

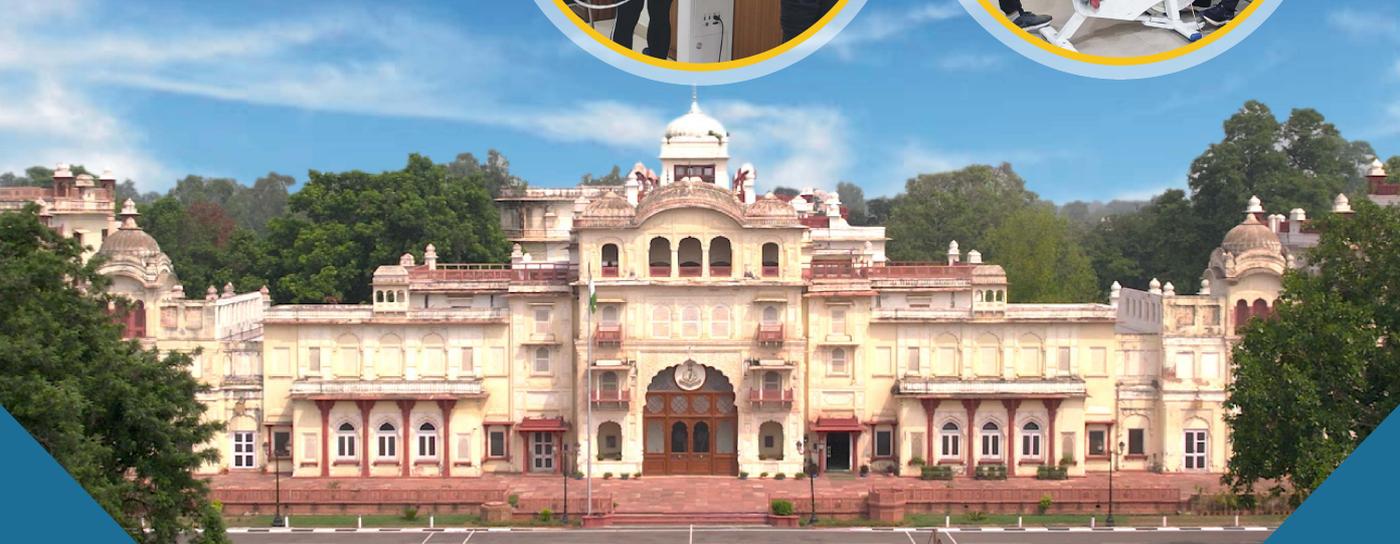
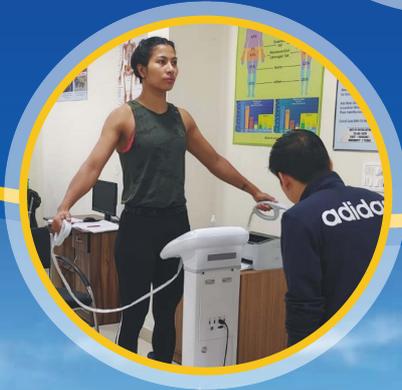
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# SPORTS RESEARCH

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## *Editorial*

Greetings to the readers

The current issue comprises five research articles. The first article examines how playing positions affect the anaerobic power and physical fitness of trained female field hockey players. The findings show that midfielders have superior anaerobic power, defenders have greater back strength, and forwards have better endurance capacity. These insights highlight the importance of tailored training programs to enhance the specific physical attributes required for each position.

In the second article, the researchers analyze Saudi Arabia's offensive tactics in an Olympic qualifier, highlighting key attack zones and defensive vulnerabilities. Using Kinovea for visualization, the middle court and lower right goal corners were identified as primary scoring areas. Consistent scoring across both halves and slight defensive adjustments were observed, offering insights into team performance and strategy.

The third study explores the nutritional profiles of Wushu athletes, focusing on Sanda and Taolu events, to understand gender differences and performance implications related to macro-nutrient intake and energy expenditure. Key findings reveal that male athletes and Sanda athletes have higher macronutrient intakes and energy expenditure than their female and Taolu counterparts. The analysis shows a significant positive correlation between energy intake and macronutrient consumption.

The fourth study examines the relationship between task orientation, ego orientation, mental toughness, and flow state of athletes. Results show that task orientation and mental toughness are strongly correlated with flow state. Differences were found between

individual and team sports in flow state and confidence.

The last study compares the anthropometric differences between elite Indian cyclists and their international counterparts in road and track events. Findings reveal that Indian road cyclists are older, taller, heavier, and have a higher BMI than international road cyclists, while Indian track cyclists are younger, shorter, lighter, and have a lower BMI than international track cyclists.

We hope the readers will find these research articles interesting and useful.

A handwritten signature in black ink, appearing to read 'Vineet Kumar', with a horizontal line underneath.

**Vineet Kumar**

DDG/SED

SAI NSNIS, PATIALA

Editor-in-Chief