

Comparison of Agility Among Soft Ball Players and Baseball Players of Hyderabad

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Softball, a derivative of baseball, involves a larger ball and a compact field. The game's progression hinges on the pitcher, a player from the fielding side, hurling a ball toward a batter, who attempts to strike it with a bat. The methodology employed in the present study encompasses 20 male softball players and 20 male baseball players aged 18 to 22 years in Hyderabad. The Zig Zag Run Test was used to test the agility of the players under the supervision of Track and Field Officials. The study's findings indicated that baseball players exhibited superior agility in comparison to their softball counterparts during the shuttle run test. This conclusion underscores the enhanced agility of baseball players over softball players. Conditioning exercises play a pivotal role in augmenting speed among both softball and baseball players. Consequently, these exercises hold significance in fostering improvements in agility for players engaged in both sports.

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