



ISSN: 2456-0057

IJPNPE 2017; 2(2): 434-436

© 2017 IJPNPE

www.journalofsports.com

Received: 03-05-2017

Accepted: 04-06-2017

**Dr. Mahesh Singh Dhapola**

Assistant Professor, Department  
of Physical Education G.G.V.,  
Bilaspur, Chhattisgarh, India

## Effect of SAQ training on agility and endurance between cricket players

**Dr. Mahesh Singh Dhapola**

### Abstract

The purpose of the study was to examine the effect of SAQ (Speed, Agility and Quickness) training on Agility and Endurance between Cricket players. Forty (40) subjects were selected for the present study from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) and their age ranged from 22–28years. The subjects were equally divided into two groups namely experimental and control groups with twenty (20) subjects in each group. Control group did not undergo any training programme rather than their daily routine work. The experimental group was treated with SAQ training. Training was given for a period of six weeks. Training was given on four days (i.e. Tuesday, Thursday, Friday and Sunday) in a week. The training session was carried out for 60 minutes which includes warming up and cooling down. Agility was measured through 4x10 yard shuttle run test nearest in seconds and endurance was measured through 12 minute run and walk test in meters. Mean and standard Deviation of the variables were calculated. The data of the selected variables were analysed through Statistical procedure by using ANCOVA. Statistical significance was tested at 0.05 level of confidence. The results highlighted that there were significant difference in agility and endurance between experimental and control groups of Cricket players.

**Keywords:** SAQ, agility, endurance and cricket players.

### Introduction

By nature human being are competitive and ambitious for the excellence in all athletes performance. Not only every man but also every nation wants to show their supremacy by challenging the other man or nation. This challenge stimulates, inspires, and motivates the entire nation to sweat and strives to run faster, jump higher, throw farther and exhibit greater speed, strength, endurance and skills in the present competitive sports world. This can only be possible through scientific, systematic and planned sports training as well as channelizing them into appropriate games and sports by finding out their potentialities. The importance of developing good conditioning programs based on the specific physiological demands of each sport is considered a key factor to success (Gillam, 1985; Taylor, 2003). At the elite level, research has identified the intermittent high intensity exercise as predominant and fitness improvements to this activity pattern have further been defined as power endurance (Siegler *et al.*, 2003; Trinic *et al.*, 2001). Speed, agility and quickness (SAQ) are a system of training aimed at the development of motor abilities and the control of body movement through the development of the neuromuscular system. It aims to improve the athlete's ability to perform explosive multi directional movements by reprogramming the neuromuscular system, so that it can work more efficiently. The purpose of the study was to gather scientific evidence in connection with the utility of speed, agility and quickness drills in the promotion of the skills performance of cricket players.

### Methodology

Total 40 male cricketers were selected as subjects from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.). The age of the subject were ranged between 22 to 28 years. The subjects were equally divided into two groups namely experimental and control groups with twenty (20) subjects in each group. Control group did not undergo any training programme rather than their daily routine work. The experimental group was treated with SAQ training programme.

**Correspondence**

**Dr. Mahesh Singh Dhapola**

Assistant Professor, Department  
of Physical Education G.G.V.,  
Bilaspur, Chhattisgarh, India

Training was given for a period of 6 weeks. Training was given on four days (i.e. Tuesday, Thursday, Friday and Sunday) in a week. The training session was carried out for 60 minutes which includes warming up and cooling down. Agility was measured through 4x10 yard shuttle run test nearest in seconds and endurance was measured through 12 minute run and walk test in meters. Mean and standard

Deviation of the variables were calculated. The data of the selected variables were analysed through Statistical procedure by using ANCOVA. Statistical significance was tested at 0.05 level of confidence.

**Results**

**Table 1:** Analysis of Co-variance of the Means of Agility between Experimental and Control Group of Cricket Players

Mean	Exp. Group	Control Group	SS		DF	MSS	F-Ratio
Pre-Test	10.08	9.93	A	0.20	1	0.20	0.33
			W	22.58	38	0.59	
Post -Test	9.09	9.80	A	3.89	1	3.89	3.65
			W	21.57	38	0.56	
Adju-sted Post-Test	9.04	9.86	A	5.72	1	5.72	31.77*
			W	6.67	37	0.18	

\*signifi cant at 0.05 level of confidence  
 F.05 (1, 38) = 4.10 A = among means variance.  
 F.05 (1, 37) = 4.10 W = within group variance.

