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DIFFERENCES IN ANTHROPOMETRIC SPACE AND MOTOR DIMENSIONS BETWEEN THE TWO CLUBS IN THE CATEGORY OF CADETS

Introduction

The game of handball as in other countries, is as well a very popular sport in our country, this game is one of the most advanced sports especially women's handball.

In recent time, contemporary handball possesses complex fast movements that require a high physical training, with high morphological and technical-tactical characteristics, strong kick on goal and very precise are elements that give high attractiveness to this sport.

Based on all the achievements in the sport of handball also in our country has raised great interest to females, especially in younger age groups.

Based on all these data we will try through this scientific research paper to verify and as base we took two clubs of Handball Super League in Kosovo in the category of cadets:

FHC Prishtina from Prishtina and FHC Vëllaznimi from Gjakova female players that are regular on their trainings organized by the club and take part in official competitions.

Group is consisted from 25 handball players of the club FHC "Prishtina" – and from 25 handball players of the club FHC "Vëllaznimi" females of age 15 (\pm 6 months).

Through this paper we will try to make the difference of players from two clubs that in the ranking table in official competitions organized by the Kosovo Federation do not stay close to each other because handball team Prishtina is on the upper part of the table and competes for the Champion's title, whereas the team Vllaznimi is on the bottom part of the table.

Methods

Methods of processing the results, *Sample of anthropometric variables: APESHA – Body weight, ALARTE – Body height, AGJASHU- Length of palm, AGJRSHU- Width of palm.*

Group of measuring instruments of motor variables: Jumping from place in length – MKVGJ, High jumping from place- MKVL, Running in resistance 3x1 – MVR3KU

, MVZ6-9m - Zigzag running between 6 and 9 meters.

Based on the purpose of the paper we will implement some of the processing methods from which will be provided information for realization of this study.

For the group of players of system variables will be calculated basic statistical parameters.

- T-test Analysis

Results and Discussions

T – Testi for anthropometric and motor variables between two handball clubs

In order to verify the differences between the two group, the first group FHC Prishtina team of cadets and second group, FHC Vëllaznimi from Gjakova both teams members of Handball Super League in Kosovo, where for each variable is T- Test. With this method we verify the differences how many times is higher the difference of two arithmetic averages and how is its standard error. In order to show statistical validation, through this test we must know the value of T-Testi, which is $T > 1.96$, in the level of statistical significance $p < .05$. We can say that the difference between these two groups in one variable is statistically valid.

In Table 1 are presented the data between two clubs which are processed by T-Test.

Based on the results presented in Table 1 we can see the changes for each variable separately and can conclude that there was a valid statistical difference in anthropometric space in three variables wherethe most successful players of Prishtina team were in variables of body weight, body height and length of palm.

In motor space also we have valid statistical differences, presented in table 2 also to the motor space relatively large differences and in favour of FHC Prishtina, are shown in tests of explosive force as in high jumping from place and jumping from place in length and in the test of zigzag running from 6 meters to 9 meters. With these results we can say that is verified the purpose of this paper because are presented large differences between these two clubs and FHC Prishtina is a club which is ranked in the top of the table whereas FHC Vëllaznimi in the bottom of the table.

Table 1. T- test of anthropometric variables of two clubs

| | Club | N | Mean | Std. Deviation | Sig. (2-tailed) |
|----------|----------------|----|----------|----------------|-----------------|
| Apesha | Fhc Prishtina | 25 | 56.8072 | 10.54462 | .010 |
| | Fhc Vëllaznimi | 25 | 50.9760 | 2.45514 | |
| Alart | Fhc Prishtina | 25 | 163.8712 | 7.48064 | .040 |
| | Fhc Vëllaznimi | 25 | 160.2800 | 4.05195 | |
| Agjashu | Fhc Prishtina | 25 | 18.5388 | 1.16678 | .001 |
| | Fhc Vëllaznimi | 25 | 17.6200 | .61712 | |
| Agjershu | Fhc Prishtina | 25 | 19.8536 | .85387 | .422 |
| | Fhc Vëllaznimi | 25 | 19.6600 | .83815 | |

Tabela 2. T- test of anthropometric variables of two clubs

| | | N | Mean | Std. Deviation | Sig. (2-tailed) |
|---------|----------------|----|----------|----------------|-----------------|
| Mkgjv | Fhc Prishtina | 25 | 162.0800 | 13.68978 | .012 |
| | Fhc Vëllaznimi | 25 | 149.8000 | 19.28946 | |
| Mklv | Fhc Prishtina | 25 | 31.0800 | 2.61279 | .000 |
| | Fhc Vëllaznimi | 25 | 26.5600 | 2.06317 | |
| Mvr3ku | Fhc Prishtina | 25 | 17.3872 | 1.07069 | .312 |
| | Fhc Vëllaznimi | 25 | 17.0316 | 1.37392 | |
| Mvz6m9m | Fhc Prishtina | 25 | 11.2444 | 1.34585 | .000 |
| | Fhc Vëllaznimi | 25 | 15.1216 | 1.05999 | |

Conclusion

The main purpose of this research was to determine and evaluate the differences in anthropometric space and in motor dimensions between two handball clubs that compete in Kosovo Handball Super League in the Category of cadets for females of FHC "Prishtina" which is on the top of the table and FHC "Vëllaznimi" that is positioned in the bottom of the table.

Based on the importance of this paper to present the differences that exist between these two clubs in anthropometric and motor space, we have achieved that through the analysis of T-test we can verify these differences that are more significant in favour of FHC Prishtina which is in the top of the table and that during the week organizes 5 trainings and one official game during the weekend, larger differences were presented in anthropometric space in three variables where more successful were players of the Prishtina team in the variables of Body weight, Body height, and Length of palm, whereas in motor space in favor of FHC Prishtina are presented in the testings of explosive force as in high jump from place and length jump from place and in the test of zigzag running from 6 meters to 9 meters.

In the end of this paper we can say that the value of this work may be in the function of information for the development of anthropometric and motor characteristics of handball players in the category of cadets which with the work and a good program of training process by coaches of this category results will not be absent in Kosovo Handball Super League championship.

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DIFFERENCES IN ANTHROPOMETRIC SPACE AND MOTOR DIMENSIONS BETWEEN THE TWO CLUBS IN THE CATEGORY OF CADETS

The purpose of the research has to do with the defining the differences in anthropometric variables and motor assessment skills of the female cadets between KHF. “ Prishtina“ from Prishtina and Khf Vëllaznimi, from Gjakova.

- The primary goal of this research is to certify differences of anthropometric and motor skills characteristics of female cadets of KHF. “Prishtina“ and Khf Vëllaznimi also to be verified the parameters that affect in development and their training for handball game.

Besides this should be verified what impact had the implementation of program and teaching process of motor activities in the development of anthropometric characteristics, motor skills or the successful placement of Kosovo super league competitions in handball.

Based on the importance of this paper to present the differences that exist between these two clubs in anthropometric and motor space, we have achieved that through the analysis of T-test we can verify these differences that are more significant in favour of FHC Prishtina which is in the top of the table and that during the week organizes 5 trainings and one official game during the weekend, larger differences were presented in anthropometric space in three variables where more successful were players of the Prishtina team in the variables of Body weight, Body height, and Length of palm, whereas in motor space in favor of FHC Prishtina are presented in the testings of explosive force as in high jump from place and length jump from place and in the test of zigzag running from 6 meters to 9 meters.

Key Words: *Anthropometric and motor dimensions, Handball players, two teams.*