

**UNIVERSITI TEKNOLOGI MARA**

**ANTHROPOMETRY INFLUENCE ON SPEED AND  
AGILITY AMONG ADOLESCENCE HOCKEY  
PLAYERS**

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Research project submitted in partial fulfillment  
of the requirements for the degree of  
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**Faculty of Sport Science and Recreation**

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**DECLARATION OF ORIGINAL WORK**

**BACHELOR OF SPORT SCIENCE AND RECREATION**


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Hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrent, submitted for this degree and any other degree. This research project was the best result of my independent work and investigation, except, where otherwise stated. I absolve Universiti Teknologi Mara (UiTM) and the Faculty of Sport Science and Recreation from any blame because of my work. All verbatim extracts have been distinguished by quotation marks and sources of information have been specifically acknowledged.

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## ABSTRACT

The purpose of this study was to identify the correlation of anthropometry on speed and agility among adolescence hockey player. A total of thirty subjects (N=30) age range from 13 to 17 years old (M= 15.47 SD=1.48) were involved in this study and selected through purposive sampling method. The study identified the correlation between speed and agility performance using the 30-meter sprint test and Illinois agility test. Pearson r correlation coefficient was used as this study is to find the correlation between variables. During this study, sample performs one trial of each test being given. The rest between tests is three minutes. Based on the Pearson r Correlation, the result shows that there is no significance between weight and speed (0.27) while height and speed, there was a significant effect (0.001). In other result weight and agility have no significance (0.18) while height and agility have significant (0.006). To conclude, this finding anthropometry does not play a big role on speed and agility of SMK Sulaiman hockey players.

***Keywords: Hockey, Anthropometry, Agility, Speed, Illinois Agility Test, 30-meter Sprint Test, Adolescence.***

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