each batsman continues batting until he is out. The batting team continues batting until ten batsmen are out, or a specified number of over's of six balls have been bowled, at which point the teams switch roles and the fielding team comes in to bat

Softball is a variant of baseball played with a larger ball on a smaller field. It was invented in 1887 in Chicago as an indoor game. It was at various times called indoor baseball, mush ball, playground, soft bund ball, kitten ball, and, because it was also played by women, ladies'

baseball. The name softball was given to the game in 1926. A tournament held in 1933 at the Fairs purred interest in the game.

**Softball** is a sport that requires both muscular strength and endurance, and for this reason when training with weights you need to concentrate on developing strong muscles with high endurance capabilities. **Speed** is a key component of Physical fitness which is very important for **Softball** Players for giving the high level of performance in competition. Speed is the performance pre requisite to do motor actions under given conditions in minimum of time. Speed is the ability to move all or part of the body quickly i.e. Speed is the quickness of movement of a limb, whether this is the legs of a runner or the arm of the shot putter. Speed means Relative rapidity in moving, going, etc.; rate of motion or progress: Speed is an integral part of every sport and can be expressed as any one of, or combination of, the following: maximum speed, elastic strength and speed endurance, combination of reflexes and stamina. Speed training is something that should be done throughout the year- unless there are some points of the season where you don't have to move fast- so little and often is better. Constantly reinforce the quality of execution of your speed

Nahid Akhtar and Mirza Fahim Beg (2022) studied the comparative study of selected motor ability components & physiological variables between cricket and softball players. The purpose of the present study was to compare the selected Motor Ability Components & physiological variables of Cricket and Softball players. Total forty (20 from Cricket and 20 from Softball) male players (subjects) from junior national in U.P., were selected for this study. Their age ranged between 16-22 years. Selected Motor Ability Components (Flexibility, Endurance, and Speed & Explosive Strength) & Physiological variables (Resting Pulse Rate, Vital Capacity & Cardiovascular Endurance) of Cricket and Softball players were selected for this study. For analysis of the data Mean & SD were calculated and to examine the significance difference between the group mean of different Motor Ability Components & physiological variables, 't' test was applied, and level of Significance was set at .05 levels. Significant difference was found between the means of selected Motor Ability Components (Flexibility & Endurance) and physiological (Cardio Vascular Endurance) variables of Cricket and Softball players. No significant difference found between the means of some of Motor Ability Components (speed & explosive strength) and physiological variables (resting heart rate, & vital capacity) of Cricket and softball players. Mean value indicates that in flexibility and explosive strength Cricket players are better than Softball players, Mean value indicates that in endurance and speed Softball players are better than Cricket players. Mean value indicates that in all physiological

variables resting heart rate, vital capacity, cardio vascular endurance, Softball players are better than Cricket players.

Shantanu Singh Kakran and Dr. Manju Arora (2019) studied the selected physical variables between cricket and softball players. A total of 60 male subjects (30 each in softball and cricket) age ranges from 18 to 26 were selected purposively for the study from different region of Madhya Pradesh who have participated in Inter-University tournaments. The data were collected for different physical variables i.e. back strength, hand grip (right and left) and balance (dynamic and static). For the analysis of data, independent t-test has been employed. The level of significance was set at 0.05. The significant difference was found between Cricket and Softball players on dynamic balance. Whereas, insignificant differences were found for other physical variables i.e. back strength, static balance and handgrip strength (right and left) among softball and cricket player.

**Purpose of the study:**

The purpose of the present study to find out the explosive power among Soft ball Players and Cricketers of Osmania University in India.

**Methodology:**

The sample for the present study consists of 20 Male Soft Ball Players and 20 Male Cricketers of Govt. College of Physical Education, Domalguda, Hyderabad. The Standing Broad Jump Test were used to analyze the explosive power. The descriptive Statistics is used to analyze the results of the study.

Sl. NO	Name of the College	Sample	Total number of subjects
1	GCPE Domalguda,Hyd	Male Soft ball Players 20 Members	40
		Male Cricketers 20 Members	

**Results and Discussion:**

Table I showing the Mean values and Independent Samples Test of Standing Broad Jump between Cricketers and soft ball Players

Variables	Group	Mean ± SD	t	P - Value
Standing Broad Jump	Cricketers	2.31 ± 0.157	3.55	0.001
	Soft Ball Players	2.27 ± 0.159		

\*Significant at 0.05 level

The Mean values of Cricketers in Standing Broad Jump is 2.31 and Soft Ball Players is 2.27 in Standing Broad Jump. Hence the Cricketers are having good Explosive Power in legs compare to Soft ball Players.

**Conclusions:**

Cricketers are having better explosive power compare to soft ball players. Cricketers run fast between the wickets for the runs and also jumps a lot in the field.

**Recommendations:**

1. Similar studies can be conducted on other Events and among females.
2. This study also helps the physical educators and coaches to improve their training regime to excel in Soft Ball and Cricketers.

**References:**

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