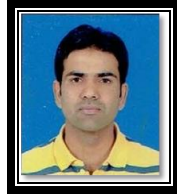

IMPACT OF SPORTS VISION TRAINING PROGRAM ON BATTING PERFORMANCE OF CRICKET PLAYERS



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ABSTRACT

The purpose of this study was to see the effect of sports vision training program on batting performance of cricket players. To achieve the purpose of the study 30 male cricket players from 100 club level male cricket players were randomly selected as subject. The selected 30 male cricketers were undergone the sports vision training program 10 weeks, three days in week for 30 minutes duration. The Pre test and the Post-test were conducted on batting performance. The criterion measures chosen to test the hypothesis were Paired “t”test. The hypotheses were tested at 0.05 levels of significance. The result revealed that sports vision training program showed significant improvement on batting performance of cricket players.

Keywords: Training program & Batting performance of Players.

INTRODUCTION

Cricket is basically a bat and ball game played between two teams of eleven players. Cricket is one of the oldest sports in the world. Cricket requires an incredible amount of vision skills especially for batsman. Visual skills are the key to a cricket player’s timing, co-ordination and overall performance. The visual system is like any other motor system in the body. It can be trained and improved through specific exercises just as athletes use sport-specific drills to improve overall sporting performance. Many studies have been conducted on the effect of sports vision training on vision skills of athletes in various sports. It has been argued that vision skills training exercises allow athletes to improve their vision skills and thus improve performance skills.

OBJECTIVE OF THE STUDY

The main objective of the study was to know the effect of sports vision training program on batting performance of cricket players.

HYPOTHESIS

- H₁: Sports vision training program will show significant improvement in batting performance of cricket players.

DESIGN OF THE STUDY

This is single group experimental study was designed to see the effect of sports vision training program on batting performance of male cricket players. To achieve the purpose of the study 30 male cricket players from 100 club level male cricket players were randomly selected as subject. The selected 30 male cricketers were undergone the sports vision training for 10 weeks, three days in a week for 30 minutes duration. The Pre and Post test were conducted on the selected batting performance variables of the subjects.

STATISTICAL ANALYSIS

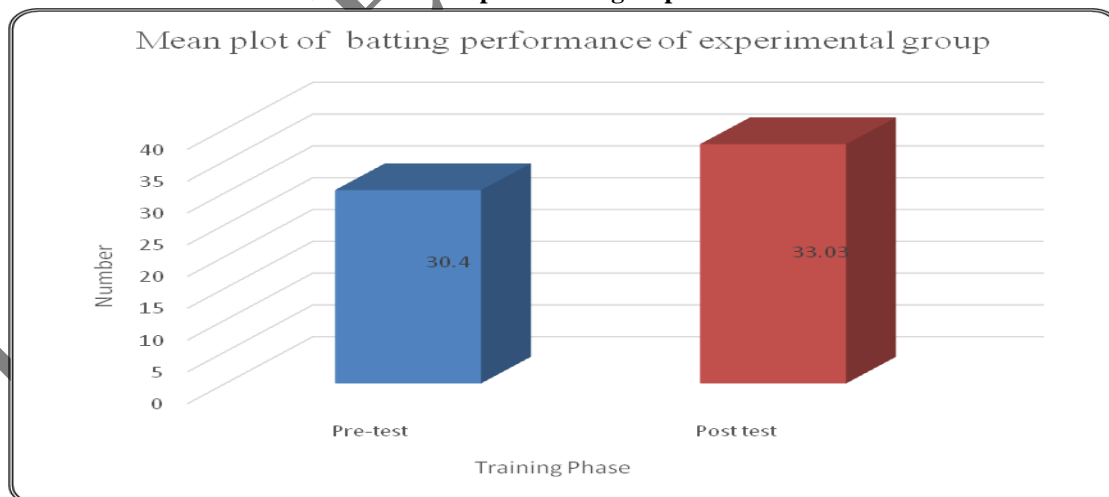
The hypotheses of the study were tested using Paired “t” test was used to analyse the effect of sports vision training on vision skills of male cricket players. The hypotheses were tested at 0.05 levels of significance.

RESULT AND FINDINGS

Table No: I
Analysis of pre and post test data of batting performance of experimental group

S.No	Criterion variables	Group	Mean	SD	SEM	T	Df	Standard Error of Difference
1.	Batting performance	Pre test	17.313	7.097	1.296	8.6370	29	0.719
		Post test	23.527	8.662	1.581			

Graph I Mean plot of batting performance of Experimental group



From the above Graph I it is evident that after 10 weeks of sports vision training the mean difference in batting performance of the experimental group was significant. Thus, the

10 weeks duration of the sports vision training program was effective for the improvement of batting performance of male cricket players. Hence hypothesis H₁: “Sports Vision Training program will show significant improvement in batting performance of male cricket players”, is accepted.

CONCLUSION

From the analysis of the data, the following conclusion are drawn given below.

Sports vision training program had showed significant improvement in batting performance of male cricket players.

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