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Influence of Exact Sports Skill Training Programme on the Special Psychomotor Variables of School Cricket Players

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Abstract

The purpose of the study was to find out the influence of exact sports skill training programme on the special psychomotor variables of school cricket players. To achieve the purpose of the study 30 cricket players were selected form government her sec school karur. Hand steadiness and span of attention were selected for the study. Pre-test was conducted for the experimental and control groups and specific skill training and several specific drills was given to the experimental group for a period of six weeks. Apart from the general fitness training specific skill training was given for two hours during the evening session for five days per week. The intensity was increased through repetitions and rest between repetitions was allowed. Finally at the end of the sixth week the post-test was conducted for experimental and control groups in the selected variables. The data obtained were analyzed statistically by using dependent't'-test to find out significant improvement on the selected variables. The level of confidence was fixed at 0.05 level which was considered sufficient for the study. The findings of the study showed that there was a significant improvement in hand steadiness and span of attention of psychomotor variables among the cricket players of experimental group.

Keywords: CRM in Tourism Sector, Indian Tourism, Internet Tourism, e-Tourism .

Introduction

Sports are as old human society and it has achieved a universal following in the modern times, it now enjoys popularity which outstrips any other form of society activity. It has now become an integral part of education process and society activities .millions of fans follows different sports events all other the fun of it, for health, strength and fitness it is facing the shape of a profession to some with high skill with fitness. It is facing linked with high degree of popularity. Increase of popularity and important is not due to the fact that performance sports are glamorous and spectacular to watch. Sports perform multifarious function for the human society in modern age. In fact it entered a new horizon of sporting culture, leading to the emergence of sports science as the back bone of the performance sports, this brought into the sharp focus of the training system as the mean of the development of sports performance. Science knowledge has revolutionized the standard of performance in sports discipline. Now the coaches are striving to get optimum performance with minimum expenditure of energy and time, the players and athletes are trained on scientific guidelines.

Cricket is a bat-and-ball game played between two teams of 11 players each on a field at the centre of which is a rectangular 22-yard long pitch. Each team takes its turn to bat, attempting to score runs, while the other team fields. Each turn is known as an inning. The bowler delivers the ball to the batsman who attempts to hit the ball with his bat away from the fielders so he can run to the other end of the pitch (which is counted as one run) without getting run out (the event in which the fielder throws the ball directly onto wickets or to a player who is near to wickets so he can dislodge them from the ground before the batsman or the non striker has reached the crease). Each batsman (the other is called non-striker) continues batting until he is out. The batting team continues batting until ten batsmen are out or specified number of over's (6 countable balls bowled is 1 over) have been bowled, at which point the teams switch roles and the fielding team comes in to bat. Cricket was first played in southern England in the 16th century. By the end of the 18th century, it had developed to be the national sport of England. The expansion of the British Empire led to cricket being played overseas and by the mid-19th century the first international match was held.

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Results

Table 1. Computation of 't'- ratio between the pre and posttests on hand steadiness for experimental group

NAME OF THE TEST	Mean	SD	0DM	DM	'T'-RATIO
Pre test	5.26	0.88	0.22	0.8	3.63*
Post test	6.06	0.88			

'Significant at 0.05 level

It observes from table-1 that there is significant effect of specific skill training on hand steadiness. It may be seen that the mean value for pretest was 5.26 and posttest was 6.06. The obtained 't'- ratio (3.63) is greater than the table (2.14) value. Hence, the obtained't'-ratio was significant at 0.05 level of significance.

Table II. Computation of 't'- ratio between the pre and posttests on hand steadiness for control group

NAME OF THE TEST	Mean	SD	0DM	DM	'T'-RATIO
Pre test	5.33	1.17	0.16	0.13	0.81
Post test	5.46	0.99			

Significant at 0.05 level

It observes from table 2 that there was no significant effect on hand steadiness. It may be seen that the mean value for pre test was 5.33 and post test was 5.46. The obtained't'-ratio (0.81) is lesser than the table (2.14) value, hence the obtained 't'-ratio was insignificant at 0,05 level of significance.

Table III. Computation of 't'- ratio between the pre and posttests on span of attention for experimental group

NAME OF THE TEST	Mean	SD	0DM	DM	'T'-RATIO
Pre test	5.33	1.17	0.20	2.26	11.30*
Post test	7.26	0.82			

Significant at 0.05 level

It observes from table 3 that there was significant effect of specific skill training on span of attention. It may be seen that the mean value for pretest was 5.33 and posttest was 7.26. The obtained't'-ratio {11.30) was greater than the table value (2.14), hence, the obtained 't'-ratio was significant at 0.05 level of significance.

Table IV. Computation of 't'- ratio between the pre and posttests on span of attention for control group

NAME OF THE TEST	Mean	SD	0DM	DM	'T'-RATIO
Pre test	5.60	1.45	0.27	0	0
Post test	5.60	1.25			

Significant at 0.05 level

Discussion and Findings

The result of the investigations shows that there was a significant difference on hand steadiness in experimental group as a result of six weeks of selected specific skill training programme. The obtained't' ratio of 3.63 was greater than the table value of 2.14, hence the obtained't' ratio was significant at 0.05 level of significant. Since there was a difference in the mean values, it showed that the improvement was due to the specific skill training alone. And also the control groups showed insignificant difference on hand steadiness of cricket players.

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Conclusions

1. The findings of the study showed that there was a significant improvement in hand steadiness of psychomotor variables among the cricket players of experimental group. It was proved that the improvement was due to the training alone.
2. The findings of the study showed that there was a significant improvement in span of attention of psychomotor variables among the cricket players of experimental group. It was concluded that the improvement was due to the specific training alone.

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