

Effect of speed training on performance of female hockey players

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Abstract

The present study was an attempt to explore the effect of speed training on performance of motor fitness variables of hockey girls players. The age limit of players was ranged between 14 to 17 years. Only speed was used to measure the motor fitness variables. To assess the significance of differences between the means in case of significant t- test was applied. Physical fitness may be conceived as the capacity to perform one's daily tasks without fatigue. Motor fitness, also termed motor ability, refers to a person's performance abilities as affected by the factors of Speed and Coordination. Now days the existing evidence is used to examine the relationship between effect of training on motor performance of hockey players.

Keywords: effect of speed training on performance of female hockey players

Introduction

Today we found that fitness has given due respect and importance because of modern daily life and sports has got much importance and emphasis in modern society as prestige's and great respect of that country, because of this aspects, sports training has also increased to a considerable extent. Human beings have come to understand the importance of game and sports in it is said that around 300 years back, people of Greek also felt the need to provide training to the players participating in Olympic Games in effective and efficient manner. People come to realize that sports training in not only important and required for outstanding players but also for beginners also. Importance of effective sports training can be measured by the fact that all other kinds of facilities provided to players may prove to be futile if they are not provided with efficient sports training. it can be said that in producing the skillful high performers, comprehensive sports training programmer is one of the key factors

Speed

Speed is used in sports for such muscle reactions (motor movement) that are characterized by maximally quick alteration of muscles. Speed ability is highly movement specific, like strength and endurance. As result of this speed is more complex in nature and is comparatively less trainable as compared to strength and endurance. The efficiency of the nervous system, which can limit extent, becomes a limiting factor in the development of speed.

Statement of the problem

The purpose of the study is to prove "Effect of Speed Training on Performance of Female Hockey players" with the background of experimental method among the high school girl's hockey players age between 14 to 17 years.

Hypotheses

1. There is significant effect of twelve week training on the motor performance of Hockey girls players.

2. There is no significant effect of on the motor variables among the girls hockey players.

Objectives

1. To study the significant difference between Control and Experimental Groups with respect to Speed variables.
2. To assess the pre& post training effect on speed players of Girls Hockey players

Limitation

- Sports training determined only speed test.
- The socio economics conditions of the girls were not considered.
- The nutrition of girls was not considered.

Delimitation

- The study was delimited to the girl's hockey players.
- The study was delimited to 20 control group and 20 experimental groups
- The study was further delimited to the age 14 to 17 years.

Methodology

Subject; To meet the objective of the study, total forty students were selected using purposive randomly sampling technique The subject age was ranged between 14 to 17, all the subject were playing the hockey game since three year, to see the training effect the experimental group subject were made to undergo the eight week physical training, and control group consist of twenty girls hockey students were not received any treatment, and both pre and post training effect was recorded and assess the significant difference of mean was calculated by applying the 't' test technique

Variable

1. The independent variable used in this present study is resistance training.
2. The criteria (Dependent) variable chose for the present were speed.

Training- protocol

Experimental group participated for eight weeks training programmed. The pre and post test data was collected for Control and Experimental groups. The schedule for the training session was daily two times for eight weeks. The time was morning 6 am to 8 am and evening 4 pm to 6pm. During every session the workout lasted approximately for 120 minutes inclusive of warming up training and warm down process while the control group was not exposed to any exports their regular training programs.

Statistical Technique

The data collected from the subject on selected physical variables was statically analyzed by “t” ratio 0, 99 level of confidence there was high significance between control experimental groups

Analysis of data and interpretation of the study pre test

4pm to 6pm. During every session the workout lasted approximately for 120 mints inclusive of warming up training and warm down process, while the control group was not exposed to any training session.

Table 1: The table shows that Pre and Posttest of speed between control and experimental group

Group	test	mean	Std deviation	t value
Experimental group	Pre test	18.15	0.98	3.205
	Post test	16.95	3.08	
Control group	Pre test	16.96	2.21	1.005
	Post test	17.76	2.24	

The level of significant is 0.05

Table 1 Shows that the experimental group’s mean performance value of speed of pre test is 18.15 and the post test is 16.95 the post test speed performance is less than pre test Flexibility performance and also the t value is more than the table value. Hence it indicates significant development of speed. Whereas the control groups mean of speed performance of pre and post test values are 16.96 and 17.76 respectively. The t value is less than the table value. Hence the pre and post test values indicate insignificant.

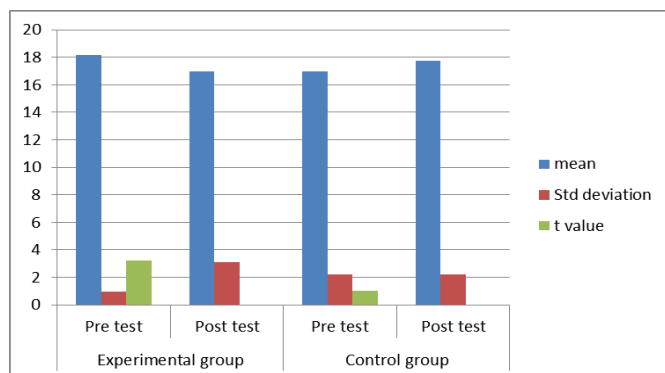


Fig 1: showing the effect pre test and post improved the speed performance

The above figure clearly indicates that the 8 weeks speed training performance is drastically improvement is the speed of the girls hockey players.

Conclusion

The purpose of this study was to find out the speed training to achieve this purpose 8 weeks speed training was given to selected hockey players subjects. To know the Effect of speed training on the physical fitness performance Level of the speed was used for pre test and post test of the subjects. The result shows that 8weeks speed training develops. On the basis of the results it was concluded that 8 weeks of speed training significantly improved the performance of subjects.

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