

Relationship among Speed, Power & Fatigue Index of Cricket Players

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Article Authorship & Affiliation Details

Communication Date: Dec 24, 2014

Acceptance Date: Jan 11, 2015

UAIC: 97302292020

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Key Words: Speed, Power, Fatigue Index

To cite this article:

Kumar, Ashok; Kathayat, Lokendra Bahadur and Kadam, Govind. Relationship among Speed, Power & Fatigue Index of Cricket Players [online]. *Journal of Exercise Science and Physiotherapy*, Vol. 11, No. 1, June 2015: 11-16.

Availability:

Abstract: <http://www.efha.in/wp-content/uploads/2015/01/ABSTRACT-UAIC-97302292020.1.pdf>

Full Text: <http://www.efha.in/wp-content/uploads/2015/01/FULL-TEXT-UAIC-97302292020.pdf>

Abstract

Objective: The purpose of this study was to observe speed, power and fatigue index of under 19 year cricket players. The design of this study required participants to perform six sprints each of 35 meter. Thirty one (N=31) trained male cricketers between the ages of 15 and 19 years volunteered for this study. The mean age, height and weight of cricketers were 16.81 ± 1.13 years, 172.23 ± 6.85 cm and 61.33 ± 8.93 Kg. The mean sprint time of -1st, 2nd, 3rd, 4th, 5th and 6th of cricketers were 5.39 ± 0.34 seconds, 5.53 ± 0.31 seconds, 5.61 ± 0.36 seconds, 5.85 ± 0.26 seconds, 5.94 ± 0.25 seconds and 6.07 ± 0.17 seconds respectively. The mean power of -1st, 2nd, 3rd, 4th, 5th and 6th sprints of cricketers was 491.00 ± 105.90 watts, 454.90 ± 94.81 watts, 435.23 ± 90.49 watts, 382.84 ± 78.54 watts, 364.68 ± 78.62 watts and 339.94 ± 58.96 watts respectively. The maximum power, minimum power and average power of cricketers was 511.55 ± 94.97 watts, 333.71 ± 65.83 watts, and 411.42 ± 73.59 watts respectively. It was concluded from the results of this study that sprint time and power decline in cricketers may be due to the reduced energy production via anaerobic glycolysis and muscle acidosis.

Introduction

Due to the nature of cricket that necessitates intermittent activities such as batting, bowling, fielding in cricket, anaerobic power and capacity is of great

interest to those involved with them, as most rely heavily on players' ability to move quickly and powerfully. *Noakes & Durandt (2000)* estimated that during a one-day game, a hypothetical player

Journal of Exercise Science & Physiotherapy is indexed with Citefactor, Researchbible, Medind, Hinari, Innospace, Informit, Google Scholar, Academic Keys, worldCat, J-Gate, Jour Informatics, GIF, Directory of Science (Impact Value 19.79), Indianscience.in, ICMJE, Infobase Index (IBI factor 3.4), Electronic Journals Library, University Library of Regensburg, International Scientific Indexing (ISI), SIS, International Impact Factor Service, MIAR, DRJI, Advanced Sciences Inerdex (ASI) Germany (Impact factor 0.8), Jifactor (Impact Factor 0.5), Open Academic Journals Index, Sjournals Index, Index Copnicus, <http://www.sherpa.ac.uk/romeo/> as Romeo blue journal. Digital archiving finalised with Portico.