

Assessment of physical variables of drag flick performance in field hockey

■ SANI KUMAR VERMA

Received : 01.04.2014; Revised : 12.09.2014; Accepted : 25.09.2014

Author for Correspondence :

SANI KUMAR VERMA
Department of Physical Education,
Institute of Professional Studies,
GWALIOR (M.P.) INDIA

■ ABSTRACT

The purpose of the study was to assess the relationship of physical variables of drag flick performance in field hockey. And the secondary purpose was to find out the combine contribution of selected physical variables to drag flick performance. Thirty (30) male drag flickers were selected as subjects for the purpose of this study. Purposive sample was employed for reaching valid conclusion of the study. The arm and shoulder strength, back strength, leg strength, grip strength and back flexibility were the selected physical variables. Speed of the hockey ball during drag flick skill was measured by a Bushnell Speed Radar Gun. It was recorded in kilometers per hour. To find out the relationship of physical variables to drag flick skill, zero order correlations were computed using Pearson's Product Moment Correlation. Also to find out the combined contribution of the physical and variables to the drag flick performance, multiple correlation was computed. It is concluded that the following physical variables *i.e.* arm and shoulder strength and grip strength were significantly related to drag flick performance in field hockey.

■ Key Words : Drag flick, Strength, Back flexibility

■ How to cite this paper : Verma, Sani Kumar (2014). Assessment of physical variables of drag flick performance in field hockey. *Internat. J. Phy. Edu.*, 7 (2) : 78-80.