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Effect of SAQ Training on Speed and Agility among Kho Kho Players

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Abstract

The aim of this study was to determine the impact of SAQ training on kho kho players' pace and agility. Thirty female kho kho players from the Hosur district of Tamilnadu were chosen at random as subjects for this research, and their ages ranged from 18 to 21 years. The participants were chosen at random and divided into two equal classes. The experimental (SAQ Training) and control groups were developed (CG). In addition to their normal activities, the study group practiced SAQ training three days a week for six weeks. No experimental training was provided to the control group. Prior to the training, both groups underwent a pre-test to measure their speed and endurance using a standardized test. Following the experimental phase, a post-test was carried out. The level of significance was measured at the 0.05 level using a dependent 't' test. The SAQ training had positive impact on speed and agility among kho kho players.

Keywords: SAQ, Speed, Agility, Kho kho.

Introduction

Speed, agility, yet Qukeness (S.A.Q.) training has emerge as a popular pathway after train athletes. Speed, agility, and edge training may cover the full spectrum of coaching intensity, beyond mean according to excessive intensity. Every unaccompanied wish enter in a education programme at a unique level; as a result coaching intensity have to coincide with the individual's abilities. Low depth speed, agility, then point drills execute keep back by way of everyone because one-of-a-kind applications. SAQ drills do also remain back in imitation of instruct movement, warm-up, and according to condition an athlete. No tremendous preparation is wanted after participate at this stage concerning speed, agility, then acuity training. Higher depth drills require a enormous stage on preparation. A simple method after protected sharing and expanded utility is in accordance with begin a concurrent strength-training application when starting speed, agility, or exility coaching (Alan, 2001).

Methodology

The aim of this study was to determine the impact of SAQ training on kho kho players' pace and agility. Thirty female kho kho players from the Hosur district of Tamilnadu were chosen at random as subjects for this research, and their ages ranged from 18 to 21 years. The participants were chosen at random and divided into two equal classes. The experimental (SAQ Training) and control groups were developed (CG). In addition to their normal activities, the study group practiced SAQ training three days a week for six weeks. No experimental training was provided to the control group. Prior to the training, both groups underwent a pre-test to measure their speed and endurance using a standardized test. Following the experimental phase, a post-test was carried out. The level of significance was measured at the 0.05 level using a dependent 't' test.

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Table 1. *Variables and test*

S.No	Variables	Tests
1	Speed	50 mts run
2	Agility	Shuttle run

Results

Table 2. *Significance of mean gains & losses between pre and post test scores on selected variables of saq training group (saqtg)*

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Speed	7.08	6.74	0.34	0.21	0.05	6.16*
2	Agility	11.21	10.94	0.27	0.07	0.01	13.34*

* Significant at 0.05 level

The obtained 't' ratios for the pre and post test mean difference in the selected variables of speed (6.16) and agility (6.17) are shown in Table II (13.34). As compared to the table value of 2.14 degrees of freedom (1, 14), the obtained ratios were found to be statistically significant at the 0.05 level of confidence. The mean benefit and losses from pre to post test in physicals, namely speed (0.34, p0.05) and agility (0.27, p0.05), is substantially increased, indicating that the hypothesis is accepted.

