



# EFFECT OF GAMES SPECIFIC TRAINING ON SKILLS PERFORMANCE VARIABLES AMONG HOCKEY PLAYERS

\*K. Megarasan Ph. D Research Scholar, Department of Physical Education Bharathidasan University,  
Tiruchirappalli – 620 024

\*\*Dr. A Palanisamy Professor and Director, Centre for Distance Education,  
Department of Physical Education, Bharathidasan University, Tiruchirappalli – 620 024

## Abstract

The present study was an attempt to evaluate the Effect of games specific training on skills performance variables on hockey players. To carry out this study, 40 inter-collegiate male hockey players have selected. The age limit of players was ranged between 18 to 21 years. The samples were taken from the Selvam Educational Institutions Namakkal district, tamilnadu. Skill performance variables Dribbling and Shooting were chosen research variables to assess their effect and impact on hockey plying ability. To assess the significance impact of training on skills performance of hockey players and see significant difference between pre& post training effect on research variables t- test was applied. Significant effect was noticed in skills performance variables of college level hockey players.

**Keywords:** Games Specific Training, Skill Performance Variables, Hockey players

## Introduction

“Sport performance is the unit of execution and result of a sports action or a complex sequence of action measured or evaluated according to socially determined and agreed norms.” Today we found that human beings have come to understand the importance of raining has also increased to a game and sports in daily life and because of this importance of sports training has also increased to a considerable extent. But this kind of thinking is not new in any way .It is said that around 300 years back, people of Greeks also felt the need to provide training to the player’s participatining in Olympic Games in effective and efficient manner. How were, this tendency has become world famous since 1950’s and from then people come to realize that sports training is not only important and required for outstanding Players but also for beginning also. Importance of effective sports training can be measured by the fact.

That all other kinds of facilities provide to players may prove to be futile if they are not provided with efficient sports training. No sports man can fulfill his or her potential unless provided with proper training. It can be said that producing the skillful high performers, comprehensive sports training programmed is one of the key factors.

## **Hockey**

It is defined as hockey is a dynamic game played by both sex, requiring high level of skills, excellent conditioning and well co-ordinate team effort. (Horst wein, 1981). Field hockey is played with 11 players on each tea muses their hooked hockey sticks to control, dribble and hit the ball. The object is to score goals by putting the ball in the opposing team's goal. The team to score the most goals wins the match.

## **Hockey Skills**

### **Dribbling**

To proceed further full control over the ball in a required speed and towards some directions preferably towards the opponent's goal line. It is mostly used by forwards to carry the ball into the opponent area.

### **Shooting**

An attempt to score a goal in the main object of the hockey game is to shoot the ball into opponent's goal and to score a goal. However the defends will always to their best to prevent the opponent to score a goal. Hence a good hockey player should master the skill of shooting

## **Hypotheses**

1. There would be significant improvement in skills performance of Hockey playing ability due to the results of experimental training.
2. It was hypothesized that there would not be a significant difference their skills performance variables of hockey players.

## **Delimitations**

1. The study was delimited only male hockey players.
2. The study is delimited to the age of 18 to 21 years.
3. The sample was delimited to residential inter-collegiate male hockey players of Namakkal Dist only.
4. The study was delimited to 40 male hockey players.
5. The study was delimited skills performance variables from Dribbling and shooting

## Limitations

1. Since the subjects were motivated verbally during testing and training periods No attempt was put to differentiate their level of motivation.
2. The psychological stress and other factors, which affect the metabolic function were not taken into consideration.
3. The hereditary of the subjects and its influence on the selected criterions Variables were not taken into consideration.

**Table 1:** Comparison of Two Groups With Respect to Pre & Post-test with Dribbling Skill Scores of Hockey Players

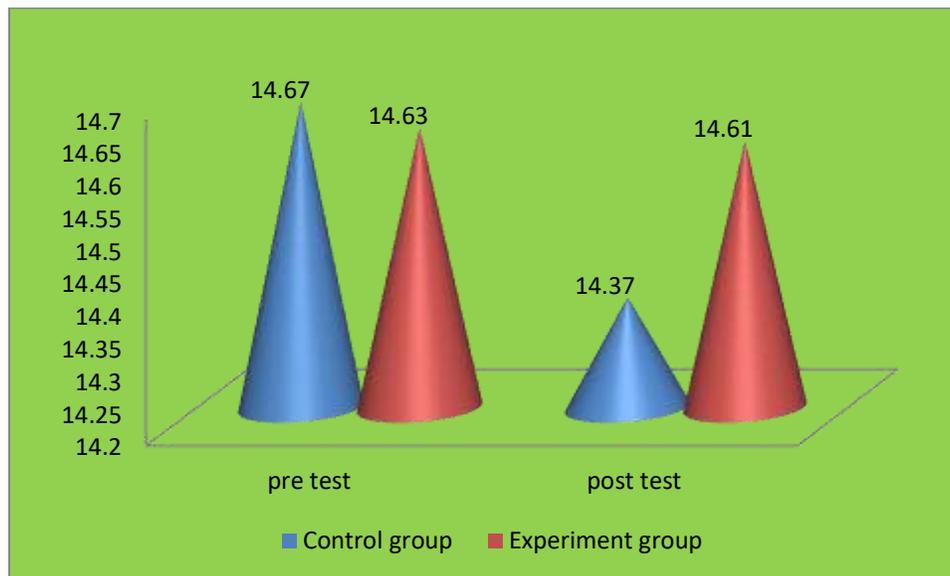
Groups	Pre-test		Post test		
	Mean	SD	Mean	SD	Adjusted mean
Control group	14.67	2.94	14.37	4.12	14.63
Experiment group	14.63	2.97	14.61	4.19	14.37
F-test	0.0012		0.0127		
P-value	0.9809		0.9149		

\* $p < 0.05$ , one way ANOVA applied

The results of the above table clearly show the following:

A non significant difference was observed between two groups i.e. control group and experiment group with respect to pre-test with Dribbling skill scores of hockey players ( $F=0.0012$ ,  $p > 0.05$ ) at 5% level of significance. It means that, the pre-test with Dribbling skill scores of hockey players are homogenous and similar in control and experiment group.

