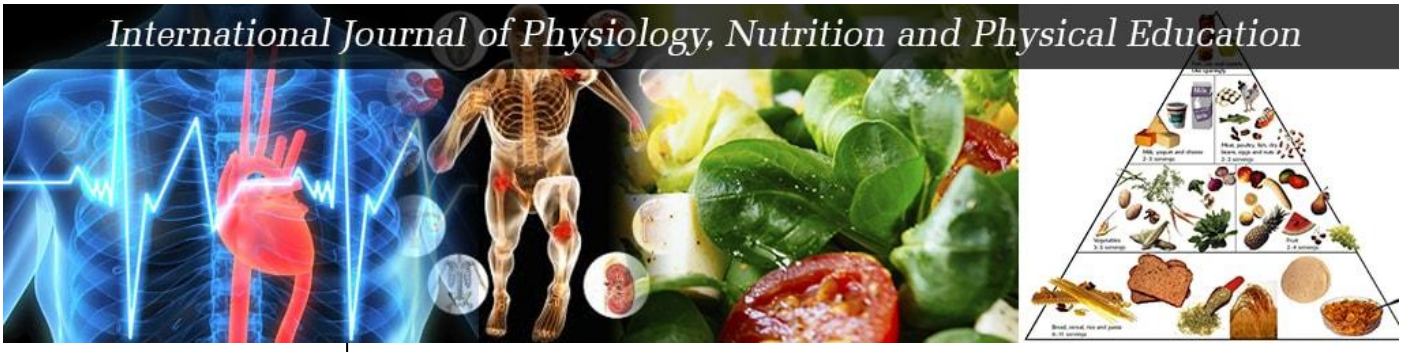

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A study of dribbling ability in relation to agility & technique among hockey players of mahatma Gandhi University, Telangana

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Abstract
The main of this study was to determine the relationship of the dribbling ability in hockey with the agility and technique. The investigator was also interested to find out whether agility or technique had more relationship with the dribbling ability. To achieve this purpose, 30 male students from the age group of 18 to 21 years were randomly selected as subjects from the hockey specialization group of Mahatma Gandhi University players of Nalgonda. To test the aim of this study the investigator conducted the following standard tests to measure the following standard tests to measure the agility, technique and dribbling ability in hockey. Technique was measured subjectively by the help of three experts while they were dribbling in a competitive spirit. After the collection of data, data were analyzed statistically by using the correlation coefficient. It was found that agility and technique had close relation with the dribbling ability. It was also found that the agility had more relationship than the technique with the dribbling ability in hockey. This study may also be conducted at different age levels and standard players with different age groups.

Keywords: Agility, speed coordination, dribbling, tackling, dodging, flicking

Introduction
The game of hockey is a game played with a stick and a ball, between two teams on each side. There is a goal post at each side. This is the rectangle field and the object of the game is to hit the ball has to cross the opponent's goal post to score a goal with certain rules and regulations.
According to the new encyclopedia Britannica the game of hockey has been defined as outdoor game played on a mud grass surfaces with a ball by two opposite teams of eleven players on each side using bend sticks with each side attempts to drive the ball into the others goal. The game is also called field hockey to distinguish it from ice hockey. Modern hockey evolved in south London in the1870's. Hundred years later, both the playing surface turf gave to artificial turf.
Hockey was introduced in India by the Britisher during the third quarter of the last century. Hockey is pyramid grate skills which calls for keen physical game fitness and speed of movements. There are many skills in hockey and they are hitting, stopping, dribbling, passing, flicking, scooping, dodging, and tackling. As hockey players he or she should learn all these skills correctly form the basic level. When a player learns these basic skills efficiently, he or she becomes better players which in turn make his or her team stronger. Dribbling is one of the important fundamental skills in hockey which cannot be neglected by any player. It is said in the book of the hockey Association that the beginners should be made well versed with the fundamental skills. The projection to perfection in the fundamental skills will reflect much on a good player. The dribbling drills can be inserted at any time during the practice. "Dribbling" where the player controls the ball with the stick and moves in various directions with it to elude opponents. To make a pass the ball may be propelled with a pushing stroke, where the player uses their wrists to push the stick head through the ball while the stick head is in contact with it; the "flick" or "scoop", similar to the push but with an additional arm and leg and rotational actions to lift the ball off the ground; and the "hit", where a swing at ball is taken and contact with it is often made very forcefully, causing the ball to be propelled at velocities in excess of 70 mph (110 km/h). In order to produce a powerful hit, usually for travel over

