



THE EFFECT OF A PRE SEASON TRAINING PACKAGE ON LONG JUMP PERFORMANCE OF COLLEGE LEVEL ATHLETES.

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ABSTRACT

Pre-season training phase is the period eight to ten weeks prior to competition in which training programmes are designed to increase the capacities of the energy systems to a maximum extent that are predominant when performing a specific event. The purpose of this study was to know the Effect of a Specific Pre-Season Training Package on Long Jump performance of College level Athletes. The results of the study indicated that the Long Jump performance of the subjects of the experimental group improved significantly at .05 level of confidence after undergoing the specific pre-season training package programme for a period of 6 weeks. The changes in selected parameters were attributed to the proper planning, preparation and execution of specified pre-season training package to the players.

KEYWORDS : Pre Season Training Package, Long Jump Performance

INTRODUCTION:

Bowers and Fox (1992) had divided the year round training programmes of athletes into three phases namely pre-season, in-season and off-season. Pre-season training phase is the period eight to ten weeks prior to competition in which training programmes are designed to increase the capacities of the energy systems to a maximum extent that are predominant when performing a specific event. High amount of training is devoted to the tactical strategically preparation. The in-season or competition season is characterized by a high frequency of competitions, which should be in order of increasing difficulty. Hardayal Singh (1991) has stated that the pre-season training is the base creation for better performance in the competition.

The purpose of this study was to know the Effect of a Specific Pre-Season Training Package on Long Jump performance of College level Athletes.

METHODOLOGY:

Total 60 (sixty) numbers of professional male students within the age group of 19 to 27 years of Baliapal College of Physical Education were taken as subjects of the study. They were divided into two group homogenously and categorized as; Experimental Group and Control Group. Measurements of Long Jump Performance were taken during pre and post tests and standard methods were followed to procure the data.

Construction of Specific Pre-Season Training Package:

| Speed | Strength | Agility | Flexibility | Endurance | Explosive power | Technique | Tactics |
|--------------------------------------|---|--------------|----------------------|---|---------------------|---|----------------|
| Interval training and hollow sprints | Weight training and Plyometric Training | Calisthenics | Stretching exercises | Circuit training, Fartlek training, Cross country | Plyometric training | Shadow practice, Skill practice, Mental Practice, Lead up game, | Video Analysis |

The status of criterion measures such as Long Jump Test of experimental and control groups were assessed before and after the treatment. The data as statistical analyzed are being presented below.

Long Jump Performance Test through 6 Weeks Period in Experimental Group and Control Group

A training package, included conditioning exercises , physical activities , drills and tactical maneuvers which was designed systematically and scientifically. The package was a comprehensive and thorough one which was supposed to improve the physical fitness and long jump performance. The training details were determined for the specific training package.

| Periodisation | Duration of training period | Number of days per week | Number of sessions per day | Duration of session |
|-----------------------|-----------------------------|-------------------------|----------------------------|--|
| :Double periodisation | 6 weeks | 6 days | 2 sessions | Morning – 60 minutes Evening - 60 minutes |

The load pattern, the volume and intensity of training for physical fitness, technique and tactics, means and methods were followed.

Load Progression: The principle of progression of load was adopted. The load dynamics was arranged in such a way that the volume increased initially and intensity increased in the end. The load during the micro cycle was high and medium alternatively and high during the last two days before a complete rest day .

Training Means and Methods: The following means and methods were adopted for the development of various performance factors during the training .

| | PRE-TEST | POST-TEST(6WEEKS) | 't' |
|--------------------|----------|-------------------|-------|
| Experimental Group | 4.70 | 5.05 | 55.32 |
| Control Group | 4.50 | 4.65 | 15.32 |

The obtained 't' depicts that there was a significant difference existed at .05 level of significance between pre test and post test of the experimental group on long jump performance due

to the treatment with a pre season training package for a period of six weeks where as in case of Control Group there was no significant difference existed at .05 level of significance between pre test and post test.

Discussions on the Findings:

The results of the study indicated that the Long Jump performance of the subjects of the experimental group improved significantly at .05 level of confidence after undergoing the specific pre-season training package programme for a period of 6 weeks. The changes in selected parameters were attributed to the proper planning, preparation and execution of specified pre-season training package to the players.

CONCLUSION:

Therefore, it can be presumed that the specific pre season training programme for 6 weeks duration for long jumpers was effective and it enhances the performance of the long jumpers significantly. The improvement was due to the specific exercises specially designed to develop the skills of the long jump. The above stated resume was in conformity with the result of the study by Loy and Shaw (1991), Betty Pickett (1989), and Barrow (1964).

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