A non-significant difference was observed between two groups i.e. control group and experiment group with respect to post-test with Dribbling skill scores of hockey players ( $F=0.0127$ ,  $p > 0.05$ ) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the post-test with Dribbling skill scores of hockey players are similar in two groups i.e. control and experiment group.



**Fig 1:** Comparison of control and experiment groups with respect to pre-test and post-test dribbling skill scores of hockey players

The above figure indicates that Dribbling in both the groups i.e. Experimental and control indicates the influence of Dribbling more on Experimental group. In pre-test mean was 14.67 And 14.37 Increased in post-test where control as group. showed very little change in pre-test as well as in post-test i.e.14.63 to 14.61 Hence the training for 12 week training influenced on the of Dribbling subject

**Table 2:** Comparison of Two Groups With Respect to Pre and Post-test With 16 Yard Shooting Skill Scores of Hockey Players

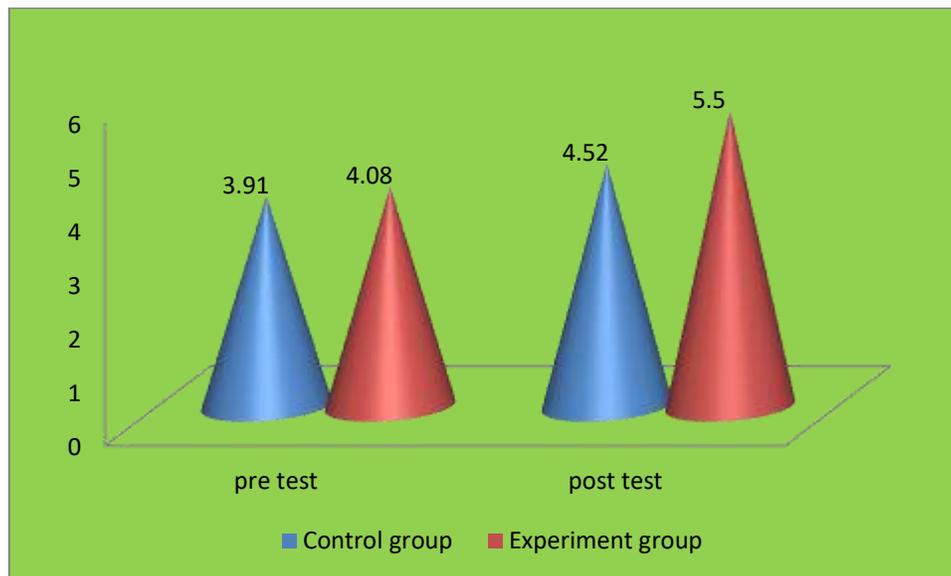
Groups	Pre-test		Post test		
	Mean	SD	Mean	SD	Adjusted mean
Control group	3.91	0.85	4.52	0.62	4.59
Experiment group	4.08	0.96	5.50	0.39	5.45
F-test	0.0120		161.9168		
P-value	0.9135		0.0001*		

\* $p < 0.05$ , one way ANOVA applied

The results of the above table clearly show the following:

A non significant difference was observed between two groups i.e. control group and experiment group with respect to pre-test with Shooting skill scores of hockey players ( $F=0.0120$ ,  $p > 0.05$ ) at 5% level of significance. It means that, the pre-test with shooting skill scores of hockey players are homogenous and similar in control and experiment group.

A significant difference was observed between two groups i.e. control group and experiment group with respect to post-test with Shooting skill scores of hockey players ( $F=161.9168$ ,  $p < 0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the post-test with shooting skill scores of hockey players are different in two groups i.e. control and experiment group.



**Fig 2:** Comparison of control and experiment groups with respect to pre-test and post-test shooting skill scores of hockey players

The above figure indicates that shooting Skill in both the groups i.e. Experimental and control indicates the influence of Shooting Skill more on Experimental group. In pre-test mean was 4.08 And 5.50 Increased in post-test where control as group showed very little change in pre-test as well as in post- test i.e.3.91 to 4.52 Hence the training for 12 week training influenced on the of Shooting Skill subject.

## DISCUSSION ON FINDINGS

The effects of the study indicates that the experimental group, namely impacts of game specific training group had significantly improved the selected dependent variable, namely dribbling and shooting, when compared to the control group. It is also found that the progress caused by game specific training when compared to the control group. It is inferred from the literature and from the result of the present study. That systematically designed training develops dependent variables are very importance quilts for better performance in almost all sports and games. Hence it is concluded that systematically designed training may be programmes of all the discipline in order to achieve maximum given due recognition and implemented properly in the training performance.

## Conclusion

1. The Hockey dribbling performance has improved due to the training effect in experimental group comparing to the counterpart.
2. The experimental group has exhibited improved performance in 16 yards shooting skill ability comparingto counterpart group.
3. The experimental group has shown higher result in Hockey skill test comparing to the counterpart.
4. From the above fact in could concluded that scientific and systematic training would lead to bring certain lasting changes in the performance of skills exhibited ability among the training group, hence training should be place and implemented as part of the college level curriculum.

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