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**THE EFFECT OF SPECIFIC TRAINING ON PARTICULAR
PHYSICAL AND SKILL PERFORMANCE VARIABLES
IN HANDBALL PLAYERS**_{p-p: 101-115}



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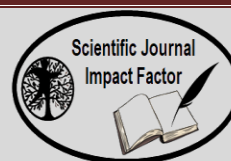
ABSTRACT

The purpose of the study was to find out the efficacy of Game Specific Training on selected physical skill performance variables among handball players. To achieve the purpose of the study thirty men handball players (N=30) were randomly selected as a participant from university level handball players Ramakrishna mission Vivekananda educational and research institute Coimbatore. The participants were aged between 18 to 25 years. The selected participants were randomly assigned into two equal groups of 15 each, such as Specific training group (STG) and control group (CG). The Specific training group underwent their training programme for three days a week for eight weeks of training, each session lasted 60 min. The control group did not participate in any kind of special training programme apart from their daily physical activities. The physical and skill performance variables namely speed, agility, Leg explosive, dribbling and jump shooting were measured by use of standardized test. The subjects of the two groups were tested on selected variables prior to and immediately after the training period. The collected data were analyzed statistically through analysis of covariance (ANCOVA) to find the significant difference. The 0.05 level of confidence was fixed to test the level of significance difference. The results indicated that the handball players receiving the STG and reported shooting were improved compared to the control group. These findings seem to suggest that STG programs may be a promising approach to promoting dribbling and shooting among handball players.

Keywords: The effect of specific training on particular physical & skill performance variables in handball players.



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INTRODUCTION

Today's world is a competition, the rivalry to reach top and excel each other is so much. Every aspect that contributes for the excellence is carefully looked in and one of such aspects is the selection of the right person for the right event in sports and games, during which is normally a choice of selection is given to the player or the athlete. The players without knowing their inherent potential make Wrong selection suiting to the individual concern and are not able to reach the top of the ladder of sports arena.

Sport is intimate, profound and even spiritual. It has reached the root of human existence and, as such, provided an area for the discovery of personal truth. Neither man nor did sport alone provide the completeness by existence. Sport and man, revealed to each other the opportunity of determining meaning. In this way, once again, man located a realm of value formation. It is a source of worth and meaning. Sports represent one of the most pervasive social institutions in our society. Sports in human activities involve specific administrative organization and a historical background of rules which define the objective of a limit the pattern of human behavior. It involves competition and challenge and a definite outcome primarily determined by physical skills. Sports are universal appeal has led to sport gaining recognition as a simple, low cost and effective medium for achieving key developmental goals. Sport form is an inspirable part of the system of physical education. Physical Education offers opportunities in competitive situations for physical, social emotional and moral developments. Sports and Games are the best ways to earn social recognition and acquire a status in the modern society. Sports and games Sports for all have become a very popular slogan all over the world today. Participation in sports and games will yield optimum physical fitness and positive health for all. Today's life mostly depends upon science and technology. In such circumstances people need more exercise to keep the body fit to execute the activity efficiently. A sport is a popular spectacle and a mass movement of contemporary times. In the process of historical social development, sports have occupied a prominent place in both the physical as well as in the moral culture of the society. Sport and games involve competition. Without competition, there is no game.

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INDEPENDENT VARIABLES

Eight weeks of Specific Skill Training

DEPENDENT VARIABLES.

Physical variables

1. Speed
2. Agility
3. Leg explosive

Skill Performance variables


1. Dribbling
2. Jump shooting

METHODOLOGY

In this chapter selection of subjects, selection of variables, selection of tests, reliability of the instrument, reliability of the data, tester competency. Orientation of subjects, training programme, collection of data, test administration, experimental design, and statistical procedure have been explained.

