

Approaches of ‘Space And Time’ In Sports: In The Special Reference of Hockey

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Abstract

The purpose of this study was to understand the Approaches of Space and Time in Sports in the reference of playing field hockey and review the available literature on it. The game of hockey have very fast movement and very intensive for attackers or defenders now a days. Because of the surface and playing rules has to be changed in which player's needs of very high level of physical fitness and decision making power. So all the coaches and trainers followed by the high level of procedure of training schedule to improve the tactical and technical abilities for the high performance. There is no doubt that all the coaches and trainers has been highly equipped with training skills but there is important thing to be understand that is concept of space and time off the ground and on the ground to trained the players. Hardly any player performs the performance of these words in mind. Hardly all coaches trained his players by keeping these words in mind. If a players or coaches understand these science the performance of playing or training hockey can be soundly improve. The high level of physical fitness can be saved and playing tactics can be strengthened. The space and time always used in the simple terms like: gap, free area, no men zone, position without opponent, away from opponent, etc.**Conclusion:** space and time is specific terms of physics but it has the very importance in playing field hockey. Players can take more advantage likes: economy of movements, less energy to high performance, maintain or improve physical ability and skill; to receive, pass and control the ball; look, think and assess the current situation of game; able to make effective defence- splitting passes and able to control the pace of game by understanding the different space on the ground.Space and time are interlinked- space is time. In the term of hockey space means room, freedom of movements.

Key points : Space, Time, Sports, Hockey, Goal, Invested, etc.

Introduction

Now-a- days, we all know that words such as space and time are used ever with science. Do you know how important these words are in the game and sport? Hardly any player performs the performance of these words in mind. Hardly all coaches trained his athletes/players by keeping these words in mind.

If all coaches train with nuances of space and time in mind, then the performance of all the players in the sports will be excellent. Many of coaches/trainers always use these words but not able to understand the important physics hidden behind it, because lack of knowledge about science of sports/exercises. The space and time always used in the simple terms like: gap, free area, no men zone, position without opponent, away from opponent, etc.

We all know that any match is played in a limited area and within limited time. In other words, to do any exercise; we need to move our body parts up-down, back and forth, then we need empty place/ area for which we can complete the task properly. And we need to control and receive the ball; look, think and assess the current game situation; to prepare our self for make correct pass to his teammates; control the pace of game to his team advantages- making slow, medium and fast movements.

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It is necessary for awareness to those people who attached with physical exercise and sports. They can make sports easy and interesting by understanding these terms. In this study we will know what is space and time, types of space and how to create space during the match. The term space and time can be understood in the sense of physical activities and sports activities.

What is sport?

We can understand in this way, one team or person plays or plays against other are called sport i.e. an activity involving physical exertion and skill in organized participation, aim to use, maintain or improve physical ability and skill while providing enjoyment to participants like: Hockey, Football, Volleyball, Basketball, Kabaddi, Swimming, Judo, etc (Oxford Dictionary). A person who plays particular sport is usually called a player.

What is hockey?

Hockey is a ball and stick game in which the player could do dribbling, rolling, passing, scooping and dodging with the ball in which high level of skills and physical fitness.

What is time?

The measurable period during which an action, process or condition exist or continues (Online Merriam-Webster dictionary, 1828). In the sense of hockey time can be defined as the whole period of match within the players performs all skills and tactics on the ground to win. In period of time: fourty peoples died in the space of three days or four goals scored in thirty minutes.'

What is space?

According to Oxford Dictionary, 'an amount of an area or of a place that is empty or that is available for use. In the sense of outside of earth's atmosphere where all the other planets and stars are.

In this way we can defined the space in terms of sports: the amount of area/ place where players able to receive, pass and control the ball; look, think and assess the current situation of game; able to make effective defence- splitting passes and able to control the pace of game.

According to Wikipedia, "Space is the boundless three dimensional extents in which objects and events have relative position and direction. Physical space is often conceived in three linear dimensions although modern physicist usually consider it, with 'time' to be part of a boundless four dimensional continuum known as Space-Time. The concept of space is considered to be of fundamental importance to an understanding of the physical universe.

A match is played in a limited area where player able to move with or without ball is called space and played within a certain period/ limited period of duration called time; making both 'space and time' invaluable. Space and time are interlinked- space is time. In the term of hockey space means room, freedom of movements. Space play vital role in the outcomes of the game and is a most searched for element on the field. Making and using space and time can stretch opponent to the limit (J. Shiv, 1997).

When there is sufficient space given an intelligent player it allows himself the freedom of more time to receive the ball, control the ball and carefulness about current game situation to think/decides that how ball passes to our teammates by making effective defence to give team's advantage to control it.

Types of Space

As space plays vital role in the tactical maneuvers of the game, it is important to develop understanding regarding the available space on the field. In order to do this the space has been divided ten types in attacking zone, the midfield zone and defensive zone.

