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Influence of Bosuball Training on Selected Physical Factors among Cricket Players

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Abstract

The purpose of the study was to investigate the influence of bosuball training on selected physical factors among cricket players. It was hypothesized that there would be significant differences on selected physical factors due to the influence of bosuball training. For the present study the 30 male cricket players from Chennai region, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen cricket players each and named as Group 'A' and Group 'B'. Group 'A' underwent bosuball training and Group 'B' have not underwent any training. Speed was assessed by 50 meter dash and agility was assessed by 'T' agility run test. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05. The experimental group showed better improvement on speed and agility among cricket players than the control group.

Keywords: Bosuball training, Speed, Agility, Cricket.

Introduction

Cricket is fundamentally a bat and ball game played between two groups of eleven players.It is one of the most seasoned games on the planet and has its inception in sixteenth century in England. The development of the British Empire spread this once pioneer recreational game into an energetic diversion to all corners.Early cricket was sooner or later depicted as "a club striking a ball (like) the antiquated recreations of club-ball, stool-ball, trap-ball, stob-ball" Cricket can certainly be followed back to Tudor circumstances in mid sixteenth century England. A number of other words have been proposed as hotspots for the expression "cricket". The first English visiting group on board transport at Liverpool in 1859.During the seventeenth century, various references demonstrate the development of cricket in the south-east of England. Before the century's over, it had progressed toward becoming a sorted out movement being played for high stakes and it is trusted that the first experts showed up in the years following the reclamation in 1660.

A bosu ball is a wellness preparing gadget, imagined in 1999 by David Weck, comprising of an expanded elastic side of the equator appended to an unbending stage. The gadget is frequently utilized for adjust preparing. At the point when the arch side faces up, the BOSU ball gives a shaky surface while the gadget stays stable. This blend of stable/flimsy permits an extensive variety of clients, from the young, elderly, or harmed to the tip top level athlete. With the arch side up, the gadget can be utilized for athletic drills and oxygen consuming exercises. The gadget can be flipped over with the goal that the stage faces up. In this position, the gadget is very temperamental and can be utilized for different types of activity (Chan, 2013).

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Methodology

The purpose of the study was to investigate the influence of bosuball training on selected physical factors among cricket players. It was hypothesized that there would be significant differences on selected physical factors due to the influence of bosuball training. For the present study the 30 male cricket players from Chennai region, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen cricket players each and named as Group 'A' and Group 'B'. Group 'A' underwent bosuball training and Group 'B' have not underwent any training. Speed was assessed by 50 meter dash and agility was assessed by 'T' agility run test. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05.

Results

The findings pertaining to analysis of co-variance between experimental group and control group on selected physical factors among cricket players for pre-post test respectively have been presented in table 1 to 2.

Table 1

ANCOVA between Experimental Group and Control Group on Speed of cricket players for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	7.12	7.17	BG	0.36	1	0.36	0.13
			WG	72.46	28	2.58	
Post Test Mean	6.89	7.13	BG	195.03	1	195.03	60.30*
			WG	90.56	28	3.23	
Adjusted Post Mean	6.88	7.14	BG	175.56	1	175.56	62.38*
			WG	75.98	27	2.81	

*** Significant at 0.05 level.** **df: 1/27= 4.21**

Table 1 revealed that the obtained 'F' value of 62.38 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of speed of cricket players between experimental group and control group. The graphical representation of data has been presented in figure I.

