

EFFECT OF GAME-SPECIFIC SKILLS TRAINING WITH AND WITHOUT YOGIC PRACTICES ON BALANCE AMONG HOCKEY PLAYERS

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Abstract

The purpose of the study was to find out the effects of game-specific skills training with and without yogic practices on balance among hockey players. To achieve the purpose the study, forty five college level hockey players were selected from Sholapur district, Maharashtra, were randomly selected as subjects. As per the records, their age ranged from 18 to 25 years. For this study the true randomized experimental group design has been employed with three groups namely game-specific training group, game-specific training with yogic exercises group and control group with 15 subjects each. Group I and II participated their respective treatments for a period of twelve weeks and no training were given to the control group. Balance was assessed by stork stand test. The three groups were statistically analysed by using analysis of covariance (ANCOVA). In case of significance of mean difference was observed on the criterion measure, to find out which pair of group is high among the others, as a post – hoc test, the Scheffe's test was applied. The result indicating that game-specific skills training with yogic practice have better score than the other two groups on balance.

Keywords: Skills Training, Balance, Hockey Players.

Introduction

Sport specific training is simply fitness and performance training designed specifically for athletic performance enhancement. Training programs for athletic performance enhancement could include such areas as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, pre-habilitation, and injury risk reduction. A general program should include all of these components and a more specific program may only include a few, depending upon the athlete's specific needs (based on strengths, weaknesses and/or imbalances) and the demands of the sport they participate in (2). Every shot in hockey is not just one motion, but a combination of many subtle movements. Every part of your body is working together to generate power, accuracy, lift and control of the puck. If one part of your shot is lacking, or incomplete this will result in less power and accuracy (3). Field Hockey coaches are constantly on the lookout for drills and skills that are going to make their players better. Further, being able to put those drills together with a practice plan to reinforce those skills makes it all the more effective (Thomas et al. 2006).

Methodology

The purpose of the study was to find out the effects of game-specific skills training with and without yogic practices on balance among hockey players. To achieve the purpose the study, forty five college level hockey players were selected from Sholapur district, Maharashtra, were randomly selected as subjects. As per the records, their age ranged from 18 to 25 years. For this study the true randomized experimental group design has been employed with three groups namely game-specific training group, game-specific training with yogic exercises group and

control group with 15 subjects each. Group I and II participated their respective treatments for a period of twelve weeks and no training were given to the control group. Balance was assessed by stork stand test. The three groups were statistically analysed by using analysis of covariance (ANCOVA). In case of significance of mean difference was observed on the criterion measure, to find out which pair of group is high among the others, as a post – hoc test, the Scheffe's test was applied. The result indicating that game-specific skills training with yogic practice have better score than the other two groups on balance.

Results

TABLE – I

COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF BALANCE OF GAME SPECIFIC SKILL TRAINING WITH AND WITH OUT YOGIC PRACTICES AND CONTROL GROUPS

	GSTWYG	GSTG	Control group	Source of variance	Sum of squares	df	Mean square	F
Pre test mean	35.35	34.77	33.41	BG	6.54	2	3.27	0.37
				WG	369.9	42	8.8	
Post test mean	44.87	41.37	34.22	BG	95.73	2	47.86	4.27*
				WG	470.22	42	11.18	
Adjusted post mean	44.80	41.34	34.21	BG	59.96	2	29.98	22.23*
				WG	55.27	41	1.34	

The above table indicates the adjusted mean value of balance of game-specific skills training with yogic practice, game-specific skills training and control groups were 44.80, 41.34 and 34.21 respectively. The obtained F-ratio of balance for adjusted mean was 22.23 greater than the table value 3.22 for the degrees of freedom 2 and 41 at 0.05 level of confidence. The result of the study indicates that there was a significant difference among three groups on balance.