TABLE - I

S.NO	VARIABLES	NAME OF THE TEST	UNIT OF MEASUREMENTS
1	Speed	30 yards dash	In seconds
2	Agility	t- test	In seconds
3	Leg explosive	Jump and reach test	In centimetre
4	Dribbling	Makas.H.Lakade dribbling test	In seconds
5	Jump shot	Makas.H.Lakade jump shot	In Points




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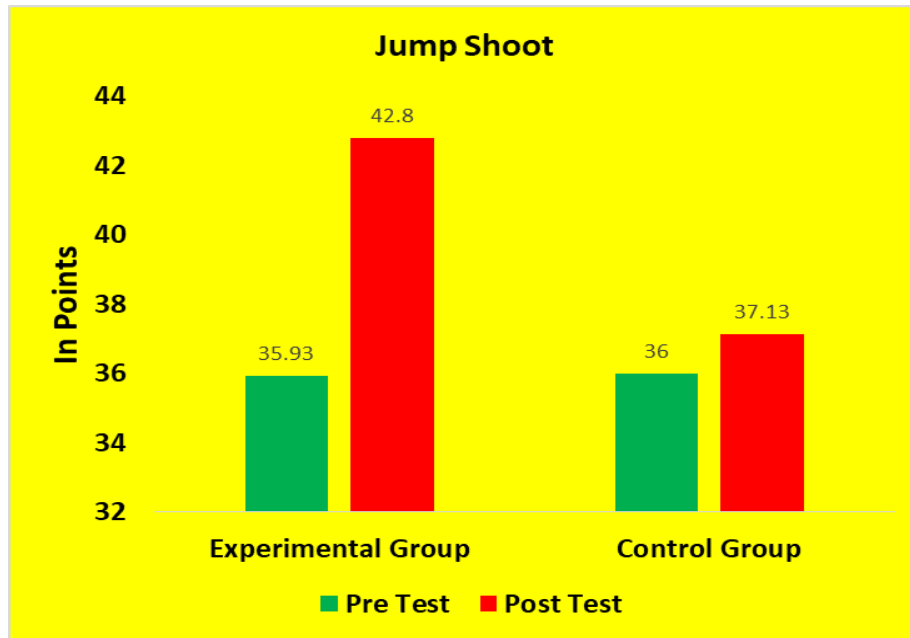




TABLE – II
COMPUTATION OF “t” RATIO BETWEEN THE PRE AND POST TESTS
SCORES ON SPEED OF EXPERIMENTAL
AND CONTROL GROUP

GROUP	TEST	Mean	S.D	DM	σ DM	‘t’	Table value
Experimental Group	Pre Test	14	1.71	0.98	.04	20.31*	2.14
	Post Test	20	1.75				
Control Group	Pre Test	14.3	1.71	0.01	0.005	0.03	
	Post Test	16.53	1.50				


* Significant Level of significant was fixed at 0.05 with df 14 Table value 2.14
 Table II Indicates of mean and standard deviation and 't' results of experimental




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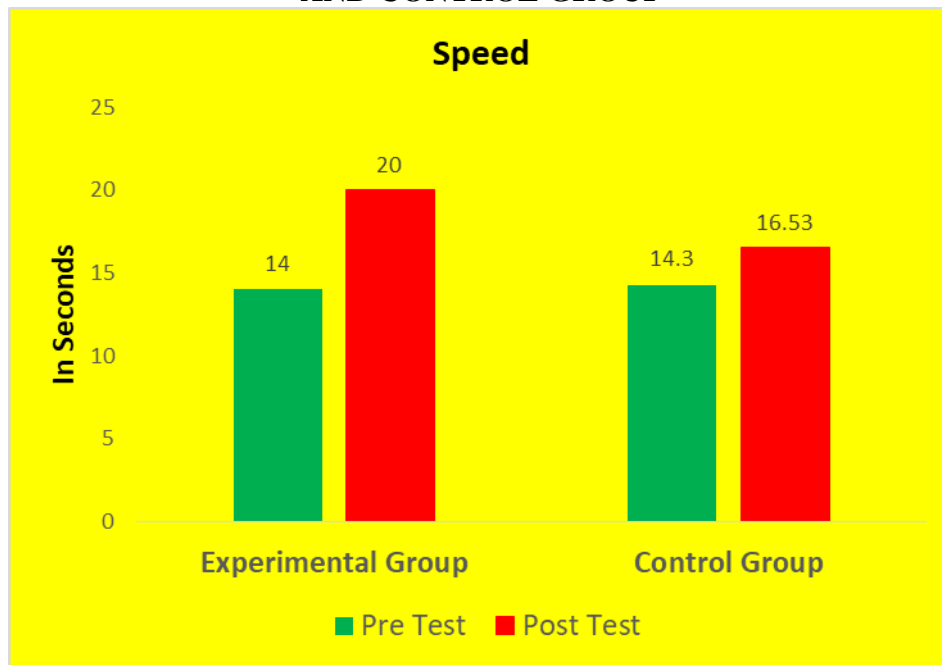
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and control groups of speed of college men Handball players. The experimental group pre and post -test mean values are 14 and 20 and standard deviation values are 1.71 and 1.75 and obtained ‘t’ value is 20.31 is greater than table value 2.14 with df 14. And control group mean values are 14.3 and 16.53 and standard deviation 1.71 and 1.50 the obtained ‘t’ value 0.03 is lesser than table value 2.14. The finding of the study indicates statistically proved that experimental group showed significant improvement on speed due to game specific skill training on college level men Handball players.