long distances or shooting at the goal, the stick is raised higher and swung with maximum power at the ball, a stroke sometimes known as a drive (5). While there may be some sense of specificity to a program designed for an athlete of a specific sport, the truth is that there is a limit to the amount of application/carryover of a sports performance exercise to a sports skill. The most sports specific training that can be done is the sport itself. Sports specific skills practiced for the sport are as specific as one can get. The same is true for shooting the puck. However, while there are sports specific skills necessary for each sport, there are also physical skills necessary for each sport.

Objectives of the Study

The main objective of the study was to assess the effect of specific training on dribbling which would help to enhance performance of hockey players. The present study was designed to obtain the data on the men players from various faculties of Mahatma Gandhi University, Telangana.

Statement of the Problem

The purpose of this study was to find out the dribbling ability in hockey in relation to the agility and technique.

Significance

- The findings of the study may be helpful for university hockey players to apply specific training which will help in better performance.
- This study might be useful for the physical educationists and coaches to understand the degree of importance of agility and technique in relation to hockey dribbling ability.
- This study might motivate the coaches to formulate a training programmed for improving the agility and technique so as to improve the dribbling ability.

Limitations

This study was limited in the following respects and limitation should be taken into consideration while interpreting the results of the match.

- Agility of the individual is measured through the agility test recommended by Hardayal Singh that is the 6x10 meters shuttle run test and W Dribble Test.
- Technique is measured through the subjective ratings of the hockey experts. But an effort was made by the investigate to make it more objective
- The subjects drawn for this study are the beginners from the MG University players of Nalgonda who are specializing the game hockey.

Review of Related Literature

The purpose of this study was to find out whether agility and technique had any relationship on the dribbling ability in hockey. No previous investigation seems to have been conducted, particularly in this area. Very few research studies have been carried out in these related areas.

It is found that the agility and technique are important or efficient dribbling. Most of the literatures are in favour of agility alone whereas there are some experts in favour of the techniques also. Therefore, they made an attempt in this study to understand that how far agility and technique contribute for efficient dribbling in hockey.

Methodology

The purpose of this study was to determine the dribbling ability in hockey in relation to the agility and technique. To achieve the purpose 15 male students were randomly selected as subjects from the total male student's population of the hockey specialization group of the MG University of Nalgonda. As far as the subjects were concerned they were players who had played matches at the inter-division, District and state level tournaments. They were trained players practicing the game to achieve better level performance. To test the said hypothesis of the study tests were administrated to measure the parameters selected or this study namely dribbling ability in hockey in relation to the agility and technique. The details procedure and methodology adopted are given in this chapter. To find out the agility of an individual shuttle run is required.

Test Administration-W Dribble Test

Purpose

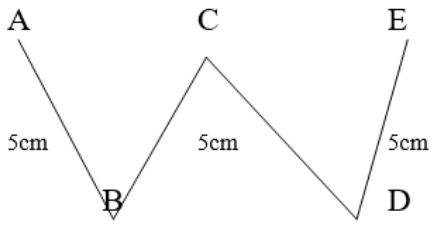
The purpose of this test is to measure the dribbling ability of the hockey players.

Equipments and Materials

Hockey sticks, balls, cones, stop watch, measuring tape, paper and pencil were used.