- Personal space
- Primary space
- Secondary space
- Invested space
- Move making space
- Goal scoring space

Personal Space

This is the space which a player occupies on the field. When the players know how to position him correctly, he can utilize this space very effectively to receive the ball, protect the ball or even perform some advance skills. The players who have learned the art to convert this personal space into primary space do themselves a lot of favor in tight, tough game situations as shown in figure-1. A player positioned self on the ground in an actual game situation which is marked by two circles.

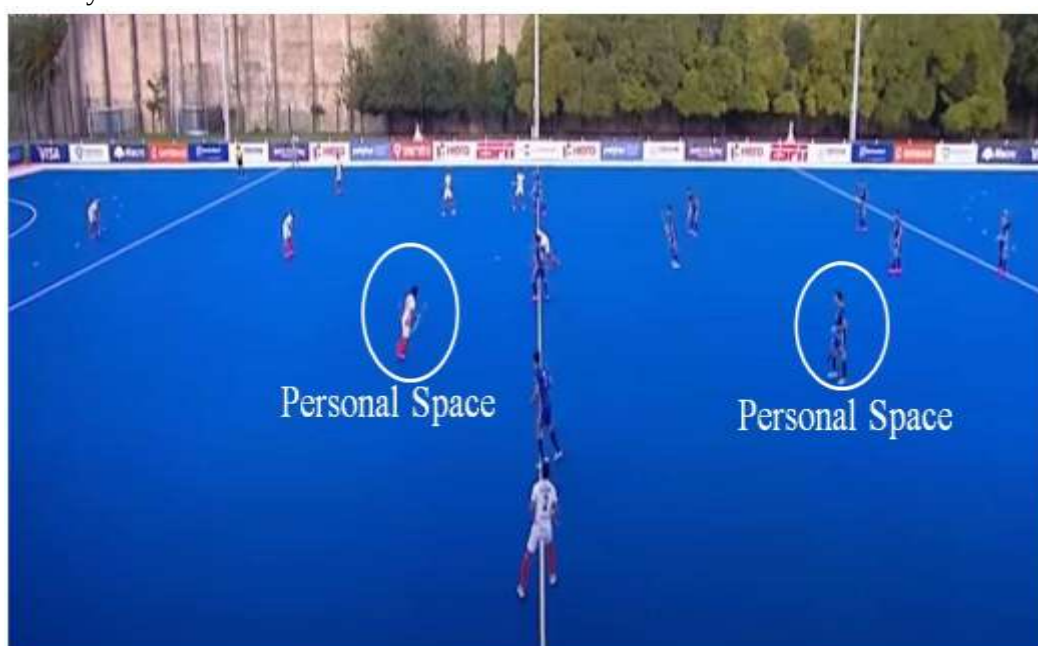


Figure-1

Primary Space

This is the space which is in front of the player with the ball. It is an advantageous space for an attacker and exactly the opposite for a defender. The space always belongs to the player with the ball to assess the present game situation. A talented player left unmarked with primary space, can do wonders. As in figure-2, a player moving with the ball and surrounded by a defender, this space gives the chance to hold and control the actual situation and give opportunity to reposition our team mates.



Figure-2

Secondary Space

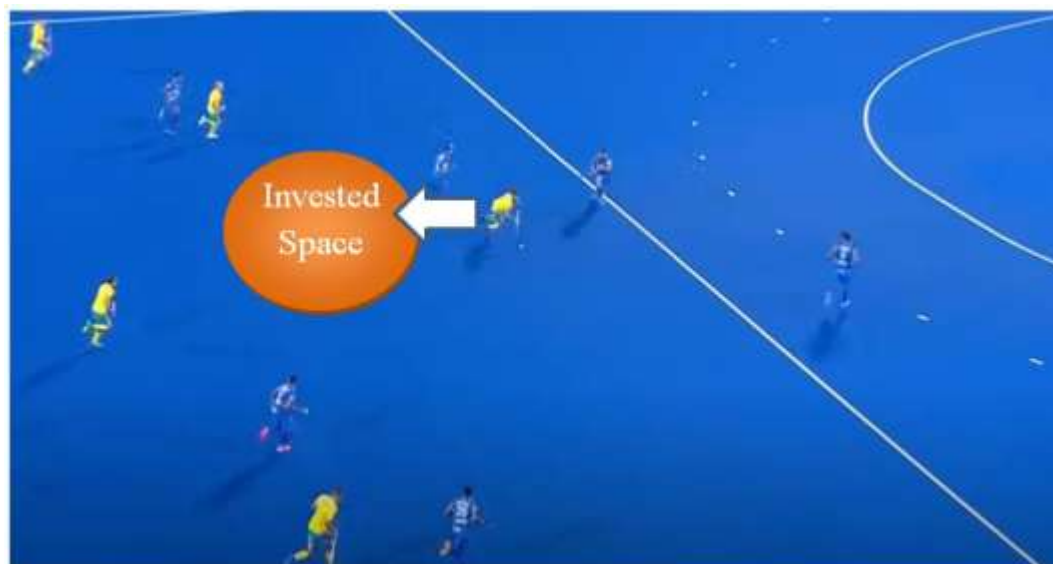
This is the space behind a defender who is marking an attacker with the ball. The attacker would like enter this space either eliminating the marker or the passing the ball in to this space for a team-mate to exploit. This is less dangerous than the primary space, but when there is no covering in this space, the result can be disastrous as shown in figure-3.



