



## Effect of Saq Drills on Selected Motor Fitness Components Among University Players

### KEYWORDS

SAQ DRILLS, MOTOR FITNESS, SPEED AND LEG STRENGTH.

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**ABSTRACT** *The purpose of the study was to find out the effect of SAQ drills on selected motor fitness components such as speed and leg strength among university players. To achieve this purpose, thirty male players were selected as subjects, their aged between 18 to 25 years, they were studying in the various faculties of Annamalai University, Tamil Nadu. The selected subjects were divided into two equal groups of fifteen subjects each, namely SAQ drills group and control group. The SAQ drills group trained for suitable SAQ drills such as speed, agility and quickness exercises with normal load and recovery. Speed and Leg Strength were selected as criterion variables and they were tested by using 50 mts dash and leg lift with dynamometer respectively. ANCOVA was used to find out the significant difference if any between the groups. The results of the study showed that there was a significant differences on selected motor fitness components such as speed and leg strength between SAQ drills group and control group.*

### introduction

Sports training aims at improving performance necessary for excellence in sports. Therefore the training methods should include all required performance factors for achieving higher results. Coach and the players should be aware of the physical fitness that is to be developed through training for the optimum possible performance.

SAQ drills provide a mechanism and method to train for the optimum relationship between speed and leg strength. Improving playing speed depends on a complete approach to conditioning including strength training. For athletes to perform at their best, speed, strength and endurance need to be developed to optimal levels. The results of these researches, new techniques are being adopted for training high-level sportsman.

From the foregoing it may be seen that the aim of SAQ drills training is to raise the special conditions: techniques, tactics and physical condition as well as the spiritual attributes indispensable in effectively participating in sports to the highest possible level.

### METHODOLOGY

The purpose of the study was to find out the effect of SAQ drills on selected motor fitness components such as speed and leg strength among university players. To achieve this purpose, thirty male players were selected as subjects, their aged between 18 to 25 years, they were studying in the various faculties of Annamalai University, Tamil Nadu. The selected subjects were divided into two equal groups of fifteen subjects each namely SAQ drills training group and control group. The selected criterion variables were assessed using standard tests and procedures, before and after training regimen. Speed and leg strength were tested before (pre) and after (post) the training program for both experimental and control group by using 50 meters dash and leg lift with dynamometer respectively.

The selected subjects had undergone the SAQ drills training for eight weeks, with three days per week in alternate days. After 10 to 15 minutes of warm-up the subjects underwent their respective SAQ drills training programme and the control group did not participate in any specialized training during the period of study.

### EXPERIMENTAL DESIGN AND STATISTICAL PROCEDURE

The experimental design used for the present investigation was random group design involving 30 subjects for training effect. Analysis of Covariance (ANCOVA) was used as a statistical technique to determine the significant difference, if any, existing between pretest and posttest data on selected dependent variables separately and presented in Table-1.

**TABLE – 1**

**TABLE – 1 – Results on Calculation of Analysis of Covariance on Motor Fitness Components**

Variables	Test		SAQ Drills Group	Control-Group	Source of Variance	SS	df	Mean Square	'F' Ratio
	Pre test	Post test							
Speed	Pre test	Mean	7.24	7.17	Between	0.03745	1	0.03745	0.520
		S.D	0.26	0.28	Within	2.017	28	0.07202	
	Post test	Mean	6.69	7.12	Between	1.391	1	1.391	13.807
		S.D	0.22	0.39	Within	2.821	28	0.101	
	Adjusted Post test	Mean	6.65	7.15	Between	1.823	1	1.823	48.517
			Within	1.014	27	0.03757			
Leg Strength	Pre test	Mean	88.8	86.26	Between	48.133	1	48.133	3.44
		S.D	3.39	4.06	Within	391.33	28	13.976	
	Post test	Mean	93.13	86.73	Between	307.2	1	307.2	22.25
		S.D	2.97	4.33	Within	386.67	28	13.81	
	Adjusted Post test	Mean	93.13	86.73	Between	119.04	1	119.04	33.007
			Within	97.374	27	3.606			
				Within	0.446	27	0.01653		

(The table value required for significant at .05 level with df 1 and 28; and 1 and 27 are 4.20 and 4.215 respectively).

### Results

The pretest mean of SAQ drills group and control group on speed ( $7.24 \pm 0.26$  Vs  $7.17 \pm 0.28$ ) resulted in a 'F' ratio of 0.52. The posttest mean of SAQ drills group and control group ( $6.69 \pm 0.22$  Vs  $7.12 \pm 0.39$ ) resulted in a 'F' ratio of 13.807. The adjusted posttest mean of SAQ drills group and control group ( $6.65$  Vs  $7.15$ ) resulted in a 'F' ratio of 48.517. The results of the study indicate that there was a significant difference between SAQ drills group and control group on speed.

The pretest mean of SAQ drills group and control group on leg strength ( $88.8 \pm 3.39$  Vs  $86.26 \pm 4.06$ ) resulted in a 'F' ratio of 3.44. The posttest mean of SAQ drills group and control group on leg strength ( $93.13 \pm 2.97$  Vs  $86.73 \pm 4.33$ ) resulted in a 'F' ratio of 22.25. The adjusted posttest mean of SAQ drills group and control group on leg strength ( $93.13$  Vs  $86.73$ ) resulted in a 'F' ratio of 33.007. The results of the study indicate that there was a significant difference between SAQ drills group and control group on leg strength.

### CONCLUSIONS

The results of the study showed that there was a significant differences on selected motor fitness components such as speed and leg strength between SAQ drills group and control group. And also it was concluded that the SAQ drills training program has resulted in significant improvement on speed and leg strength.

### REFERENCE

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