FIGURE – 1

SHOWING COMPUTATION OF “t” RATIO BETWEEN THE PRE AND POST TESTS SCORES ON SPEED OF EXPERIMENTAL AND CONTROL GROUP



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TABLE - IV
COMPUTATION OF "t" RATIO BETWEEN THE PRE AND POST TESTS
SCORES ON AGILITY OF EXPERIMENTAL AND CONTROL GROUP

GROUP	TEST	Mean	S.D	DM	σ DM	't'	Table value
Experimental Group	Pre Test	10.86	0.23	1.37	0.20	6.85*	2.14
	Post Test	9.49	0.72				
Control Group	Pre Test	11.96	0.23	0.06	0.110	0.66	
	Post Test	11.90	0.45				

* Significant Level of significant was fixed at 0.05 with df 14 Table value 2.14

Table IV Indicates of mean and standard deviation and 't' results of experimental and control groups of agility of interuniversity Handball players. The experimental group pre and post -test mean values are 10.86 and 9.49 and standard deviation values are 0.23 and 0.72 and obtained 't' value is 6.85* is greater than table value 2.14 with df 14. And control group mean values are 11.96 and 11.90 and standard deviation 0.23 and 0.45 the obtained 't' value 0.66 is lesser than table value 2.14. The finding of the study indicates statistically proved that experimental group showed significant improvement on agility due to game specific skill training on interuniversity men Handball players.




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FIGURE – 2
SHOWING COMPUTATION OF "t" RATIO BETWEEN THE
PRE AND POST TESTS SCORES ON AGILITY OF
EXPERIMENTAL AND CONTROL GROUP

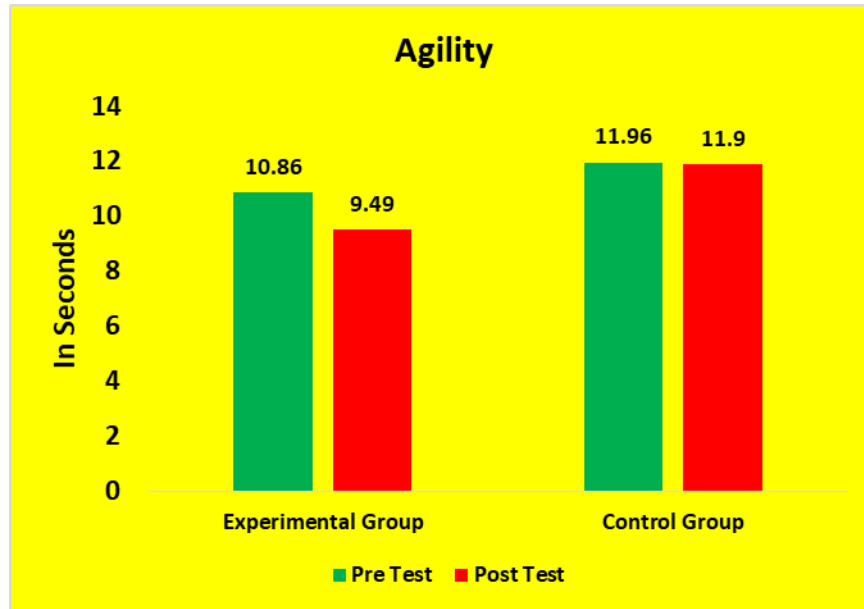
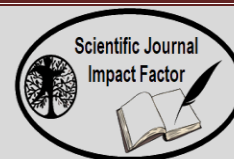