Figure-3

Invested Space

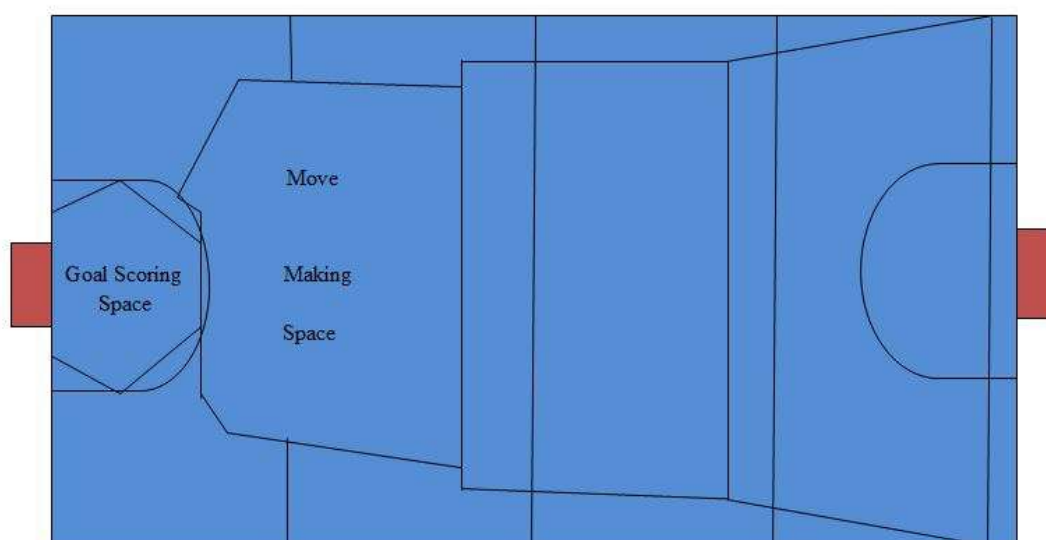
This is the space which the individual or the team has just covered by going forward and has left behind. It can be used very effect ably for creating more personal, primary and secondary space. The intelligent forward use it a lot for their individual or team advantage by back paddle or making passes in to it. The purpose of this is to creating more space in the opponents half and diverts their attention or uproot them from their stationary positions as shown by the figure-4.

**Figure-4****Move Making Space**

This is that part of field from where the most effective defence splitting moves can be made. More assist in goal scored is made from this zone. Usually the player playing in this zone is called a play maker as shown in figure-5. This space is resultant of secondary and invested space.

Goal Scoring Space

This is the space which in front of the opponents goal. It is a critical space, if left attended it can be suicidal for defending team. Usually, it is covered and guarded heavily by an army of defenders. Every team's objective is to enter this space- in front of the opponent's goal- with the ball and open net as shown in figure-5 also.

**Figure-5**

Conclusion

Space and time is specific terms of physics but it has the very importance in playing field hockey. Players can take more advantage likes: economy of movements, less energy to high performance, maintain or improve physical ability and skill; to receive, pass and control the ball; look, think and assess the current situation of game; able to make effective defence-splitting passes and able to control the pace of game by understanding the different space on the ground. Space and time are interlinked- space is time. In the term of hockey space means room, freedom of movements. All the space to be understood by the player's position in actual game situation. The space which a player occupies on the field in standing or positioning to receive ball or move, It is an advantageous for an attacker and exactly the opposite for a defender, the space behind a defender who is marking an attacker with the ball either eliminating the marker or the passing the ball, sometimes player covered area by going forward and has left behind to making move for scoring goal to winning the match.

Field hockey is very fast movement game and very intensive for attackers or defenders now a days. Because of the surface and playing rules has to be changed in which player's needs of very high level of physical fitness. So all the coaches and trainers followed by the high level of procedure of training to improve the skills of moving on field, tactical and technical abilities for the high performance. And we need to control and receive the ball; look, think and assess the current game situation; to prepare our self for make correct pass to his teammates; control the pace of game to his team advantages- making slow, medium and fast movements. It is necessary for awareness to players attached with hockey and sports. They can make sports easy and interesting by understanding these terms. In the term of hockey space means room, freedom of movements. Space play vital role in the outcomes of the game and is a most searched for element on the field. As space plays vital role in the tactical maneuvers of the game, it is suggested to develop understanding regarding the available space on the field by coaches and trainers.

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