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Impact of specific training on motor fitness and skill performance variables among hockey players

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Abstract

The purpose of the study is to find out the impact of specific training on motor fitness and skill performance variables among hockey players. The subjects were selected from various faculties of Annamalai University, Chidambaram during the year 2017-2018. The age group of the subjects were between 18-23 years. Thirty subjects were selected at random and subjects were divided into two equal groups designed one experimental group and the other Control Group. Thus each group consisted of 15 subjects. Each subject was oriented in the procedure to the administration of the test.

Prior to and after the training period the subjects were tested for, speed, strength endurance, dribbling and shooting was measured by 50 meters dash, sit-ups and Stewart Pither's Hockey Skill Tests. The statistical tool used for the present study is "t" ratio. The result of the study was a significant increase on speed, strength endurance, dribbling and shooting after eight weeks of specific training programme. However the increase was favour of experimental group. There was a significant difference was occurred between experimental and control group after eight weeks of specific training programme.

Keywords: Specific training, motor fitness, skill performance, hockey players

Introduction

Sport plays a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Throughout the world, sport has a popular appeal among people of all ages and both sexes.

Sport is an Institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the external rewards earned through participation.

Sports training is a basic preparation for better performance through physical exercise. It is based on scientific principles of aiming at education and performance enhancement. Sports activities consist of motor movement and action and their success depends to a great extent on how correctly they are performed. Techniques of training and improvement of tactical efficiency play a vital role in a training process.

To get the most from your training sessions, you must adapt to the specific needs and goals of your program. For those training for sport, your program must be aimed at the specific requirements of that sport. This includes training the muscles that are predominantly used, and with the right methods to achieve strength, power, or endurance, whatever is the need.

Methodology

The purpose of the study is to find out the impact of specific training on motor fitness and skill performance variables among hockey players. The subjects were selected from various faculties of Annamalai University, Chidambaram during the year 2015-2016. The age group of the subjects were between 18-23 years. Thirty subjects were selected at random and subjects were divided into two equal groups designed one experimental group and the other Control Group. Thus each group consisted of 15 subjects. Each subject was oriented in the procedure to the administration of the test. In order to ensure full co-operation from the subjects, the scholar explained the requirements, importance of this study and the subjects voluntarily agreed to undergo the prescribed tests and training.

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Analysis of data

The data collected prior to and after the experimental periods on speed, strength endurance, dribbling and shooting on

specific training and control group were analyzed and presented in the following table -I.

Table I: Analysis of t-ratio for the Pre-test and Post-test of Control Group and Experimental Group on Speed, Strength endurance, Dribbling and Shooting

Variables	Group Name	Mean		Sd		sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Speed	Control	7.90	7.83	0.19	0.16	0.03	28	0.94
	Experimental	7.96	7.10	0.16	0.13	0.01		3.28*
Strength endurance	Control	17.47	17.60	2.03	2.04	0.35	28	0.35
	Experimental	17.60	20.80	2.04	2.65	0.15		6.33*
Dribbling	Control	11.50	11.10	0.85	0.67	0.20	28	1.00
	Experimental	11.40	15.30	0.87	1.27	0.19		5.89*
Shooting	Control	9.20	9.60	1.08	1.32	0.19	28	0.69
	Experimental	9.50	12.30	1.16	1.55	0.30		8.91*

* Significant at 0.05 level of confidence.

* Significance at 0.05 level of confidence df (28) is = 2.15

Results

The "t" ratio was used to find out the significant difference if any, among the experimental group and control group on selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

Table - I showed that the results of the study there was a significant difference between specific training and control group on speed, strength endurance, dribbling and shooting. Further the results of the study showed that there was a significant increase on speed, strength endurance, dribbling and shooting after eight weeks of specific training. However the improvement was in favour of experimental group. There was a significant difference was occurred between specific training and control group after eight weeks of specific training programme.

Conclusions

Within the limitations and delimitations of this study the following conclusions were drawn from the result.

1. It was concluded that there was significant improvement in selected motor fitness and skill performance of speed, strength endurance, dribbling and shooting among hockey players due to skill related specific training.
2. The result of the study reveal that specific training would improve hockey players motor fitness and skill performance variables significantly.

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