TABLE - VI
COMPUTATION OF "t" RATIO BETWEEN THE PRE AND POST TESTS
SCORES ON LEG EXPLOSIVE POWER OF
EXPERIMENTAL AND CONTROL GROUP

GROUP	TEST	Mean	S.D	DM	σ DM	't'	Table value
Experimental Group	Pre Test	1.78	0.14	0.60	0.04	15.0*	2.14
	Post Test	2.38	0.07				
Control Group	Pre Test	1.77	0.03	0.017	0.02	0.58	
	Post Test	1.75	0.11				



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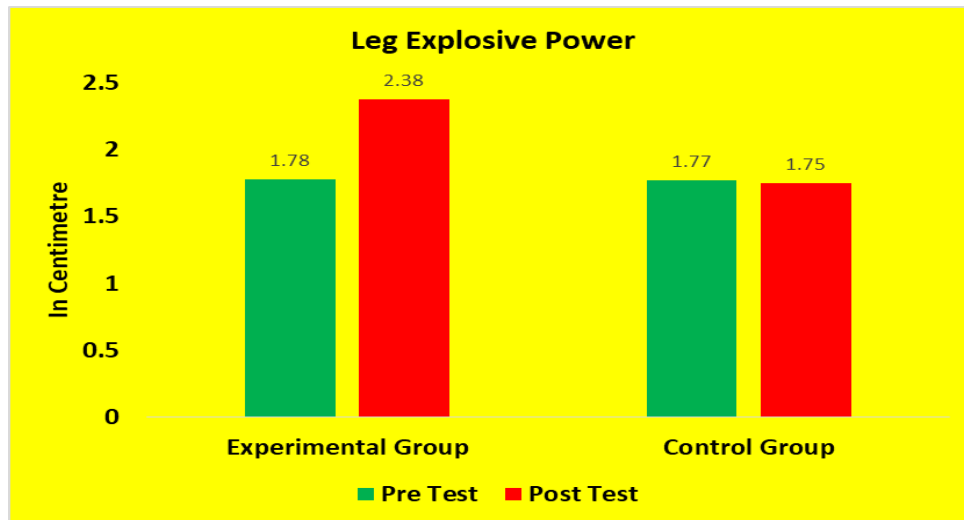
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* Significant Level of significant was fixed at 0.05 with df 14 Table value 2.14
 Table VI Indicates of mean and standard deviation and 't' results of experimental and control groups of leg explosive power of college men Handball players. The experimental group pre and post test mean values are 1.78 and 2.38 and standard deviation values are 0.14 and 0.07 and obtained 't' value is 15.0* is greater than table value 2.14 with df 14. And control group mean values are 1.77 and 1.75 and standard deviation 0.03 and 0.11 The obtained' value 0.58 is lesser than table value 2.14. The finding of the study indicates statistically proved that experimental group showed significant improvement on leg explosive power due to game specific skill training on college level men Handball players.

FIGURE – 3
SHOWING COMPUTATION OF “t” RATIO BETWEEN THE PRE AND POST TESTS SCORES ON LEG EXPLOSIVE POWER OF EXPERIMENTAL AND CONTROL GROUP



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TABLE-VIII
COMPUTATION OF "t" RATIO BETWEEN THE PRE AND POST TESTS
SCORES ON DRIBBLING OF EXPERIMENTAL
AND CONTROL GROUP

GROUP	TEST	Mean	S.D	DM	σ DM	't'	Table value
Experimental Group	Pre Test	8.84	0.53	1.34	0.20	6.42*	2.14
	Post Test	7.49	0.48				
Control Group	Pre Test	8.52	0.52	0.01	0.18	0.07	
	Post Test	8.51	0.47				

* Significant Level of significant was fixed at 0.05 with df 14 Table value 2.14 - Table VIII Indicates of mean and standard deviation and 't' results of experimental and control groups of dribbling of college men Handball players. The experimental group pre and post- test mean values are 8.84 and 7.49 and standard deviation values are 0.53 and 0.48 and obtained 't' value is 6.42* is greater than table value 2.14 with df 14. And control group mean values are 8.52 and 8.51 and standard deviation 0.52 and 0.47 The obtained 't' value 0.07 is lesser than table value 2.14. The finding of the study indicates statistically proved that experimental group showed significant improvement on dribbling due to specific skill training on college level men Handball players.




