

Prediction of Sport Talents among Adolescent Female Netball Players in the Western Province of Sri Lanka

D. M. D. N. Bandara^{1*}, S. Joniton¹ and V. Gopinath²

¹*Department of Sport Sciences and Physical Education, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka, Belihuloya, Sri Lanka.*

²*Tamilnadu Physical Education and Sports University, Chennai, India.*

*dnilankani@gmail.com

Netball is an exciting, fast and skillful game of fair contest. It has the power to change lives and inspire communities. Netball is one of the fastest growing participation games in Sri Lanka. This study was conducted to find out how the Physiological, Physical Fitness and Anthropometric characteristics were affecting the playing ability of the adolescent female Netball players in the Western province of Sri Lanka. To achieve this purpose, the study sample was twenty (n=20). Players were selected by using multistage sampling technique. The age of the players was ranged from years 13-19 (± 1). The Netball playing ability was selected as the dependent variable and it was assessed by ratings of a judge panel. Physiological variables taken were VO₂ max, Resting Heart Rate, Breath Hold Time. Physical fitness variables were Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Speed, Agility, Flexibility and Leg Explosive Power. The anthropometric measurements used were Height, Weight, circumference and length of limbs, Girth of Chest, Waist, and Hip. To examine the relationship between performance ability and selected independent variables, a cluster analysis and Pearson correlation was calculated with SPSS 25 software. The findings of the research are mentioned below. Significant correlations were obtained for resting heart rate and footwork playing ability, Muscular endurance and footwork playing ability, speed and passing playing ability. The research concluded that there are significant correlations with the anthropometric variables namely, height, weight, thigh girth and calves circumference with the passing playing ability. This study concludes that there are impacts of Physiological, Physical Fitness and Anthropometric measurements for playing ability of adolescent female Netball players in the Western province of Sri Lanka.

Keywords: *Anthropometric, Physiological, Physical Fitness, Playing Ability*