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COMPARISON BETWEEN ARTIFICIAL TURF AND NATURAL GRASS ON AGILITY AND SPEED AMONG FEMALE HOCKEY PLAYERS OF SMK SEBERANG TEMERLOH

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DECLARATION

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ABSTRACT

The purpose of this study was to investigate the comparison two different surfaces which are artificial turf and natural grass on speed and agility among female player hockey team of SMK Seberang Temerloh, Pahang. Several players from SMK Seberang Temerloh(n=20) were selected as the sample of the study using purposive sampling technique and will test in two different surface (artificial turf and natural grass). The component of Speed and Agility were measured using 30 Meter Sprint Test and Zig Zag Agility Test was used respectively. Statistical analysis of the tests was conducted by using paired sample t-test. A set of data was recorded and been analyze. There was a significant different for the artificial turf and natural grass on speed at the value of 0.05 and for agility test at the value of 0.05.Hence, it was concluded that artificial turf and natural grass show a differences on agility and speed.

Keywords: *Agility, Artificial turf, Hockey Natural grass, Speed*

TABLE OF CONTENT

		Page
ACKNOWLEDGEMENTS		**i**
TABLE OF CONTENTS		**ii**
DECLARATION		**v**
LIST OF TABLES		**viii**
LIST OF FIGURES		**ix**
LIST OF SYMBOLS AND ABBREVIATIONS		**x**
ABSTRACT		**xi**
CHAPTER 1: INTRODUCTION		**1**
1.1	Background of the study	1
1.2	Problem statement	3
1.3	Purpose of study	4
1.4	Objective of study	5
1.5	Hypothesis	5
1.6	Significant of study	5
1.7	Operational terms	6
	1.7.1 Hockey	6
	1.7.2 Artificial turf	6
	1.7.3 Natural grass	7
	1.7.4 Speed	7
	1.7.5 Agility	7
1.8	Limitation	8

1.8.1 Level of experience 8

1.8.2 Lack of manpower 8

1.8.3 Physical individual 9

1.9 Delimitation 9

1.9.1 Type of subject 9

1.9.2 Surface of field 9

1.9.3 Test protocol 10

CHAPTER 2: LITERATURE REVIEW **11**

2.1 Introduction 11

2.2 Hockey 12

2.3 Speed on hockey performance 13

2.4 Agility on hockey performance 15

2.5 Field surface of hockey 16

CHAPTER 3: METHODOLOGY **18**

3.1 Introduction 18

3.2 Research design 18

3.3 Sampling technique 19

3.4 Conceptual framework 19

3.5 Instrumentation 20

3.5.1 Hockey field 20

3.5.2 Stopwatch 21

3.5.3 Measuring tape 21

3.5.4 Cones and marker 21