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Influence of Speed Agility Quickness Training on Selected Skills among Hockey Men Players

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Abstract

The purpose of the study was to find out the impact of SAQ training on selected skill among hockey men players. To achieve the purpose of the study, thirty male hockey players have been randomly selected from chennai were selected. The age of the subjects selected for this study was between 18 and 25 years. The subjects had past experience of at least three years in Hockey and only who those represented their respective college teams were taken as subjects. A ball control is assessed by Chapman Ball control test. By using the matching procedure on the basis of their initial hockey playing ability performance test scores, The subjects were randomly assigned into two groups of fifteen each, such as experimental and control groups. Group-I underwent SAQ training and Group-II acted as control group. The experimental group participated in the SAQ training for 3 days a week, one session per day and for 8 weeks each session lasted 90 minutes. The control group maintained their daily routine activities and no special training was given. To analyze the data analysis of covariance was used. The result reveals that there was a significant difference on dribble of experimental group than control group.

Keywords: SAQ training, ball control, Hockey.

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Introduction

Sports training is a scientifically based and pedagogically organized process which through planned and systematic, effect in performance ability and performance improvement as well as at the contest in sports competition. Sports training aims at improving the performance of sports persons (Hardayal Singh, 1991). Speed, agility, and quickness (S.A.Q.) training has become a popular way to train athletes. Whether they are school children on a soccer field or professional in a training camp, they can all benefit from speed, agility, and quickness training. This method has been around for several years, but it is not used by all athletes primarily due to a lack of education regarding the drills. Speed, agility, and quickness training may be used to increase speed or strength, or the ability to exert maximal force during high-speed movements. Some benefits of speed, agility, and quickness training include increases in muscular power in all multiplanar movements; brain signal efficiency; kinaesthetic or body spatial awareness; motor skills; and reaction time. Speed, agility, and quickness training can cover the complete spectrum of training intensity, from low to high intensity. Every individual will come into a training programme at a different level; thus training intensity must coincide with the individual's abilities. Low intensity speed, agility, and quickness drills can be used by everyone for different applications. SAQ drills can also be used to teach movement, warm-up, or to condition an athlete. No significant preparation is needed to participate at this level of speed, agility, and quickness training. Higher intensity drills require a significant level of preparation. A simple approach to safe participation and increased effectiveness is to start a concurrent strength-training program when starting speed, agility, and quickness training (Brown, 2005).

Running is the basis of many sports and has a ballistic quality common to other movements. However, most sports involve much more than linear sprinting at a top speed. The ability to change direction and velocity is often more important. Changes in direction involve explosive braking actions that are executed by rapidly and forcibly lengthening the muscles. The inability to withstand such extreme stretch – loading, as it is called, can result in injury, technical inefficiency, and outright non athleticism. This is especially important when considering that the body is alternately supported on one leg during speed, agility, and quickness manoeuvres. It is, therefore, a serious error to focus one's testing and training exclusively on linear speed mechanics while neglecting decelerative mechanics and oblique angles of acceleration. Changing speed and direction also requires the muscles to shorten in an elastic or reactive manner, immediately after lengthening. In this sense, many speed, agility, and quickness drills can be considered single-leg plyometric movements with horizontal emphasis. Therefore, reactive types of single leg movements should

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be progressively addressed in conjunction with heavy resistance training and testing.

Most sport skills involve rapid force generation. As a case in point, force is applied for one to two seconds during many athletic tasks, whereas absolute maximum force production requires up to six to eight seconds. Even in nonballistic movements, performance is usually determined by the ability to develop force quickly and achieve a "critical power out-put" (velocity with given resistance). The term speed one generally gets the impression that we are talking about speed in running activities but speed also concerns many body parts and varies from one part to another. Speed refers to quickness of actions and one's ability to perform rapidly successive movements in a single direction over a short duration. According to Barrow and McGee (1971) speed is defined as one's ability to perform successive movement of the same pattern at a fast rate.

