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EFFECT OF SPECIFIC STICK WORK TRAINING PROGRAMME ON DRIBBLING ABILITY AMONG NAGALAND UNIVERSITY HOCKEY PLAYERS

Physical Education

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ABSTRACT

The purpose of the study was to find out the effect of specific stick work training on dribbling ability among Nagaland University hockey players. To achieve this purpose of the study, thirty men hockey players were selected as subjects who were from the various schools, Nagaland University, Lumami, Nagaland. The selected subjects were aged between 19 to 24 years. They were divided into two equal groups of fifteen each, Group I underwent specific stick work training and Group II acted as control that did not participate in any special training apart from their regular sports and games practices. The subjects were tested on selected criterion variables such as dribbling ability prior to any immediately after the training period. The selected criterion variable such as dribbling ability was measuring by W dribble test. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental group and control group on selected criterion variable. The 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. The result of the present study has revealed that there was a significant difference among the experimental and control group on dribbling ability..

KEYWORDS:

specific training – stick work – dribbling ability - hockey

INTRODUCTION

The primary objective of sports training is to stress various bodily systems to bring about positive adaptation in order to enhance sporting performance. To achieve this objective, coaches and athletes systematically apply a number of training principles including overload, specificity and progression, organized through what is commonly termed periodization. The application of these principles involves the manipulation of various programme design variables including choice of exercise, order of training activities/exercises, training intensity (load and repetition), rest periods between sets and activities/exercises and training frequency and volume in order to provide periods of stimulus and recovery, with the successful balance of these factors resulting in positive adaptation (1). Sport specific training is simply fitness and performance training designed specifically for athletic performance enhancement. Training programs for athletic performance enhancement could include such areas as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, pre-habilitation, and injury risk reduction. A general program should include all of these components and a more specific program may only include a few, depending upon the athlete's specific needs (based on strengths, weaknesses and/or imbalances) and the demands of the sport they participate in (2). 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. Take Ice Hockey, for example: there are no exercises that can be performed in the weight room that are more specific to hockey than skating on the ice. 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. Sports preparation is necessary for the sport specific skills (shooting a basketball, pitching a baseball, etc.) and physical preparation is needed for specific performance enhancement such as foot speed, strength, power, etc (3).

Objectives of the study

The main objective of the study was to assess the effect of specific stick work training on dribbling ability which would help to enhance playing ability of hockey players. The present study was designed to obtain the data on the men players from various schools of Nagaland University, Lumami, Nagaland.

Statement of the problem

The purpose of the study was to determine the effect of specific stick work training programme on dribbling ability among Nagaland University hockey players.

Delimitations

1. The study was delimited to Nagaland University, Lumami, Nagaland.
2. The study was delimited to 30 hockey players, their age was 19 to 24 years.
3. The study was restricted to the dependent variable is dribbling ability and independent variables are specific stick work training.

Significance of the Study

1. The findings of the study may be helpful for university hockey players to apply specific stick work training which will help in better performance.
2. The findings of the study would be helpful for the trainers to know the role of dribbling ability influence their performance.
3. The results of the study may be helpful to fitness trainers, coaches, physical educationist and exercise physiologists to design proper training protocol for other populations.

METHODOLOGY

In the present study all the students studying in various schools, Nagaland University, Lumami, Nagaland were considered as population for the study. A representative sample of 30 hockey players in the age of 19-24 years was chosen as sample for the study. The selected participants were divided into two groups. Group I underwent specific stick work training and group II act as control group. The experimental groups underwent eight weeks of training in their particular workout. For this study dependent variable is dribbling ability.

Stick Work

a) Indian dribble in place - 1 min 5 reps
b) Air dribble in place - 1 min 5 reps
c) Wide pulls between feet - 1 min 5 reps
d) Dribble while moving front, back, right and left - 1 min 5 reps

Test Administration – W dribble test

Purpose

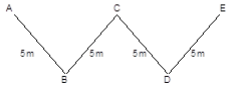
The purpose of this test is to measure the dribbling ability of the hockey players.

Equipments and Materials

Hockey stick, 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 cone 5 meters distance. The subjects were asked to dribble the balls from cone A to cone B to cone C to cone D to cone E and return back from E to D to C to B to A.

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 (4).

RESULTS

The statistical analyses of dribbling ability due to specific stick work training have been presented in Table I.

Table - I

		Specific stick work Training Group	*Control Group*	*F ratio*
Pre Test	***Mean***	***9.96***	***9.92***	***0.28***
	S D	***0.19***	***0.31***	
Post Test	***Mean***	***9.36***	***9.95***	***28.54****
	S D	***0.18***	***0.22***	
Ad Post Test	***Mean***	***9.37***	***9.96***	***72.54****

The table I shows that the pre-test means of specific stick work training group and control group are 9.96 ± 0.19 and 9.92 ± 0.31 respectively. The obtained 'F' ratio of 0.28 for pre-test means of dribbling ability was not significant at .05 levels indicating that the two groups were no significant variation. The post-test means of specific stick work training group and control group are 9.36 ± 0.18 and 9.95 ± 0.22 respectively. The obtained 'F' ratio of 28.54 for post-test means of dribbling ability was a significant at .05 levels indicating that the two groups were significant variation. The adjusted post-test means of specific stick work training group and control group are 9.37 and 9.96 respectively. The obtained 'F' ratio of 72.54 for adjusted post-test means of dribbling ability was significant at.05 level. The results of the study indicate that there is a significant difference among specific stick work training group and control group on dribbling ability.

DISCUSSION/CONCLUSIONS

The results of the study proved that there were significant differences between control group and specific stick work training group. The eight weeks of experimental treatment significantly influence on dribbling ability in university hockey players. The above results are supported by Greer and others (5), Peyer and others (6) and Selvapandian and Pushparajan (7).

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