

A Comparative Study of Flexibility and Jumping Ability among Davanagere University Men Hand Ball and Foot Ball Players

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Abstract: *There is a great number of athletes that play HANDBALL and FOOT BALL today, which leads to the assumption that these two sports are among the most popular in the world. HANDBALL and FOOT BALL are dynamic sports that demand an intensive load of training to satisfy the high demands placed. The training program of these two sports theoretically is different, based on the fact that during FOOT BALL appear some somatomorphic characteristics that affect performance are in each sport, such as for example height, or hand-eye coordination in HANDBALL (Berg & Latin, 1995).*

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