



## Effect of Cricket Drill Training on the Selected Skill Performance Variables of School Boys

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### Abstract

*The purpose of the study was to determine the effect of cricket drill training on the selected skill performance variables of school boys. To achieve the purpose twenty school boys were randomly selected from the Ramakrishna Mission Vidyalaya High School, Periyanaickenpalayam, Coimbatore. The subject's age was ranged from 12 to 15 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study such as namely skill performances variables namely cover drive and straight drive. The training period would be the six weeks except Saturday and Sunday every week. Data were collected from each subject before and after the six weeks of specific drill training. The collected data were statistically analyzed by using 't' ratio. It was found that there was a significant improvement on selected skill performance variables due to the specific drill training.*

**Keywords:** Specific Drill Training, Skill Performance, Cricket.

### Introduction

The game of cricket has a known history spanning from the 16th century to the present day, with international matches played since 1844, although the official history of international Test cricket began in 1877. During this time, the game developed from its inception in England into a game which is now played professionally in most of the Commonwealth of Nations. Measurement of the boundary varies from 75 yards to 100 yards from the middle pitch. Training is an educational process. People can learn new information, re-learn and reinforce existing knowledge and skills, and most importantly have time to think and consider what new options can help them improve their effectiveness at work. Drills means doing physical exercise by repeated practice in a mechanical manner. Cover drive also called off-drive; this is a batting stroke in which a slightly over-pitched ball is struck with a full downward swing off a perpendicular bat. Precisely; cover driven is usually played to a good-length ball pitching just outside off stump by which the ball is sent past cover point. The bat is taken back with a good back lift and the front foot moved across to place it just near to the spot where is the

likely to pitch. The bat is brought forward with a straight close to the front leg, and the weight of the body transferred to the front foot. The ball played powerfully to the mid off or extra cover region.

A ball pitching on the middle or off stump is played with a straight drive. When executing straight drive, the front foot is moved down the pitch and placed near the spot where the ball is expected to land. After initial back lift, the bat is swung forward in line with the line of the ball struck with a perfect.

### Objective of the Study

The objective of the study is to know the effect of cricket drill training on the selected skill performance variables of school boys.

### Hypothesis

It was hypothesized that there would be a significant difference between pretest and posttest due to cricket drill training on the selected skill performance variables of school boys.

### Methods

This study would be delimited to 20 students of SRKV High School, Ramakrishna Mission Vidyalaya, and Coimbatore. The subject's age was ranged from 12 to 15 years. This study would be delimited the six weeks of training period five days of every week.

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### Independent variables

- ❖ Cricket drill training

### Dependent variables

- ❖ Skill performance variables
  - Cover drive
  - Straight drive

### Experimental Design

For this study, twenty school boys were randomly selected from the Ramakrishna Mission Vidyalaya High School, Periyanaickenpalayam, Coimbatore, Tamilnadu. The selected subjects were considered as only one group. The following criterion

variables were selected for the study such as skill performance variables namely cover drive and straight drive. The training period would be the six weeks except Saturday and Sunday of every week. The data were collected before and after the training period and the pretest, posttest and the adjusted posttest were analyzed by paired 't' ratio. The level of significance for the study was chosen as 0.05.

### Results and Discussion

The descriptive statistics for biomechanical characteristics for all players are presented in the table below

#### Tools and Techniques

Variables	Name of the Test	Units of measurement
Cover drive	Zone method	In points
Straight Drive	Zone method	In points

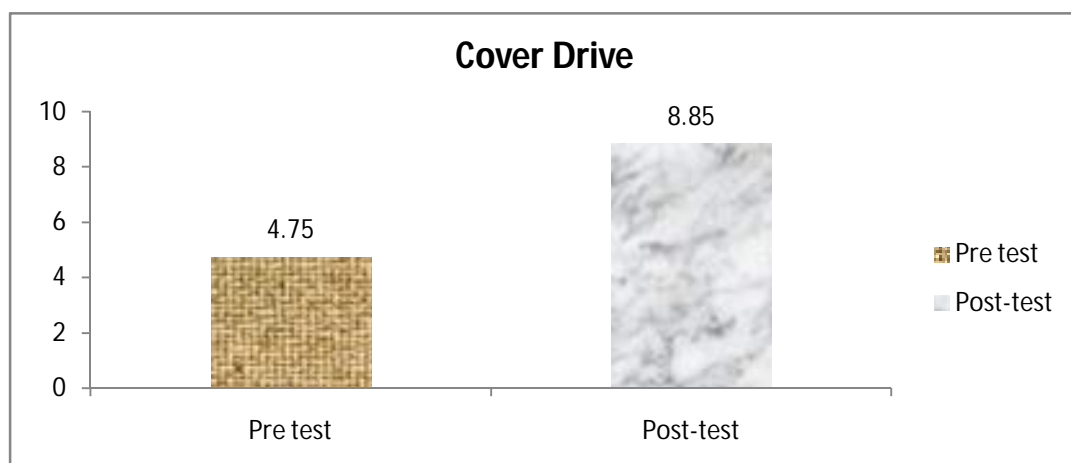
**Table 1.** The following table Shows the Mean Difference, Standard Deviation and 't' value of cricket drill training group on Cover Drive

