



Effect of Selected Fielding Drills on Psychomotor Ability of Cricket Players

*Dr.S.Vijay

* Assistant Professor, Department of physical Education and Sports Sciences, Annamalai University
Annamalainagar – 608002

ABSTRACT

The study determines the psychomotor ability by given fielding drill. For the purpose of the study fifteen male cricket players from department of physical education and sports sciences, Annamalai University, Chidambaram, Tamilnadu, India, aged from 18 to 21 years were selected at random as subjects. The experimental group were restricted to twelve weeks, three days per week, 45 to 60 minutes per day respectively. The data's were collected variables such as speed, balance, accuracy and reaction time were statistically examined for significant difference, if any, applying the paired sample 't' test. Further, the magnitude of improvement is assessed to find out the percentage of improvement on selected criterion variables. In all cases .05 level of confidence was utilized to test the significance. In conclusion, there was a significant difference on speed, balance, accuracy and reaction time of cricket player's undergone fielding drill.

Keywords : Cricket, Fielding Drill, Psychomotor

INTRODUCTION

Sport is the way which a person's physical capacities to play. Sport is in man's Blood is sometimes incretion as well as competition. Basically, sport is an individual activity relating and revitalizing in nature and meet to provide opportunities to the individual to make the "fullest" and the most intelligent use of leisure time (1).

Cricket is defined as "a bat and ball, team game played during the summer in the British Isles and in several countries influenced by the British, such as Australia, New Zealand, India, Pakistan, South Africa, and West Indian nations". Cricket is played between two teams of 11 players on a grassy field, in the center of which are two wickets. Cricket is the most popular sport in India; it is played by many people in open spaces throughout the country though it is not the nation's official national sport (2).

In cricket many skills that can be execute the performance like bowling, batting, fielding, catching, throwing, wicket keeping All eleven players on the fielding side take the field together.

Fielding in the sport of cricket is the action of fielders in collecting the ball after it is struck by the batsman, in such a way as to either limit the number of runs that the batsman scores or get the batsman out by catching the ball in flight or running the batsman out (3).

The psychomotor defined as the pertaining to a response involving both motor and psychological components. Psychomotor skills are those skills that you have done so often that you don't think about how to do them while you are doing them. As well as tying shoelaces, riding a bike is another example. At first, you really have to concentrate on the steps, later your brain takes over.

METHODOLOGY

For the purpose of the study fifteen male cricket players from department of physical education and sports sciences, Annamalai University, Chidambaram, Tamilnadu, India, aged from 18 to 21 years were selected at random as subjects. The subjects were named as fielding

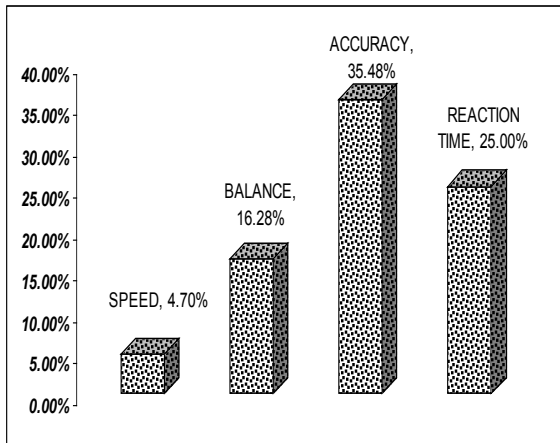
drill group. The duration of the experimental period for cricket drill group were restricted to twelve weeks, three days per week, 45 to 60 minutes per day respectively. The speed (50 m dash), accuracy (throw for accuracy), balance (One leg stand) and reaction time (chronometer) were selected as psychomotor variable and tested. The data were collected on selected criterion variables at prior to and immediately after the experimental period as pre and post tests respectively. The corner ball drill, chase and throw drill, ladder catch and throw drills, whole team drill, aiming relay drill, pick up and underarm drill were given as training program. The collected data from field dill group during pre and post test on selected criterion variables such as speed, balance, accuracy and reaction time were statistically examined for significant difference, if any, applying the paired sample 't' test. Further, the magnitude of improvement is assessed to find out the percentage of improvement on selected criterion variables. In all cases .05 level of confidence was utilized to test the significance.

Table-I
THE TABLE SHOWS PAIRED MEAN 'T' VALUES AND THE PERCENTAGE OF IMPROVEMENT ON SELECTED PSYCHOMOTOR VARIABLES OF CRICKET FIELDING DRILL GROUP

VARIABLES	PRE TEST	POST TEST	Df	"T" Ratio	PERCENTAGE OF IMPROVEMENT
Speed	7.88 ± 0.60	7.51 ± 0.63	14	6.17*	4.70%
Balance	61.73 ± 1.16	73.73 ± 2.68	14	16.73*	16.28%
Accuracy	9.86 ± 0.74	15.33 ± 1.34	14	15.67*	35.48 %
Reaction Time	0.15 ± 0.011	0.12 ± 0.012	14	6.31*	25.00%

The table shows there was a significant difference between pre test and post test on selected psychomotor variables such as speed, balance, accuracy and reaction time of cricket player's undergone fielding drill.

Figure - I
THE BAR DIAGRAM SHOWS THE MAGNITUDE OF IMPROVEMENT ON SPEED, BALANCE, ACCURACY AND REACTION TIME OF CRICKET FIELDING DRILL GROUP



CONCLUSIONS

There was a significant difference between pre and post test on speed of cricket field drill group

1. There was a significant difference between pre and post test on balance of cricket field drill group
2. There was a significant difference between pre and post test on accuracy of cricket field drill group
3. There was a significant difference between pre and post test on reaction time of cricket field drill group
4. There was a significant improvement on speed, balance, accuracy and reaction time due to cricket fielding drill.

REFERENCES

1. Charles A. Bacher and Deborah A. Wyest, Foundation of physical education and sports (St. Louis: Times mirror/mosby college publishing 1987), p.147. | 2. Petersen, CJ et al (2011), Comparison of training and game demands of national level cricketers. J Strength Cond Res 25(5): 1306-1311, 2011 | 3. Eastaway, Rob, What Is a Googly?: The Mysteries of Cricket Explained (Anova, 2005), p. 134. |