

Anthropometric and physical performance profiles of Sabah youth netball player

ABSTRACT

Anthropometric and physical performance profiles of youth netball players have not been studied frequently. There have been limited studies focused on physical performances among youth netball players. Thus, this study aimed to evaluate the height, weight, body mass index (BMI), and physical performances of Sabah youth netball players by position. A total of ninety-one female netball players aged between 17 to 20 years old have participated in this study. Anthropometric (height, weight, and body mass index) and physical fitness performance (speed, agility, power, flexibility, and aerobic endurance) were collected. For anthropometric result showed that there was a significant difference between positions in height and weight ($p < .05$), and there was no significant difference between players' positions in body mass index ($p > .05$). For physical fitness, the performance showed that there was no significant difference between the players' positions in all fitness components ($p > .05$). These findings demonstrate that the height and body weight is different between positions in female netball players. This physical performance profiles may help coaches to improve athlete performance before a competition