TABLE – II

**SCHEFFE'S POST HOC TEST OF SIGNIFICANCE FOR BALANCE AND
DIFFERENCE AMONG THE MEANS OF GAME SPECIFIC SKILL TRAINING WITH
AND WITH OUT YOGIC PRACTICES AND CONTROL GROUPS**

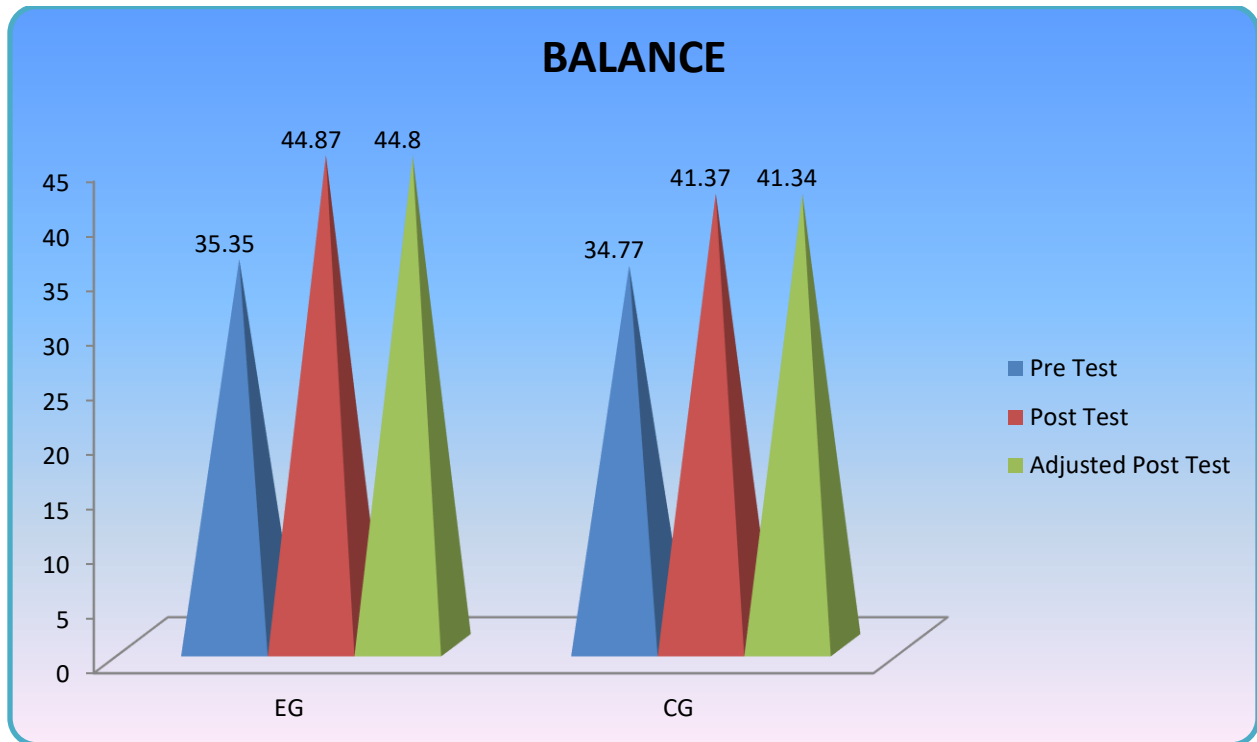
GSTWYG	GSTG	Control Group mean	Mean Difference	CI value
44.80	41.34	-----	3.46*	2.96
44.80	-----	34.21	10.59*	
-----	41.34	34.21	7.13*	

*P < 0.05, Confidence interval value (0.05) = 0.97

From the above table the mean difference values between game-specific skills training with yogic practice and game-specific skills training (3.46) reveals that there was a significant difference in the variable balance as the mean difference value was greater than the confidence interval value (2.96). Whereas the mean difference between game-specific skills training with yogic practice and control group (10.59) reveals that there was a significant difference in the variable balance as the mean difference value was greater than the confidence interval value (2.96) and game-specific skills training and control group (7.13) showed significant difference as mean difference value was greater than the confidence interval value (2.96). The result indicating that game-specific skills training with yogic practice have better score than the other two groups on balance.

FIGURE – I

**BAR DIAGRAM SHOWING THE MEAN VALUES ON BALANCE OF
GAME SPECIFIC SKILL TRAINING WITH AND WITH OUT YOGIC
PRACTICES AND CONTROL GROUPS**



Conclusion

1. The result of the study reveals that there was a significant improvement on balance when compared to the control group after the completion of twelve weeks of game-specific training programme with and without yogic practices.
2. The result indicating that game-specific skills training with yogic practice have better score than the other two groups on balance.

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