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Effect of selected training on goal ability of hockey players

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Abstract

The present study was selected to find out the effect of training on goal ability of hockey players. This study helps to find out whether there exist any difference in goal and shooting ability of the hockey players and whether proper training given to players affect their ability to do goals. To fulfil the purpose of the study, total of 30 players were selected as subjects from Chandigarh hockey training centres. Mean, Standard Deviation and the 't' test was applied to finding out the mean difference at 0.05 level of significance. After analysing it was calculated that there was significance difference between in the mean score of experimental group and control group.

Keywords: Training, shooting

Introduction

Hockey, the national game of India is famous and ancient game. The game is played between two teams with eleven playing players in each team. The exact period of the game is unknown. It is thought to be originated in Persia round 500 B. C. From there it spread in Greece and Rome. Few researchers believe the game to be originated in Egypt around 400 years ago. According to B. S. Chauhan, hockey originated in Russia around 800 years ago. In one of the museum in France, there is record of photograph depicting two men standing with hockey stick with ball in between the stick. This picture traces its origin around 15 years before the birth of Christ. In Ethiopia, around 900 B. C. a game called Charta was played which was similar to hockey in which there was no definite number of players and no accurate ground marking. There is evidence of hockey being played in England in 1175 A. D. Further in 1355, King Richard II promoted the game. In France in 1333 on windows there is painting observed which depict hockey game. At that time the game was played in aggressive manner and players were prone to get injured. Towards the end of medieval period, advances in hockey began. In London in 1608, a club named Blacked Health club which was originally golf club included hockey in 1688 and was called Howkie or Hockey. In Britain in 1866, British Hockey Association was established. First time in 1990, hockey was included in second Olympics games. International Hockey Association was established in 1924 in Paris. Further in 1928 Olympic Games, hockey competition was held at International level.

Material and Methods

For initial research the Hockey players were divided into two equal groups with 13-15 players in each group. A specific area was selected for the test as below:

- A straight line measuring six feet six inch was considered as starting line.
- From the mid of starting line in opposite direction marking was done measuring 12 feet in length and 6 feet 6 inch in width.
- From goal line, at a distance of 60 feet, an area measuring 34 feet was selected at an angle of 90.
- Hockey goal post was divided into 12 equal parts and each part was numbered as below and painted black and white alternatively.

6	5	4	3	2	1	1	2	3	4	5	6
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Player is standing beyond 34 feet mark. On ready go command, player dribbles the ball. When he reaches 34 feet mark, he hits the ball in goal. Each player is given such three attempts from centre. In similar manner, player hits the ball at 450 marking in the left and right direction also.

To increase the goal ability of the players, training was conducted for six weeks as per following.

Week	Training	Repetition	Duration
I and II	Hitting through gate	10 times	5 minutes
I and II	Shooting	10 times	5 minutes
I and II	Shooting competition	10 times	5 minutes

In similar manner training was conducted in III, IV, V, VI week.

Table 1: Experimental group (pre and post training)

Group	Mean	Standard Deviation	Mean deviation	Standard error	't' value
Experimental group (pre training)	30.26	3.96	4.46	1.34	3.29
Experimental group (post training)	34.72	3.42			

According to Table I, mean goal ability of experimental group pre-test is 30.26 and post-test mean of experimental group is 34.72. Tabulated value of 't' ratio is 2.05. Since calculated 't' value (3.29) is greater than tabulated 't' value (2.05), it is

Data obtained from training programme was analysed using 't' test.

$$\begin{aligned} \text{Degree of freedom} &= N1 + N2 - 2 \\ &= 15 + 15 - 2 \\ &= 28 \end{aligned}$$

Significance difference at level 0.05, Tabulated value= 2.05, degree of freedom = 28

Result and Discussion

The ability of Experimental group and non-experimental group of players to do goals was divided into two categories as follows.

1. Experimental group (Pre and post training)
2. Control group (Non experimental group, pre and post training)

concluded that there is a significant difference between pre-test and post-test mean of goal and shooting ability of experimental group.

Table 2: Control group (pre and post training)

Group	Mean	Standard Deviation	Mean deviation	Standard error	't' value
Control group (pre training)	30.26	4.10	0.40	1.498	0.25
Control group (post training)	30.66	4.09			

According to table II, mean goal ability of control group pre-test is 30.26 and post-test mean of control group is 30.66. Tabulated value of 't' ratio is 2.05. Since calculated 't' value (0.25) is less than tabulated 't' value (2.05), it is calculated that there is no significant difference between pre-test and post-test mean of goal and shooting ability of control group.

Conclusion

The significant comparison between the scores of experimental group and control group on the basis of the 't' value employed for testing at the level of significance 0.05 level concludes that training given to the hockey players affect their ability to do goals and experimental group perform significantly better than the control group.

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