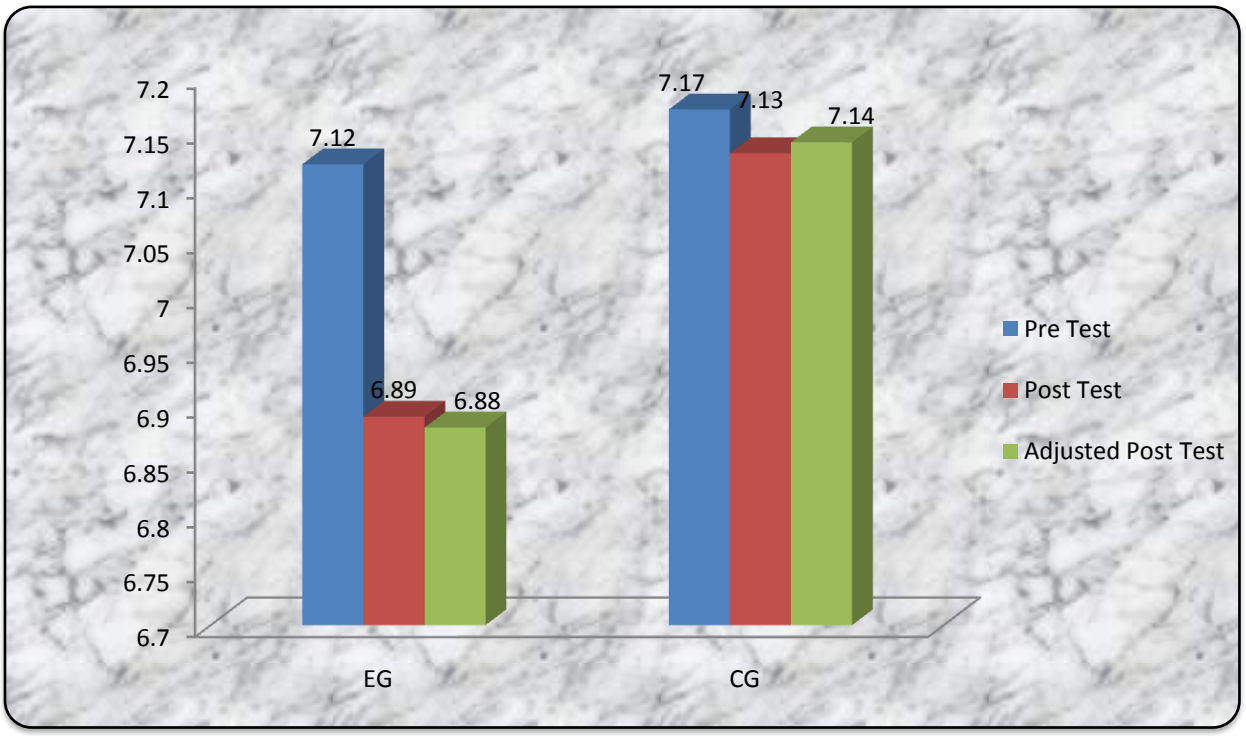

Figure I

Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Speed

Table 2
ANCOVA between Experimental Group and Control Group on Agility of cricket players for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	12.71	12.67	BG	11.10	1	11.10	1.57
			WG	195.76	28	6.99	
Post Test Mean	11.24	12.63	BG	290.85	1	290.85	38.50*
			WG	211.51	28	7.55	
Adjusted Post Mean	11.25	12.63	BG	288.48	1	288.48	37.07*
			WG	210.11	27	7.78	

*** Significant at 0.05 level.** **df: 1/27= 4.21**

Table 2 revealed that the obtained 'F' value of 19.89 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of agility of cricket players between experimental group and control group. The graphical representation of data has been presented in figure II.

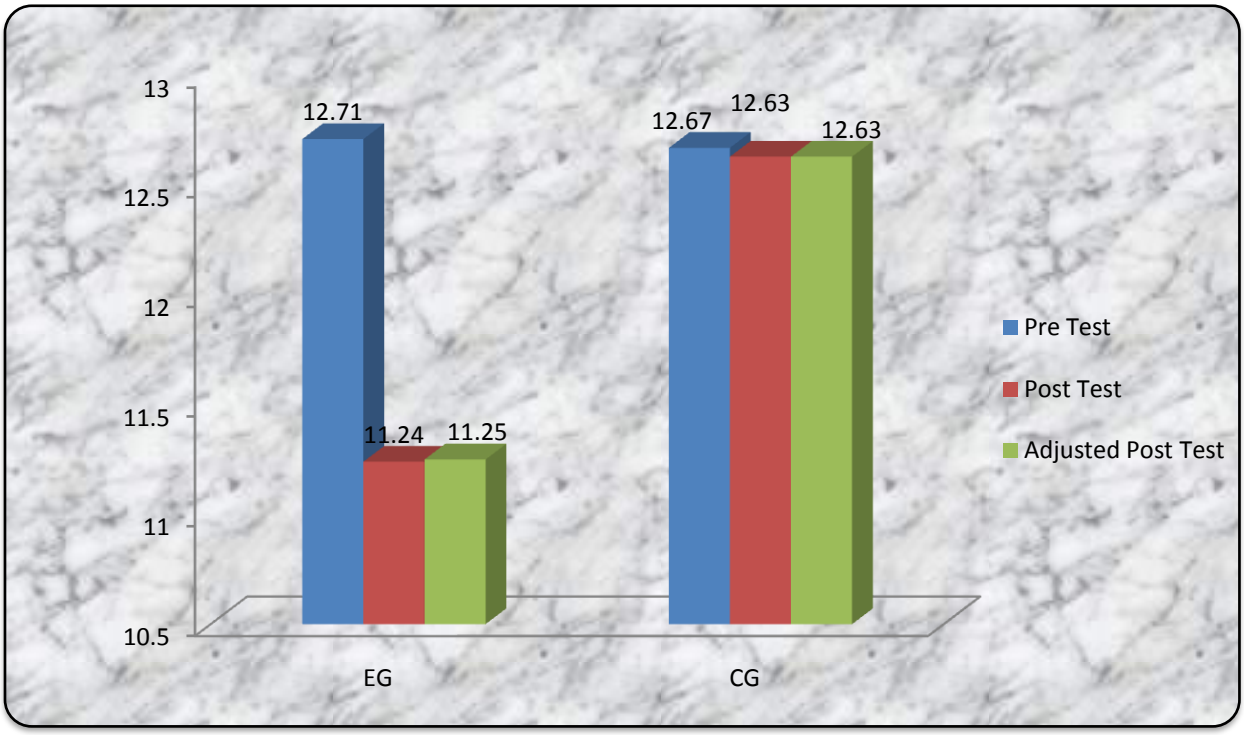

Figure II
Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Agility

Discussions on Findings

In case of physical factors i.e. speed and agility the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular bosuball training which may also bring sudden spurt in physical factors in cricket players. The findings of the present study have strongly indicates that bosuball training of twelve weeks have significant influence on selected physical factors i.e., speed and agility of cricket players. Hence the hypothesis earlier set that bosuball training programme would have been significant influence on selected physical factors in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The bosuball training had positive impact on speed and agility among cricket players.
2. The experimental group showed better improvement on speed and agility among cricket players than the control group.

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