

A Comparative Study of Flexibility and Jumping Ability among Bangalore North University Women Hand Ball and Soccer Players

Sri Mohana Kumara

Physical Education Director

Govt. Ramanarayan, Challarama College of Commerce and Management of Bangalore, Karnataka, India

Abstract: *There is a great number of athletes that play HANDBALL and SOCCER today, which leads to the assumption that these two sports are among the most popular in the world. HANDBALL and SOCCER are dynamic sports that demand an intensive load of training to satisfy the high demands placed. The training program of these two sports theoretically is different, based on the fact that during SOCCER appear some somatomorphic characteristics that affect performance are in each sport, such as for example height, or hand-eye coordination in HANDBALL (Berg & Latin, 1995).*

Keywords: Hand Ball and Soccer Players

REFERENCES

- [1]. Asley C.D, Weiss L.W. Vertical jump performance and selected physiological characteristics of women. J.S.C.R., 1994; 8:5-11.
- [2]. Berg K, Latin, R.W. Comparison of Physical performance characteristics of NCAA Division I HANDBALL and football players. J.S.C.R., 1995;9(1): 22-26.
- [3]. Bisschop C, Darot D, Ferry A. Physical fitness in young mature athletes. Science & Sports, 1998; 13(6): 265-268.
- [4]. Bosco C, Komi P.V. Influence of countermovement amplitude in potentiation of muscular performance In: VIIth International Congress Biomechanics, Varsavia, Poland, 1979, 18-21.
- [5]. Housh T.J, Thorland W.G, Tharp G.D, Johnson G.O, Cisar C.J. Isokinetic leg flexion and extension strength of elite adolescent female track and field athletes. Res. Quart. Exerc. Sports, 1984; 55(4): 347-350.