UNIVERSITI TEKNOLOGI MARA

COMPARISON OF SPEED, AGILITY AND CARDIOVASCULAR BASED ON PLAYING POSITION IN HOCKEY

By

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DECLARATION OF ORIGINAL WORK

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This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently, submitted for this degree or any other degree.

This project paper is the result of my independent work and investigation, except otherwise stated. I absolve Universiti Teknologi MARA (UiTM) Pahang and Faculty of Sports Science and Recreation from any blame as result of my work.

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ABSTRACT

In Malaysia, study about hockey is not extensively particularly in regards to fitness level among position in hockey. There are constrained studies has been carried out in Malaysia. Based on result from the study, the results can facilitate coach to develop proper training program specific based on playing position. Moreover, measuring fitness levels will encourage the athletes to enhance their performance thus excel in hockey their physical fitness important for success. It can be a determinant to develop in which the fitness component lacks in. Hence, the purpose of this study were to determine the level of speed, agility and cardiovascular in different playing position among male hockey player. Twenty-two male hockey players participated in this study. There are 6 forward, 6 midfielder, 6 defender and 4 goalkeeper completed the entire three fitness test including 30 meter sprint to measure speed, Illinois Agility Run to measure agility and Multistage Fitness Shuttle Run (MFSR) in order to measure cardiovascular. The result showed significant difference (p<0.05) in speed between positions in male hockey player. Agility showed no significant difference (p>0.05) between playing positions among male hockey player. Cardiovascular showed significant difference (p<0.05) between playing positions among male hockey player. It was concluded that the results of the study show significant difference in speed and cardiovascular between positions in hockey. Based on the result, forward have greater speed as a positional demand in attacking play to score a goal meanwhile midfielder have found to have a higher VO2max than forward, goalkeeper and defender. It was recommended that player must have specific fitness level based on playing position.
# Table of Contents

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONTENTS</td>
<td></td>
</tr>
<tr>
<td>ACKNOWLEDGEMENT</td>
<td>ii</td>
</tr>
<tr>
<td>TABLE OF CONTENT</td>
<td>iii, iv, v</td>
</tr>
<tr>
<td>DECLARATION</td>
<td>vi</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>vii</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>vii</td>
</tr>
<tr>
<td>ABSTRACT</td>
<td>viii</td>
</tr>
</tbody>
</table>

## Chapter One; Introduction

1.0 Background of the Study 1
1.1 Statement of Problem 5
1.2 Research Objective 6
1.3 Research hypothesis 7
1.4 Operational Term 7
1.5 Research Limitation 9
1.6 Research Delimitation 10
1.7 Research Assumption 10
1.8 Significant of Study 11

## Chapter Two; Literature Review

2.0 Introduction 12
2.1 Demographic profile 13
2.2 Speed and hockey performance 14
2.3 Agility and hockey performance 14
2.4 Cardiovascular and hockey performance 15
2.5 Study Review and Design 16
CHAPTER THREE: RESEARCH METHODOLOGY

3.0 Introduction 20
3.1 Research Design 20
3.2 Subject Selections 21
3.2.1 Sampling Technique 21
3.3 Instrumentation 22
3.3.1 Weight Scale 22
3.3.2 Height Scale 22
3.3.3 Casio Stop Watch 22
3.4 Threat to Internal Validity 22
3.5 Data Collection Procedure 23
3.5.1 Height Measurement 24
3.5.2 Weight Measurement 24
3.5.3 30 Meter Sprint Test 25
3.5.4 Illinois Agility Test 25
3.5.5 Multistage Fitness Test 26
3.6 Data analysis 26
3.7 Data Collection Flow Chart 27

CHAPTER FOUR: RESULT AND DATA ANALYSIS

4.0 Introduction 28
4.1 Anthropometric Measurement 28
4.2 Speed Based On Playing Position 30
4.3 Agility Based On Playing Position 31
4.4 Cardiovascular according Playing Position 32