



Effect of Traditional Training on Selected Skill Performance Variables of Intercollegiate Cricket Pace Bowlers

Koushik Bhowmik¹ & Dr.M.Srinivasan²

¹Ph.D. Scholar, Faculty of General & Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, Tamilnadu, India.

²Assistant Professor, Faculty of General & Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, Tamilnadu, India.

Received 25th January 2016, Accepted 10th March 2016

Abstract

The purpose of the study was to determine the effect of traditional training on selected skill performance variables of intercollegiate cricket pace bowlers. To achieve the purpose twelve intercollegiate cricket pace bowlers were randomly selected from the Maruthi College of Physical Education and Ramakrishna Mission Vivekananda University, Periyanaickenpalayam, Coimbatore. The age of the subject ranged from 18 to 25 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study namely, bowling speed, bowling accuracy and bowling ability. The training period was for twelve weeks except on Saturdays and Sundays in every week. Data were collected from each subject before and after the twelve weeks of traditional training. The collected data were statistically analyzed by using 't' ratio. It was found that there is a significant improvement in bowling speed, bowling accuracy and bowling ability due to the treatment of traditional training.

Keywords: Traditional training, skill performance variables.

© Copy Right, IJRRAS, 2016. All Rights Reserved.

Introduction

Traditional training can be defined as a long established custom followed by the coaches to teach or coach the sports persons. Traditional training can be explained as a system of training that is already implemented and followed by the coaches and the physical education teachers to train their sports persons. There are several traditional methods and some of them are circuit training, interval training, fartlek training etc. These training methods are widely used by coaches to train players. For team training coaches develop their own modules by following the basic principles of sports training. These can be also called as traditional training because they follow almost the same pattern on the basis of sports training principles. The word 'training' has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days, even months and years. The term training is widely used in sports. (Hardayal Singh, 1997). "Sports training is a planned and controlled process in which, for achieving a goal, changes in complex sports motor performance, ability to act and behavior are made through measures of content, methods and organization"[Martin, 1979]. "The physical training which was specially designed to

improve the technico-tactical part of the game and also the fitness components essential for cricketers".[O.P.Aneja (2012)].

Methodology

The purpose of the study was to find out the effects of traditional training on selected skill performance variables of intercollegiate cricket pace bowlers. To achieve the purpose of the study, twelve intercollegiate cricket pace bowlers were selected as subjects from the Maruthi College of Physical Education and Ramakrishna Mission Vivekananda University, Periyanaickenpalayam, Coimbatore, Tamil Nadu by applying random sampling method. The age of the subjects ranged from eighteen to twenty five years. The selected subjects were considered as one group. The following criterion variables were selected for the study namely, bowling speed, bowling accuracy and bowling ability. The training period was for twelve weeks except on Saturdays and Sundays of every week. 't' ratio was calculated to find out the significant difference between the mean of pre and post tests of the group.

Criterion Measures

The selected tests were measured by the following units of testing the hypothesis.

Skill performance variables

- ❖ **Doppler's radar gun test** was used to find out bowling speed.

Correspondence

Dr. M. Srinivasan

E-mail: srinigidisgreat14@gmail.com, Ph. +9191713 09224

- ❖ Bowling accuracy test was used to find out bowling accuracy.
- ❖ Subjective rating test was used to find out bowling ability.

Training Programme

Traditional training was given to the subjects. The training period was for twelve weeks except on Saturdays and Sundays of every week. The following exercises were given to the subjects namely, Toe Pointers, Butterfly Arm- to- Toes, Pull Forehead – to- Knees, Neck lateral flexion, Neck forward flexion, Front shoulder stretch, Posterior shoulder stretch, Calf stretch, 10 meters Jig-jag run, Three cone Movement, 10 meters x 4 Shuttle run, Shadow Play, Court coverage, 10 meters clap run, 15 meters direction run, Cock placement

run, Half court diagonal run and lunge, Jump with weighted wristlet, Forward movement with weighted anklet, Back ward movement with weighted anklet. Pre and post test were conducted prior to and after the intervention.

Statistical Technique

‘t’ ratio was calculated to find out the significant difference between the mean of pre and post tests of the group.

