

113 **THE SPEED COMPARISON BETWEEN THE LEFT AND RIGHT SIDE STEP WITH SELECTED ANTHROPOMETRIC MEASUREMENTS TO TOTAL MOVEMENT TIME IN RUNNING TO THE SIDE FOR USE BY VOLLEY BALL FEMALE PLAYERS OF SENIOR SECONDARY SCHOOLS OF HIMACHAL PRADESH**

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A study has been conducted on selected anthropometric variables of female volleyball players of senior secondary school level. The purpose of the study was the comparison between the left and right step with selected anthropometric measurements to total movement time in running to the side for use by

the volleyball players. Sample consisted of selected 24 female senior secondary school level volleyball players. Selected anthropometric variables were used to secure the responses. These 22 variables included foot length, foot breadth, foot height, heel breadth, in step circumference, ankle height, ankle circumference, bowl of foot width, bowl of foot circumference, bowl circumference, buttock-knee distance, buttock-leg length, calf circumference, calf height, circumference of knee, knee height, knee height sitting, knee to knee width, leg length sitting, leg length without foot, length of lower leg and length of thigh. t Test was used to analyse the data and result shows that significant difference is recorded in the variables of heel breadth, ankle height and bowl height. The significant difference is recorded when comparison of speed of movement between left and right foot is made.