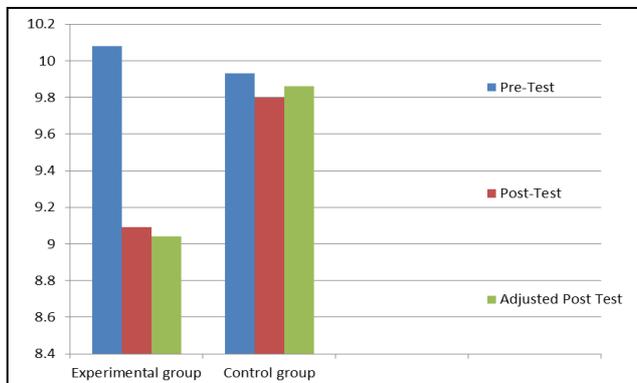
**Table 2:** Paired Adjusted Final Means Difference in Agility (Post hoc-test) between Experimental and Control Group of Cricket Players

Experimental Group	Control Group	Mean Difference	Critical Difference
9.04	9.86	0.82	0.80

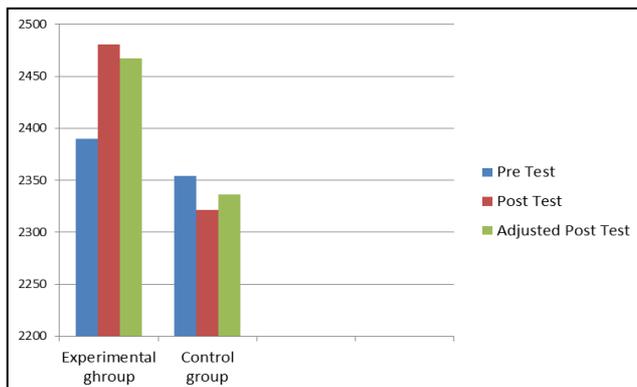
\*significant at 0.05 level of confidence

**Table 3:** Analysis of Co-variance of the Means of Endurance between Experimental and Control Groups of Cricket Players

Mean	Exp. Group	Control Group	SS		DF	MSS	F-Ratio
Pre Test	2390.05	2354.20	A	12140.21	1	12140.21	0.181
			W	2536108	38	66739.68	
Post- Test	2480.80	2321.43	A	257121.2	1	257121.20	0380
			W	25690115	38	676055.65	
Adju-sted Post Test	2467.21	2336.03	A	171242.15	1	171242.15	8.00*
			W	791538.5	37	21392.93	



**Fig 1:** Comparison of Means of Agility between Experimental and Control Groups of Cricket Players



**Fig 2:** Comparison of Means of Endurance between Experimental and Control Groups of Cricketer Players

**Discussion of Findings**

This study has shown that six weeks of SAQ training had positive effects on Agility and Endurance in Cricket players. Players in the experimental group improved their agility and endurance as well as performance significantly. These results reveal that specific speed and agility and quickness training (SAQ), as a part of the overall training process, can be considered a useful tool for the improvement of agility and endurance among Cricket players. Furthermore, we suggested that agility along with quickness and speed during the first three steps represent the most significant motor ability of a Cricket player. Consequently the finding that SAQ training had a positive impact on agility and endurance in more realistic soccer specific tests than previously used (i.e. sprinting with 90°, turns, 180° turns and more complex movements with turns in different directions,) provides strong support for the efficacy of this training. The SAQ training protocol used in this study included a large number of complex coordination exercises.

**Conclusion**

Significant training enhancements and adaptations were experienced on agility and endurance of Cricket players by the SAQ group in effective with a control group. This outcome suggests that this form of training might be a beneficial inclusion in the physical conditioning programs of trained players performing invasion games. However, additional studies are required with elite populations and with different training regimes and selecting players.

### References

1. Baumgartner AT, Andrew J. Measurement for Evaluation in Physical Education and Exercise Science. IOWA: W.M.C Brown Publishers, 1987.
2. Jovanovic M, Sporis G, Omrcen D, Fiorentini F. Effects of speed, agility, quickness training method on power performance in elite football players. J Strength Cond Res. 2011; 25(5):1285-92.
3. Barrow LJ, Jack KN. Practical Measurement for Evaluation in Physical Education. (3rd Edition) New Delhi: Surjeet Publication, 1988, 215-216.
4. Donald KM. Measurement in Physical Education. (2<sup>nd</sup> Edition) Philadelphia: W.B. Saunders Company, 1978, 138-139.