



Effect of Specific Training on Agility Among College Level Men Handball Players

KEYWORDS

Specific Training, Agility and Handball Players

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ABSTRACT *The purpose of the study is to find the effect of specific training on agility among college level men handball players. Thirty inter collegiate handball players were randomly selected from Alagappa Govt. Arts College and Alagappa University College of Physical Education, Karaikudi, and their age ranged between 18 to 27 years. The selected players were divided into two equal groups consists of 15 handball players each namely experimental group and control group. The experimental group underwent a specific training programme for eight weeks. The control group was not taking part in any training during the course of the study. Agility was assessed by T test. Pre-test was taken before the training period and post- test was measured immediately after the eight weeks training period. Statistical technique 't' ratio was used to analyze the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variables. The difference found is due to specific training given to the experimental group on Agility when compared to control group.*

INTRODUCTION

Training is good for the development of the cardiovascular system. "It enables athletes to recover from tough workouts and helps to develop the capacity to increase repetitions" (Singh, 1991). The Greek physician Galen (AD 129 – 210) is generally accepted to be the originators, devised training drills to replicate movements from the arena, as seen in the functional training, that is, exercises consisting of movements that are specific to a particular sport. With practice we may get better at performing these exercises but to date there is no conclusive evidence that this makes any difference to the sporting performance of normal everyday function of the muscles specifically targeted. (Pradeep Kumar & Sha in Sha, (2015).

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. The actual term "plyometrics" was first coined in 1975 by Fred Wilt, the American Track and Field coach. The elements ply and metric come from Latin roots for "increase" and "measure" respectively, the combination thus means "measurable increase" (Baechle, 1994).

The team handball game of today was formed by the end of the 19th century in northern Europe, primarily Denmark, Germany, Norway and Sweden. Holger Nielsen, a Danish gym teacher, drew up the rules for modern handball (håndbold) in 1898 and published them in 1906, and Rasmus Nicolai Ernst, another Danish teacher, did something similar in 1897. Modern Handball is therefore widely on side a game of Danish origins.

Handball (also known as team handball, Olympic handball or European handball) is a team sport in which two teams of seven players each (six outfield players and a goalkeeper)

pass a ball to throw it into the goal of the other team. The team with the most goals after two periods of 30 minutes wins. (Ashok R. Lohar, 1998)

METHODOLOGY

For the present study the subjects were 30 inter collegiate handball players were randomly selected from Alagappa Govt. Arts College and Alagappa University College of Physical Education, Karaikudi, were selected randomly and their age ranged from 18 to 27 years. For the present study pre test – post test randomized group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of 15 students each and named as Group 'A' and Group 'B'. Group 'A' underwent specific training group and Group 'B' underwent no training. Agility was assessed by T test. The data was collected before and after eight weeks of training period. Statistical technique 't' ratio was used to analyze the means of the pre-test and post test data of experimental group and control group.

Table 1
ANALYSIS OF T-RATIO FOR THE PRE AND POST-TEST MEAN VALUES FOR CONTROL AND EXPERIMENTAL GROUP ON AGILITY
(Units in Seconds)

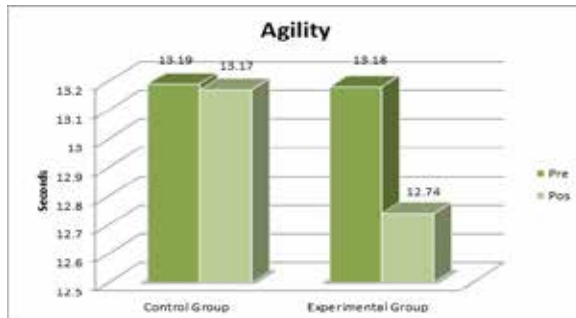
Variables	Group	Mean		SD		Sd Error	Df	't' ratio
		Pre	Post	Pre	Post			
Agility	Control	13.19	13.17	1.11	1.14	0.03	14	0.81
	Experimental	13.18	12.74	0.72	0.44	0.15	14	2.96*

*Significance at .05 level of confidence. (The table value required for 0.05 level of significant with df of 14 is 2.14)

The Table shows that the mean values of pre-test and post-test of control group on agility were 13.19 and 13.17 respectively. The obtained 't' ratio was 0.81, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The

mean values of pre-test and post-test of experimental groups on agility were 13.18 and 12.74 respectively. The obtained 't' ratio was 2.96* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in agility. It may be concluded from the result of the study that experimental group improved in agility due to eight weeks of specific training.

BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE AND POST-TESTS OF CONTROL AND EXPERIMENTAL GROUP ON AGILITY (Units in Meters)



Discussion on Findings

The goal of the investigation is to find whether there is any effect on those selected variables due to specific training and further to find improvement on training group. The obtained 't' ratio showed that there was significant difference between experimental group and control group in performance of agility. It indicates that experimental group significantly improved the variables better as compared to control group. This may be due to the experimental group under gone a systematic progressive training and the control group have not take part in any formal training in the period of eight weeks.

Conclusions

1. There was a significant difference between experimental and control group on Agility after the eight weeks of handball specific training.
2. There was a significant improvement on Agility. However the improvement was in favor of experimental group due to eight weeks of handball specific training.

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