Results and discussion

Bowling speed

The data obtained on bowling speed as a result of traditional training were analyzed using the ‘t’ ratio and are presented in table -I.

Table I. Table showing mean difference standard deviation and ‘t’ value of traditional training group on bowling speed

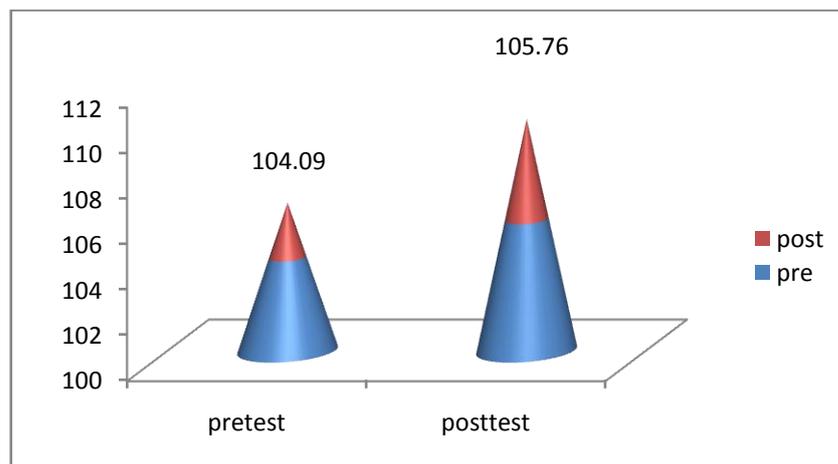
| Group | Mean | MD | SD | Std. Error of the mean | DF | Correlation | ‘t’ | Table value |
|-----------|--------|------|------|------------------------|----|-------------|-------|-------------|
| Pre test | 104.09 | 1.67 | 2.41 | 0.70 | 11 | 0.48 | 2.40* | 2.20 |
| Post-test | 105.76 | | | | | | | |

* Significance at 0.05 level of confidence

To find out the significant difference between the pre test and post test on the bowling speed of the traditional training group ‘t’ ratio is employed and the level of significance is set at 0.05. The traditional training group pre test value is 104.09 and post test value

is 105.76. The mean difference value is 1.67 and traditional training group obtained ‘t’ ratio is 2.40 and is greater than the table value of 2.20. It shows that the traditional training group had significant improvement on the bowling speed.

Figure I. Pre test and post test results of traditional training group on bowling speed



Bowling Accuracy

The data obtained on bowling accuracy as a

result of the traditional training were analyzed using the ‘t’ ratio and are presented in table – II.

Table II. Table showing mean difference standard deviation and ‘t’ value of traditional training group on bowling accuracy

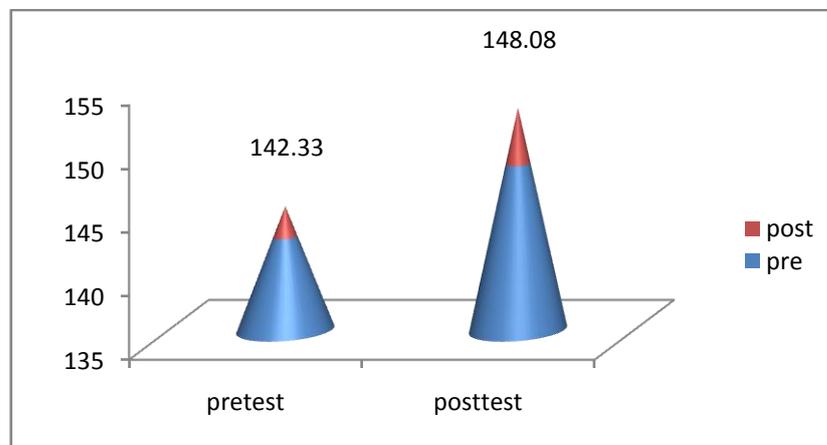
| Group | Mean | MD | SD | Std. Error of the mean | DF | Correlation | ‘t’ | Table value |
|-----------|--------|------|------|------------------------|----|-------------|-------|-------------|
| Pre test | 142.33 | 5.75 | 8.36 | 2.41 | 11 | 0.75 | 2.38* | 2.20 |
| Post-test | 148.08 | | | | | | | |

* Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on bowling accuracy of traditional training group, ‘t’ ratio is employed and the level of significance is set at 0.05. The traditional training group pre test value is 142.33 and post test value is 148.08

respectively. The mean difference value is 5.75 and traditional training group obtained ‘t’ ratio is 2.38 and is greater than the table value of 2.20. It shows that the traditional training group showed a significant improvement on bowling accuracy.