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FIGURE – 4
SHOWING COMPUTATION OF "t" RATIO BETWEEN THE
PRE AND POST TESTS SCORES ON DRIBBLING OF
EXPERIMENTAL AND CONTROL GROUP

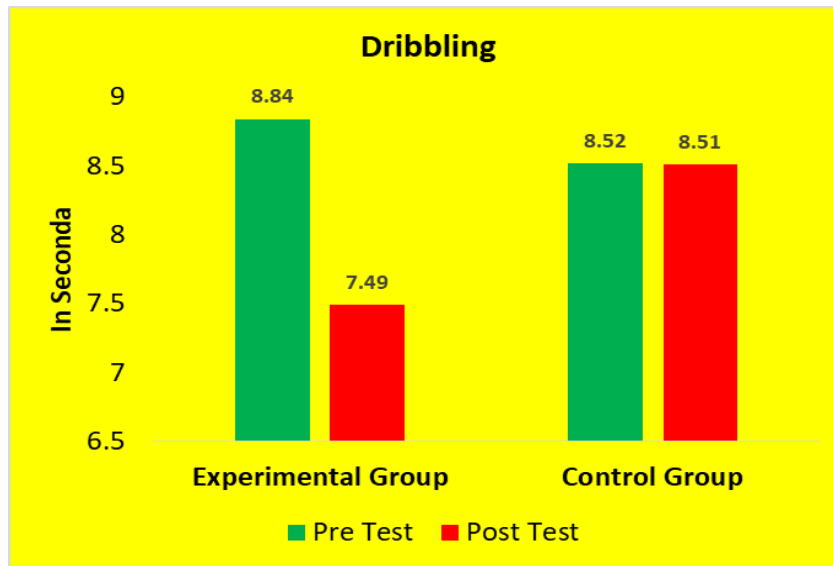
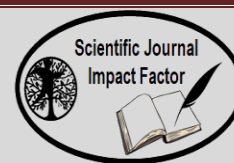


TABLE - X
COMPUTATION OF "t" RATIO BETWEEN THE PRE AND POST TEST
SCORES ON JUMP SHOT OF EXPERIMENTAL
AND CONTROL GROUP

GROUP	TEST	Mean	S.D	DM	σ DM	't'	Table value
Experimental Group	Pre Test	35.93	2.43	6.86	1.00	6.80*	2.14
	Post Test	42.80	4.0				
Control Group	Pre Test	36.0	4.0	1.06	1.81	0.58	
	Post Test	37.13	5.46				



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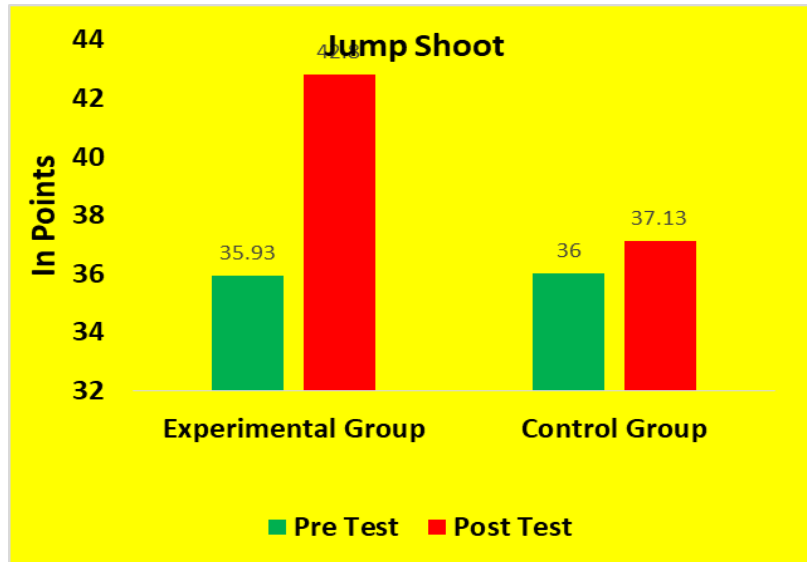
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* Significant Level of significant was fixed at 0.05 with df 14 Table value 2.14
 Table - XII Indicates of mean and standard deviation and't' results of experimental and control groups of jump shot of interuniversity men Handball players. The experimental group pre and post -test mean values are 35.93 and 42.80 and standard deviation values are 2.43 and 4.0 and obtained 't' value is 6.80 is greater than table value 2.14 with df 14. And control group mean values are 36.0 and 37.13 and standard deviation 4.0 and 5.46 The obtained't' value 0.58 is lesser than table value 2.14. The finding of the study indicates statistically proved that experimental group showed significant improvement on jump shot due to game specific skill training on college level men Handball players.