Methodology

To find out the influence of SAQ training on selected skill parameters among the male hockey players. To achieve the purpose of the study, thirty male hockey players have been randomly selected from Chennai were selected. The age of the subjects selected for this study was between 18 and 25 years. The subjects had past experience of at least three years in Hockey and only who those represented their respective college teams were taken as subjects. A ball control is assessed by Chapman Ball control test. By using the matching procedure on the basis of their initial hockey playing ability performance test scores, The subjects were randomly assigned into two groups of fifteen each, such as experimental and control groups. Group-I underwent SAQ training and Group-II acted as control group. The experimental group participated in the SAQ training for 3 days a week, one session per day and for 8 weeks each session lasted 90 minutes. The control group maintained their daily routine activities and no special training was given. To analyze the data analysis of covariance was used. The result reveals that there was a significant difference on dribble of experimental group than control group.

Results

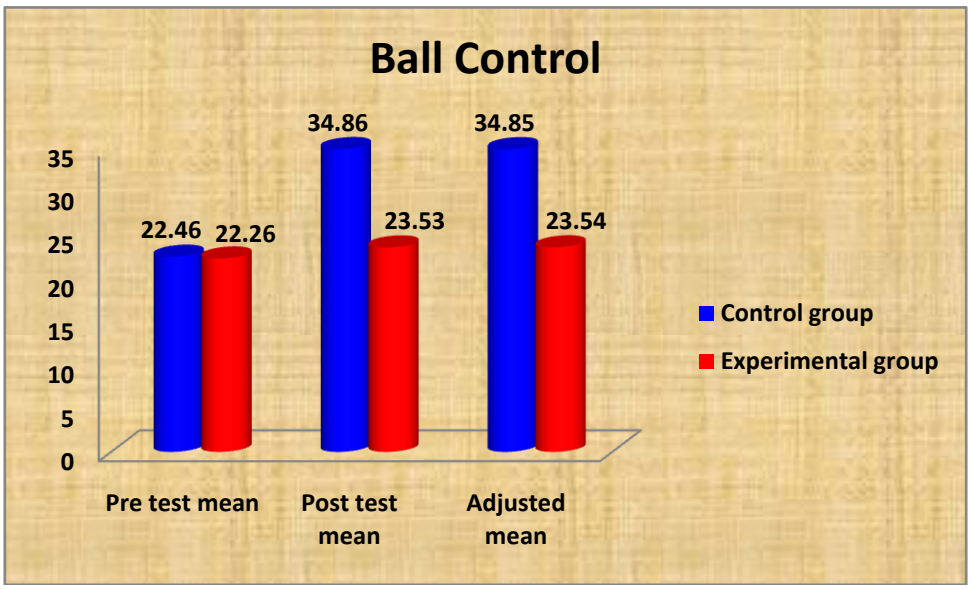
Table I. Computation of mean and analysis of covariance of ball control of experimental and control groups

Test	Control group	Experimental group	Sum of variance	Sum of squares	df	Mean square	F ratio
Pre test mean SD (±)	22.46 1.35	22.26 1.48	B,G	0.30	1	0.30	0.14
			W,G	56.66	28	2.02	
Post test mean SD (±)	34.86 3.11	23.53 4.37	B,G	963.33	1	963.33	66.85*
			W,G	403.46	28	14.41	
Adjusted mean	34.85	23.54	B,G	954.80	1	954.80	63.99*
			W,G	402.87	27	14.92	

* Significant at 0.05 level
(Table value for df 1 and 28 was 4.2, Table value for df 1 and 27 was 4.20)

The above table indicates the adjusted mean value on ball control of control and experimental groups were 34.85 and 23.54 respectively. The obtained F-ratio of 63.99 for adjusted mean was greater than the table value 4.20 for the degree of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control group on ball control. The above table also indicates that both pre and post test of control and experimental groups have significant difference.

Figure I. The pre, post and adjusted mean values of ball control of both control experimental groups.



Discussion

The results presented in the table indicate that the experimental group namely SAQ training group had shown significant improvement in ball control among the hockey players. The control group hockey player had not shown significant changes in ball control.

The results of the study indicate that there is a significant difference in the improvement of ball control between SAQ and control group.

Conclusions

From the analysis of data, the following conclusions were drawn.

1. The experimental group male hockey players improved significantly in the selected hockey skill on ball control.
2. The control group did not improve significantly in all the selected parameters.

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