Figure II. Pre test and post test results of traditional training group on bowling accuracy



Bowling Ability

The data obtained on bowling ability as a result

of the traditional training group were analyzed using the ‘t’ ratio and are presented in table –III.

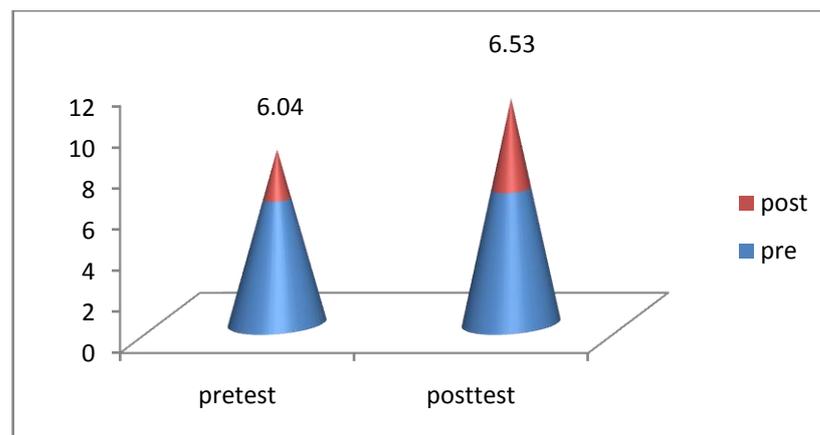
Table III. Table showing mean difference standard deviation and ‘t’ value of traditional training group on bowling ability

| Group | Mean | MD | SD | Std. Error of the mean | DF | Correlation | ‘t’ | Table value |
|-----------|------|------|------|------------------------|----|-------------|-------|-------------|
| Pre test | 6.04 | 0.49 | 0.36 | 0.10 | 11 | 0.83 | 4.67* | 2.20 |
| Post-test | 6.53 | | | | | | | |

* Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on bowling ability of traditional training group, ‘t’ ratio is employed and the level of significance is set at 0.05. The traditional training group pre test value is 6.04 and post test value is 6.53

respectively. The mean difference value is 0.49 and traditional training group obtained ‘t’ ratio is 4.67 and is greater than the table value of 2.20. It shows that the traditional training group showed significant improvement on bowling ability.

Figure III. Pre test and post test results of traditional training group on bowling ability

Conclusions

It is concluded that the selected skill performance variables namely bowling speed, bowling accuracy and bowling ability significantly improved due to traditional training.

References

1. Deepak Kumar Dogra & Ajay Kumar. (2014) Effect of 12week specific conditioning programme on physical fitness of Tripura cricketers. *Scientific journal in sports sciences and exercise*. 10(1), 35-41.
2. Elliott BC & Foster DH. (1989)The Science of Fast Bowling. Nedlands, WA: University of Western, Australia Press;26–36.
3. Glazier PS, Paradisis GP & Cooper SM.(2000) Anthropometric and kinematic influences on release speed in men’s fast-medium bowling. *J Sports Sci.*;18.
4. Hardayal Singh. (1997) Science of sports training. New Delhi: D.V.S. Publication.
5. Phillips E, Portus M, Davids K & Renshaw I.(2012)Performance accuracy and functional variability in elite and developing fast bowlers. *J Sci Med Sport*. 15(2):182-8.
6. Srinivasan, M., & Saikumar, Ch. VST. (2012). Influence of conventional training programme combined with ladder training on selected physical fitness and skill performance variables of college level badminton players. Volume 07,69-82.
7. Srinivasan, M& Saikumar. Ch. VST. (2012). Influence of conventional training programme with plyometric training on selected physical fitness, psychophysiological and skill performance variables of college level badminton players. *Journal of adapted Physical Education and yoga*. Volume 02, (1).45-56.