



A STUDY ON THE EFFECT OF SAQ TRAINING FOR DEVELOPMENT OF SPEED AMONG KHO-KHO PLAYERS

Miss. Vijayalaxmi C. Mugalolli¹ and Dr. Srinivas²

¹Research Scholar , Dos in physical Education and sports sciences A.W. University Vijayapura.

²Research Guide , Dos in physical Education and sports sciences A.W. University Vijayapura.

ABSTRACT

The SAQ training is a vital component for kho-kho players for maximal speed and should be included in any conditioning program. SAQ training such as speed, agility and Quickness are very essential to the kho-kho players. SAQ training is used to increase the speed or force of muscular constructions, providing explosiveness for a Varsity of sport specific activities. The Purpose of the present study to find out the effect of SAQ training for the development of Speed among kho-kho players of Vijayapura. The sample for the present study is forty Sajjan school kho-kho Players from Vijayapura. The experimental group is 20 Boys kho-kho players and controlled group is 20 Boys kho-kho players. The six weeks of training were given to the experimental group which consists of SAQ training on alternate days i.e. three sessions per week and controlled group were given general training. 30 Meter Run were used for Pre Test and Post Test for both the group to find out the effect of SAQ training for development of Speed. This study shows that due to the SAQ training the experimental group has shown vast improvement compare to the controlled group in Pre Test and Post Test results. It is concluded that due the SAQ training there will improvement of Speed among kho-kho players.

KEYWORDS: SAQ Training, Kho-Kho, Speed etc.

INTRODUCTION

The term motor fitness is most often used synonymously with physical fitness by the coaches but it is very important for the physical education students to understand the basic difference between physical fitness and motor fitness. Physical fitness is used to denote only the five basic fitness components including additional five motor performance components (power, speed, agility, balance and reaction time), important mainly for success in sports. Speed is the facility to move your body swiftly. Speed is usually associated with running. SAQ Training is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of player and athletes to be more skilful at faster speeds and with greater precision. Speed training aims improving maximum velocity of movement throughout each and every general as well as sports specific activity.

The SAQ training is a vital component for kho-kho players for maximal speed and should be included in any conditioning program. SAQ training such as speed, agility and Quickness are very essential to the kho-kho players. SAQ training is used to increase the speed or force of muscular constructions, providing explosiveness for a Varsity of sport specific activities. SAQ training is useful for several sports notably soccer, rugby, basketball, track and field athletics, racket sports etc.



Speed is a key component of physical fitness which is very important for kho-kho players for giving high level of performance in competition.

METHODOLOGY:

The Purpose of the present study to find out the effect of SAQ training for the development of Speed among kho-kho players of Sajjan School. The sample for the present study is 40 Sajjan school kho-kho Players. The experimental group is 20 and controlled group is 20 boys’ kho-kho players. The six weeks of training were given to the experimental group which consists of SAQ training variables on alternate days i.e. three sessions per week and controlled group were given general training. SAQ training such speed, agility and Quickness are used in the training for the experimental group. 30 Meter Run were used for Pre Test and Post Test for both the experimental and controlled group to find out the effect of SAQ training for development of speed.

30 Meters Run:

Purpose: The aim of this test is to determine speed.

Equipment required: Measuring tape, or marked track, stop watch, Flat and clear surface of at least 50 meters.