Procedure

W Dribble Test



Use cones to mark out three lines as per the diagram above; each cones 5 meters distance. The subjects were asked to dribble the balls from cone A to cone B to cone C

Scoring

The score is the elapsed time to the nearest tenth of a second between the starting from A to E and return back from E to A

Analysis of Data

The data obtained were analyzed by analysis of covariance (ANCOVA). Analysis of covariance was computed for any number of experimental groups the obtained 'F' ratio compared with critical F value for significance

Results

The statistical analyses of dribbling performance due to specific training have been presented in Table I

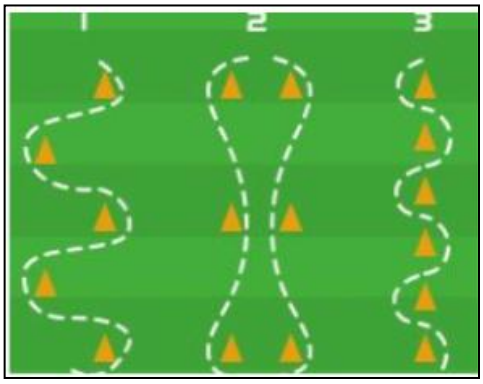
Table 1: Analysis of Covariance on W Dribble Test of Specific Training Group and Control Group

	Experimental Group	Control Group	Source of Variance	Sum of Squares	Df	Mean Squared	ratio
Pre- test Mean S.D.	9.94 - 0.19	9.90 - 0.31	Between Within	0.01 - 1.96	1 28	0.01 - 0.07	0.14
Post-test Mean S.D.	9.38 - 0.15	9.96 - 0.23	Between Within	1.49 - 1.11	1 28	1.49 - 0.04	37.25*
Adjusted Post-test Mean	9.38	9.97	Between Within	1.61 - 0.54	1 27	1.61 - 0.02	80.05*

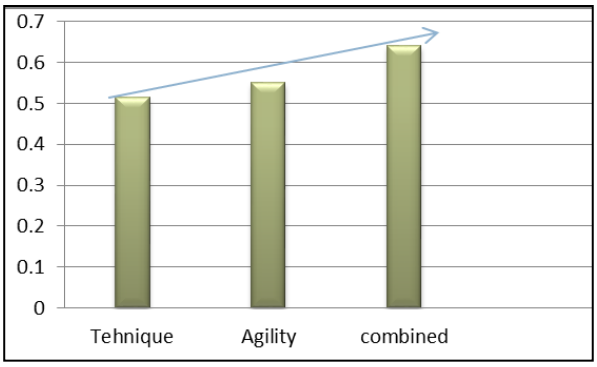
Significant at .05 level of confidence Table value required for significance at .05 levels with df 1 and 28 and 1 and 27 are 4.20 and 4.21. Table – I showed that the pre-test values of W dribble test for specific exercise training group and control group were 9.94 ± 0.19 and 9.90 ± 0.31 respectively. The obtained 'F' ratio value of 0.14 for pre-test score of specific exercise training group and control group on W dribble test was less than the required table value of 4.20 for significance with df 1 and 28 at .05 level of confidence. The post-test mean values of W dribble test for specific exercise training group and control group were 9.38 ± 0.15 and 9.96 ± 0.23 respectively. The obtained 'F' ratio value of 37.25 for post-test scores of specific training exercise group and control group was more than the required table value of 4.20 for significance with df 1 and 28 at .05 level of confidence. The adjusted post-test mean values of W dribble test for specific exercise training group and control group were 9.38 and 9.97 respectively. The obtained 'F' ratio value of 80.05 for adjusted post-test scores of specific exercise training and control group was more than the required table value of 4.21 for significance with df 1 and 27 at .05 level of confidence. The results of this study showed that there was a significant difference among specific exercise training group and control group on W dribble test.

Dribbling Technique

The purpose of this is to prepare a performer chart for subjective rating of the dribbling skill of every individual. Experts were given guidelines to rate the players according to the degree of skill they possess in basic elements of the execution. Ratings were made on the 5-4-3-2-1 point rating scale. Points were given to individual or their skill execution in the following manner. **Dribbling Ability:** It is the ability of the player to move faster with the ball in a zigzag manner or in any direction with a good control over the ball



Bar diagram showing the significance level of relationship between techniques + dribbling ability, agility + dribbling ability and the combination



Conclusion

Subjected to the limitation and delimitation in this study the investigator arrived at the following conclusions:

1. Dribbling performance was better if the player had a good agility and technique and both the components are contributing much to the dribbling ability in hockey.
2. It was also found that the agility had more relationship than the technique with the dribbling ability in hockey
3. It was found that the technique also had relationship with the dribbling ability as the df value was at.05 level of confidence.

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