



Comparison of aerobic power among batsmen and fast bowlers in the game of cricket

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Abstract

The purpose of the study was to compare the aerobic power among batsmen and fast bowlers in the game of cricket. 40 cricket players (20 Batsmen and 20 fast bowlers) were selected for the study. The subjects selected for the study were aged 17-23 years. Subjects who have played up to the state level tournament were selected for the study. The subjects selected were from various clubs, school, colleges and cricket academy of Delhi/N.C.R. YO-YO (Level-2) Test was selected to measure the aerobic power of cricket players. The aerobic power of fast bowlers was found greater than batsmen.

Keywords: batsmen, fast bowler, aerobic power

Introduction

The game of cricket can last from 3 hours a day to five days regularly. So, it clearly indicates the importance of aerobic power in the game of cricket as the batting ability of a batsmen and bowling ability of a bowler is required for a long duration of time so it is important that aerobic capacity of the cricket players should be optimum to enhance the performance in the game of cricket some people say that medium pace bowlers have better aerobic power as compared to batsmen this study was conducted to establish the scientific facts about the better aerobic power between batsmen and fast bowlers.

Method and Procedure

Selection of subjects

40 cricket players (20 Batsmen and 20 Fast bowlers) were selected for the study. The subjects selected for the study were aged 17-23 years. Subjects who have played up to the state level tournament were selected for the study. The subjects selected were from various clubs, school, colleges and cricket academies of Delhi/N.C.R.

Table 1: Tools and Technique

Variable	Test	Unit of Measurement
Aerobic Power	YO-YO (Level-2)	Meters

Procedure

YO-YO (Level 2) Test- The subjects were instructed for 10 minutes warm up after the warm up the subjects were briefed about the procedure of the test two cone were placed 20m apart say cone A and cone B one more cone C is place at a distance of 5m from cone for rest between the beep. The test start with a speed of 13km/h. when a subject is unable to

reach the line before the beep he is warned and at the second time he is disqualified. Distance covered before disqualification is measures as the scores in meters.

Statistical Technique

Descriptive Statistics was used to define the mean and standard deviation of the aerobic power of cricket players. The t-test was used to compare the mean score of aerobic Power of batsmen and fast bowlers.

Results

Table 2: Descriptive Statistics of Aerobic Power

Playing Skill	N	Mean	Std. deviation	Std. Error Mean
Batsmen	20	172	41.24	9.22
Fast Bowler	20	265	79.44	17.76

Table-1 clearly indicates the mean value, std. deviation and std. error mean of aerobic power of batsmen and fast bowler

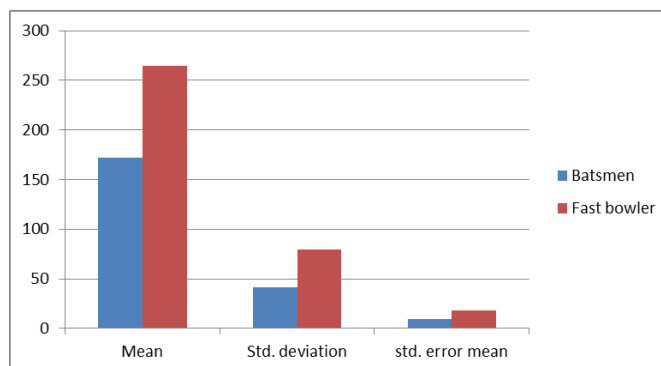


Fig 1: showing the descriptive statistics of aerobic power in cricket players.

Table 2: t-table for the data of aerobic power along with F-value.

Group	Mean	S.D.	Mean Diff.	SE of Mean Diff.	t-value	p-value	F-value	p-value
Batsmen	172	41.24	93	20.01	4.64	.005	10.21	.003
Fast Bowler	265	79.44						

Result

The t value and p value clearly indicate that there is a significant difference between the aerobic capacity of batsmen and fast bowler. It can be clearly seen that the aerobic capacity of fast bowler is much better than that of batsmen.

Conclusion

- It can be clearly seen that the aerobic capacity of fast bowler is much better than that of batsmen.
- More studies like this should be conducted with greater population.
- The conditioning plan of batsmen should be designed with regards to aerobic power in mind.

References

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