

## Comparison Between soccer and volley ball players

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### Abstract

The aim of the study was to check the Strength between soccer and volleyball players. Thirty soccer & thirty volleyball male players were taken because the subjects for the Study. The cohort of the topics was ranged from (15-27) years. To live Explosive Strength (vertical jump) between soccer and volley players, vertical jump check was conducted on the topics within the gift study. The info collected was subjected to descriptive datum and student “t” check and level of significance was set at zero.06 level. There was a big distinction found between soccer and volleyball players. Soccer players show having additional explosive strength in comparison to volleyball players. Keywords: soccer, Volleyball and Explosive Strength. 1. Introduction association football is undisputedly the world’s hottest sports. The common facet of the sport is that the necessity of cooperation to enhance individual skills. So as to adapt to the technical evolution at intervals the sport and players need to meet the physical demand of for the sport. Further, growth and development part of life has impact on coaching. Physique and body composition have a very important role for taking part in association football (Gil et al. 2007). Primarily contact sports, soccer involves a verity of kicking, sprinting, throwing, shooting, caparison etc; skills and need a high level of fitness. In soccer and volleyball jumping ability could be a most vital movement for assaultive still as defensive players. Just in case of volleyball, the front row should be interference position able to jump or move when the opponent touches the ball. Within the time of attack horizontal and diagonal footwork commonly fills this position and at the same time a vertical jump conjointly required to hit or attack or smash the ball. Just in case of defensive position here conjointly used the vertical jump to barred or defense the ball that is glided by the opponents. Equally regarding defensive players they're conjointly used the vertical jump to barred or defense the ball that is vie by the opponent. So, each the sport of soccer and volleyball needed most jumping ability that is influencing the performance of the sport. Soccer could be a game which needs in no time body movement that is set by things at intervals the match such as: opposing team’s player with and while not the ball, ball movement and team mate movement. attributable to these reasons, fashionable field game is characterized by quick movements, that become outstanding in brief and long sprints, explosive reactions (jump) and fast changes of direction. Authors United Nations agency proscribed this downside (Cometti et al., 2001) share the opinion that these area unit a number of the characteristics that distinguish winning from losing sides, on high-quality levels of competition. 2. Objective of the study: to check the Explosive Strength between basketball and volleyball players of Purba Medinipur district. 3. Methodology three.1 choice of subject so as to check the jumping ability between soccer and volleyball players, thirty soccer (N=30) & thirty volleyball (N=30), male players were taken because the subjects for the Study. Therefore the overall range of subjects were (N=60) sixty solely. The good condition variable within the gift study was explosive strength. And explosive strength was measured with the assistance of John Singer Sargent vertical jump. 3.2 Administration of check to live Jumping ability (vertical) between soccer and volleyball players, John Singer Sargent vertical jump check was conducted on the topics within the gift study. The collected knowledge were calculated by victimization descriptive datum and student “t” check and therefore the level of significance was set at zero.05 levels, subsequently the conclusion drawn on the idea of the findings.

**Conclusion**

In this above study my conclusions is value of jumping ability of the football players is better than the volleyball players.