Group	Mean	MD	SD	Std. Error of the mean	DF	't'	Table value
Pre test	4.75		3.52	0.78	19	7.92*	2.09
Post-test	8.85		2.53	0.56			

To find out the significant difference of specific cricket training group on cover drive. 't' ratio was employed to analyze the significant difference between pre test and post test and the level of significance was set at 0.05. the specific group pre test value were 4.75 and post test value were 8.85 respectively. The specific

training group pre test and post test mean value was 0.78 and 0.56 respectively. The difference of mean value 19 in specific training group obtained 't' ratio 7.92 was greater than the table value 2.09. It shows that the specific training group had significant on cover drive.

**Figure I.** Showing the Mean values of Cricket Drill Training on Cover Drive



**Table II.** The following table Shows the Mean Difference, Standard Deviation and 't' value of cricket drill training group on straight drive

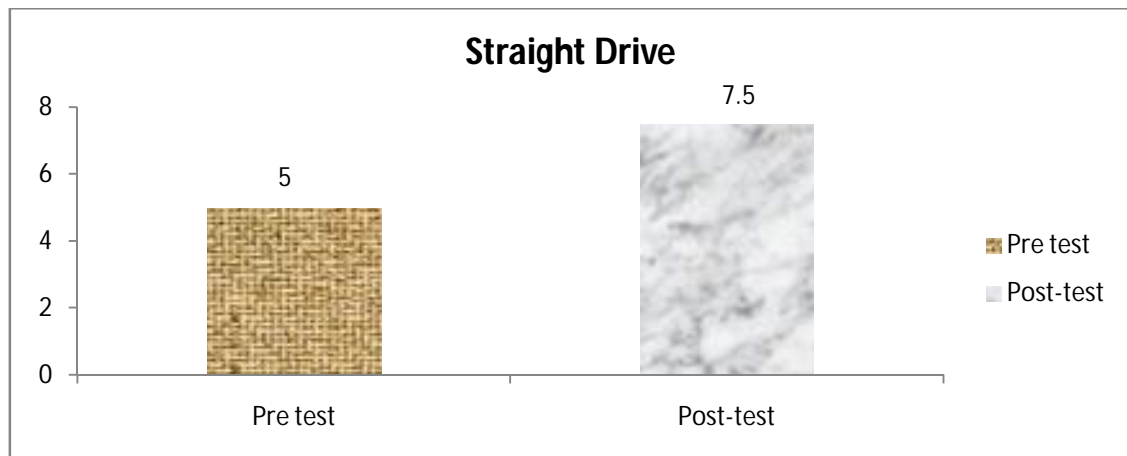
Group	Mean	MD	SD	Std. Error of the mean	DF	't'	Table value
Pre test	5.00		1.94	0.43	19	6.45*	2.09
Post-test	7.50		1.63	0.36			

\* Significance at 0.05 level of confidence

To find out the significant difference of specific cricket training group on straight drive. 't' ratio was employed to analyze the significant difference between pre test and post test and the level of significance was set at 0.05. the specific group pre test value were 5.00 and post test value were 7.50 respectively. The specific

training group pre test and post test mean value was 0.43 and 0.36 respectively. The difference of mean value 19 in specific training group obtained 't' ratio 6.45 was greater than the table value 2.09. It shows that the specific training group had significant on straight drive.

**Figure II.** Showing the Mean values of Specific Cricket Training on Straight Drive



## Conclusions

It is concluded that the skill performance variables namely cover drive and straight drive were significantly improved due to the treatment of cricket drill training.

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