

**UNIVERSITI TEKNOLOGI MARA**

**THE RELATIONSHIP BETWEEN HAND  
GRIP STRENGTH TOWARDS NETBALL  
SHOOTING AND PASSING ACCURACY  
AMONG AMATEUR NETBALL PLAYERS**

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## ABSTRACT

Hand grip strength test has been shown to be the indicator for grip strength for an athlete in their sports performance. Scoring and passing is the most important indicator for netball team to success and winning the games. The purpose of this study was to identify the relationship between hand grip strength on netball shooting and passing accuracy among amateur netball players. A total of 30 subjects ( $N = 30$ ) from 17 years old to 19 years old ( $M=17.53$ ,  $SD=0.51$ ) of amateur netball players were chosen via purposive sampling to participate in this study. The hand grip strength test dynamometer was chosen to test the hand grip strength. The study was using ex post facto design to conduct this study. Hand grip strength test, shooting accuracy test and passing accuracy test have been conducted to measure the correlation between the variables. Using the Pearson correlation, the results showed that there has a relationship between hand grip strength on netball shooting and passing accuracy among amateur netball players. Hand grip strength and netball shooting accuracy showed have significant moderate positive correlation ( $R^2= .328$ ,  $r= .573$ ,  $p= .008$ ), while hand grip strength and netball passing showed strong positive correlation ( $R^2= .681$ ,  $r= .825$ ,  $p= .000$ ). The result shows that hand grip strength and shooting accuracy have a moderate relationship and hand grip strength and passing accuracy show a strong relationship among amateur netball players.

*Keywords: Amateur, Hand grip strength, Passing accuracy, Shooting accuracy, Netball,*

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