

ANTHROPOMETRICAL AND METRICAL FEATURES IN FOOTBALL, BASKETBALL, VOLLEYBALL AND HANDBALL

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Abstract

Sport is more advanced and still goes with the technology, so we can see the remains of transmit and its development trends in all directions because we are witness the changes who the are not only physical but also psychological and technical sport to them. The most popular sports games in the world have a great tradition, so the main goal of this study about those four sports. Morphological and metrical features display many differences in sports around the world, here in this survey the anthropometrical changes in sports have to do with a rapid increase in these features, and this increase requires some other requests in sports such as: different exercises, special nutrition, infrastructure, discipline, etc. Therefore this survey presents some scientific data in the comparison of the above mentioned sports and their actual trends. Sports which are included in this paper are football, basketball, volleyball and handball as the most popular sports group which are related to each other by similar features with slight differences. The difference between these sports is based on height, age, other metrical skills and specifications for a particular sport; movements and the execution of abilities in football on the football field of 10.800 m², on the basketball court of 420 m², on the volleyball court of 162 m² and on the handball court of 800 m². Hence considering the anthropometrical differences in the four sports mentioned above, the obtained results will present greater differences connected to the physical and anthropometrical state between these sports.

Keywords: *sports games, anthropometrical and metrical differences, trends in sports, scientific-sport facts.*