FIGURE – 5
SHOWING COMPUTATION OF "t" RATIO BETWEEN THE PRE AND POST TEST SCORES ON JUMP SHOT OF EXPERIMENTAL AND CONTROL GROUP



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DISCUSSION ON FINDINGS

1. The results of study reveal that, there was significant difference found on experimental group and control group and also when comparing the mean values of experimental group speed for experimental group is lesser than control group. The result of the study is in consonance with the research study done by **Chittibabu et al. (2014)**.
2. The results of study reveal that, there was significant difference found on experimental group and control group and also when comparing the mean values of agility of the experimental group, the control group having lesser agility. The result of the study is in consonance with the research study done by **Chittibabu et al. (2014)**.
3. The results of study reveal that, there was significant difference found on leg explosive power between experimental group and control group and also when comparing the mean values of leg explosive power, the control group has lesser leg explosive power than experimental Group. The result of the study is in consonance with the research study done by **Chittibabu et al. (2014)**.
4. The results of study reveal that, there was significant difference found on dribbling between experimental group and control group and also when comparing the mean values of dribbling, the control group has lesser dribbling than experimental group. The results of the study are in consonance with the research study done by **Raut, et al. (2012)**,
5. The results of study reveal that, there was significant difference found on overhead shot between experimental group and control group and also when comparing the mean values of overhead shot, the control group has lesser overhead shot than experimental group. The result of the study is in consonance with the research study done by **Chittibabu et al. (2014)**.
6. The results of study reveal that, there was significant difference found on jump shot between experimental group and control group and also when comparing the mean values of jump shot, the control group has lesser jump shot than

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experimental group. The result of the study is in consonance with the research study one by Nikolaosl et.al (2007).

DISCUSSIONS ON HYPOTHESES

1. The first hypothesis of the study was stated that there would be a significant difference in selected physical fitness variables namely speed, agility and leg explosive power due to the specific training. The results of the study revealed that there is a significant difference on selected physical fitness variables. Hence the investigator's first hypothesis was accepted.
2. The second hypothesis of the study was stated that there would be a significant difference in selected skill performance variables namely dribbling, overhead shot and jump shot due to the specific training. The result of the study revealed that there is a significant difference on selected skill performance variables. Hence the investigator's second hypothesis was accepted.
3. The third hypothesis of the study was stated that there was no significant difference in selected players

CONCLUSIONS

Based on the results of the present study the following conclusions have been drawn. It was concluded that the multi-tier training programme.

1. It was concluded that the game specific training group had shown significant improvement in all the selected physical fitness variable from base line to post test
2. Further it was concluded that the control group made an insignificant improve on selected physical fitness variable from base line to post test


5.3 RECOMMENDATIONS

The following recommendations have been made from the results of the study:

1. The study may be conducted on women handball players.
2. The same study can be conducted by increasing in terms of numbers of handball players as subjects
3. The same study can be conducted with other variables such as physiological, psychological, and socio-economical among the handball players

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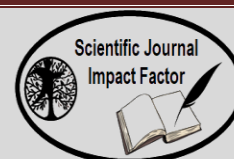
4. Similar study may be conducted at inter-university, state and national level handball.

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