

ANTHROPOMETRIC AND PHYSICAL VARIABLES AS PREDICTORS OF OFF-SPIN PERFORMANCE IN CRICKET: A MULTIPLE REGRESSION STUDY

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ABSTRACT

The purpose of the study was to determine the relationship of selected anthropometric and physical variables to the performance of off – spin bowling in cricket. A total of 15 male subjects were selected from Cricket match practice group and Academy group of Lakshmibai National Institute of Physical Education by using purposive sampling. The age of the subject's was ranged from 18 to 24 years (20.73 ± 1.83) and all were regular players with good level of skills. The anthropometric measurements used in this study were standing height, arm length, leg length, hand length, height of release and shoulder width. The physical variables which were used are; back strength, shoulder explosive strength, grip strength and leg strength. For the purpose of this study multiple regression was used for evaluation. The level of significance was set at 0.05. Results of this study revealed that among the selected anthropometric and physical variables, height of the player was found to be the only predicted variable for the performance of off-spin bowling in cricket.