



ISSN: 2456-0057

IJPNPE 2021; 6(2): 232-233

© 2021 IJPNPE

www.journalofsports.com

Received: 01-07-2021

Accepted: 05-08-2021

Jagadeeshaiah IC

Research Scholar, Department of
Physical Education,
Bharathidasan University
Tiruchirappalli, Tamil Nadu,
India

Dr. A Palanisamy

Research Guide, Professor and
Head the of Department
Physical Education
Bharathidasan University
Tiruchirappalli, Tamil Nadu,
India

Effect of speed training on performance of female hockey players

Jagadeeshaiah IC and Dr. A Palanisamy

Abstract

The present study was an attempt to evaluate the degree of motor fitness variables hockey girls players. The age limit of players was ranged between 18 to 21 years. Only speed was used to measure the motor fitness variables. To assess the significance of differences between the means in case of significant t-values' test was applied. Physical fitness may be conceived as the capacity to perform one's daily tasks without fatigue. Motor fitness, also termed motor ability, refers to a person's performance abilities as affected by the factors of Speed and Coordination. Now a days the existing evidence is used to examine the relationship between age related differences and Sensitometer system.

Keywords: Effect of speed training on performance of female hockey players

Introduction

Today we found that daily life and because of this importance of sports training has also increased to a considerable extent. Human beings have come to understand the importance of game and sports in It is said that around 300 years back, people of Greek also felt the need to provide training to the players participating in Olympic games in effective and efficient manner. People come to realize that sports training in not only important and required for outstanding players but also for beginners also.

Importance of effective sports training can be measured by the fact that all other kinds of facilities provided to players may prove to be futile if they are not provided with efficient sports training. it can be said that in producing the skillful high performers, comprehensive sports training programmer is one of the key factors.

Speed

Speed is used in sports for such muscle reactions (motor movement) that are characterized by maximally quick alteration of muscles. Speed ability is highly movement specific, like strength and endurance. As result of this speed is more complex in nature and is comparatively less trainable as compared to strength and endurance. The efficiency of the nervous system, which can limit extent, becomes a limiting factor in the development of speed.

Statement of the problem

The purpose of the study is finding the experimental on 18 to 21 years girls hockey players in high school students.

Objective

To study the significant difference between Control and Experimental Groups respect to Speed.

Methodology

Subject; the purpose of the study for 40 students of experimental selected of random as subject of girls hockey players Age 18 to 21.

The eight-week physical training will be imparted on the selected sample subgroup of the research. Control group will not get any treatment whereas experimental group will make to exposé the training session. The following methodology will be used to establish the nature of

Corresponding Author:

Jagadeeshaiah IC

Research Scholar Department of
Physical Education,
Bharathidasan University
Tiruchirappalli, Tamil Nadu,
India

relationship between the performances of hockey players.

Statistical Technique

The data collected from the subject on selected physical variables was statically analyzed by “t” ratio 0, 99 level of confidence there was high significance between control experimental Groups.

Table 1: The table shows that pre-test of speed between control and experimental group.

Group	test	mean	Std	t value
Experimental group	Pre-test	18.15	0.98	3.205
	Post-test	16.95	3.08	
Control group	Pre-test	16.96	2.21	1.005
	Post-test	17.76	2.24	

The level of significant is 0.05.

Table No 1 Shows that the experimental group’s mean performance value of speed of pre-test is 18.15 and the post test is 16.95 the post-test speed performance is less than pre-test Flexibility performance and also the t value is more than the table value. Hence it indicates significant development of speed. Whereas the control groups mean of speed performance of pre, and post-test values are 16.96 and 17.76 respectively. The t value is less than the table value. Hence the pre and post-test values indicate insignificant.

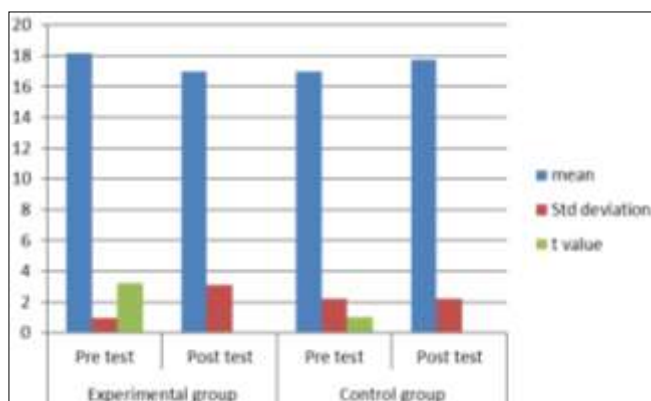


Fig 1: Showing the pre-test and post improved the speed performance

The above figure clearly indicates that the 8 weeks speed training performance is drastically improvement is the speed of the girl’s hockey players.

Conclusion

The purpose of this study was to find out the speed training to achieve this purpose 8 weeks speed training was given to selected hockey players subjects. To know the Effect of speed training on the physical fitness performance Level of the speed was used for pre-test and post-test of the subjects. The result shows that 8weeks speed training develops. On the basis of the results, it was concluded that 8 weeks of speed training significantly improved the performance of subjects.

References

1. JVGA Durnin, J Wimberley. Body fat assessed from total body density and its estimation from skin fold thickness: measurements on 481 men and women from 16 to 72 years. *British Journal of Nutrition*. 1974;32:77-97.
2. JL H DurstineH, PG H DavisH, MA HFergusonH, NL HALdersonH, SG HTrostH. Effects of short-duration and

- long-duration exercise on lipoprotein (a). *Medicines and Science in Sports and Exercises*. 2001;33:1511-1516.
3. JL HDurstineH, PW HGrandjeanH, CA HCoxH, PD Thompsons. Lipids, lipoproteins, and exercise. *Journals of Cardiopulmonary Rehabilitation*. 2002;22:385-398.
4. WP HEBben, HRM HCarroll, HCJ HSimenzH. Strength and conditioning practices of National Hockey League strength and conditioning coaches. *Journals of Strength Conditioning Research*. 2004;18:889-897.
5. MT HELferink-Gemser, HC HVisscher, HMA, Hvan Duijn, HK A HLeeminkH. Development of the interval endurance capacity in elite and sub-elite youth field hockey players. *British Journal of Sports Medicine* 2006;40:340-345.