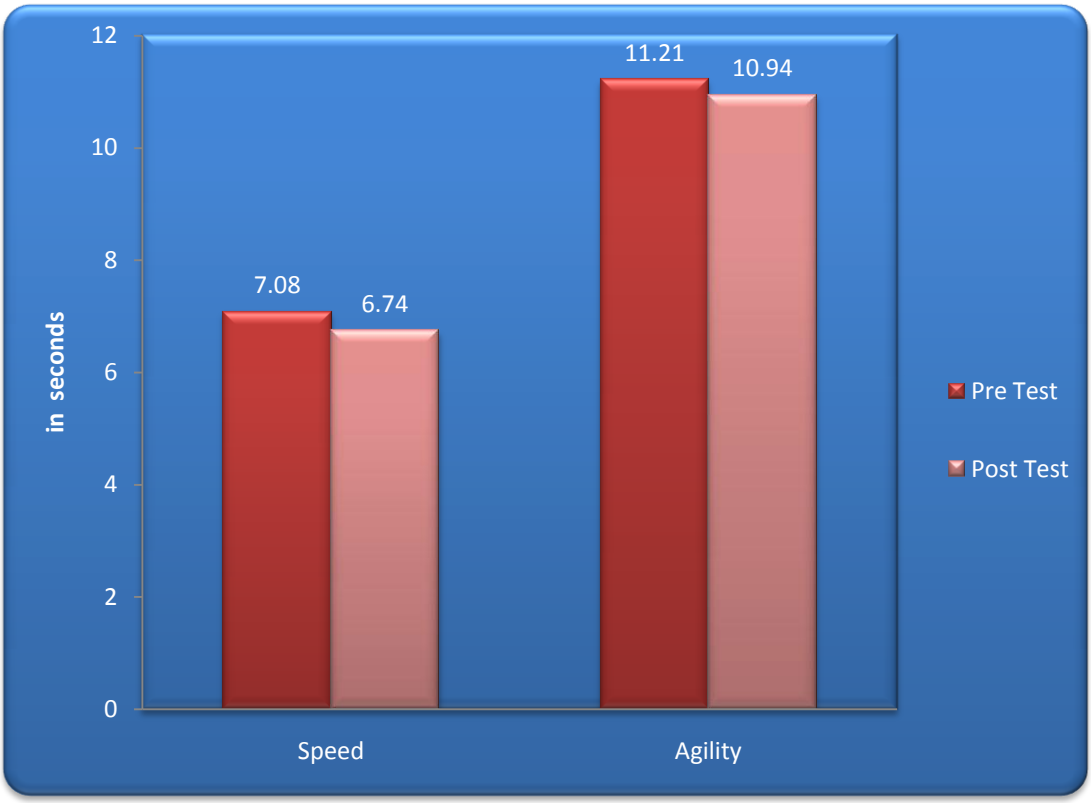

Figure I. Comparisons of pre – test means and post – test means for experimental group

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Table 3. *Significance of mean gains & losses between pre and post test scores on selected variables of control group (cg)*

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Speed	7.00	6.98	0.02	0.19	0.04	0.37
2	Agility	11.18	11.17	0.01	0.10	0.02	0.38

* Significant at 0.05 level

The obtained 't' ratios for the pre and post test mean difference in the selected variables of speed (0.37) and agility are shown in Table III (0.38). As compared to the table value of 2.14 degrees of freedom (1, 14), the obtained ratios were considered to be statistically insignificant at the 0.05 level of confidence.

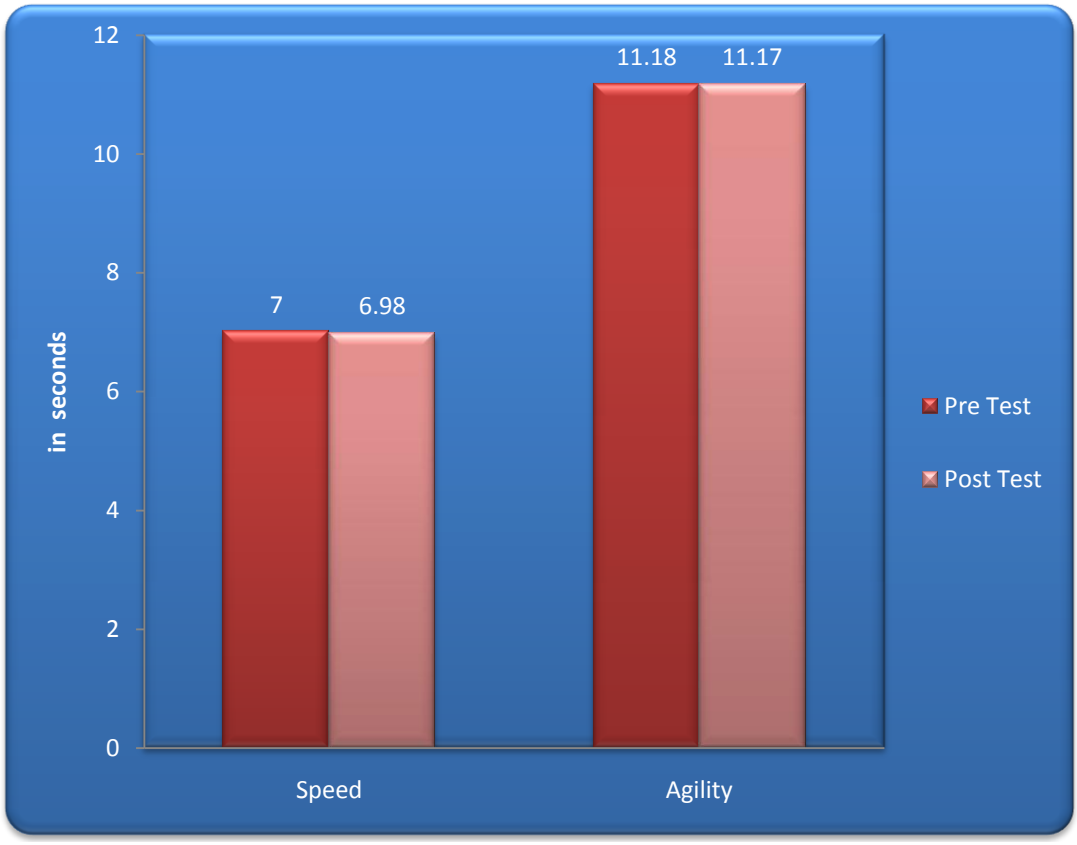

Figure II. Comparisons of pre – test means and post – test means for control group

Conclusions

1. The SAQ training had positive impact on speed and agility among kho kho players.

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