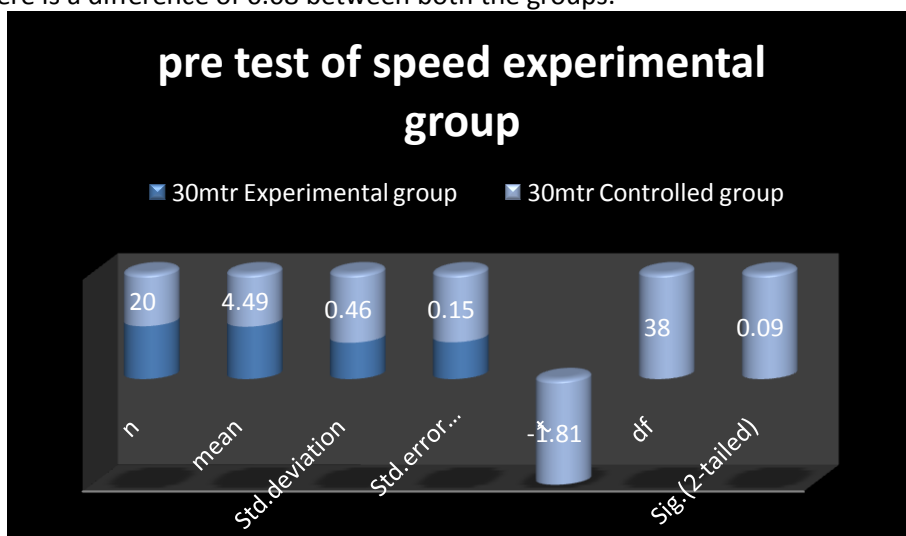
Procedure: The test involves running a single maximum sprint over 30 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be held for 2 seconds prior to starting, and no rocking movements are allowed. The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard through the finish line.

Results: This study shows that due to the SAQ Training exercise the experimental group has shown vast improvement compare to the controlled group in Pre Test and Post Test results.

Discussion Table - I

Pre test	Group	n	Mean	Std.deviation	Std.erro r mean	T	Df	Sig. (2-tailed)
30M	Experimental group	20	4.41	0.24	0.08	-1.81	38.00	0.09
30M	Controlled group	20	4.49	0.46	0.15			

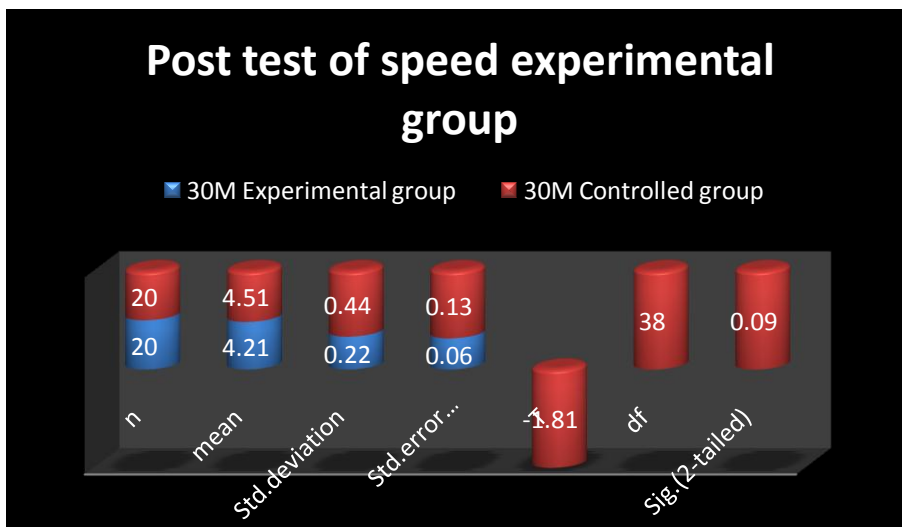
In Table No.1 in Pre Test in 30 M Run The Mean score of Experimental Group is 4.41 and controlled group is 4.49 there is a difference of 0.08 between both the groups.



Discussion Table - 2

Pre test	group	n	Mean	Std.deviation	Std.error mean	T	df	Sig. (2-tailed)
30M	Experimental group	20	4.21	0.22	0.06	-1.81	38.00	0.09
30M	Controlled group	20	4.51	0.44	0.13			

In Table No.2 in Post Test in 30 M Run the Mean score of Experimental Group is 4.21 and controlled group is 4.51 there is a difference of 0.30 between both the groups. The Experimental group has increased 0.20 between Pre Test to Post Test due to SAQ training exercise and controlled group is decreased by 0.03 due to the general training.



CONCLUSION:

Coaches around the world require athletes who are faster, quicker and more powerful which Makes difference between winners and losers. Speed, agility, and quickness are some of the most significant, and visible, components of Kho-kho success. It was concluded that SAQ Training was a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of player and athletes to be more skilful at faster speeds due to the SAQ training exercise there will improvement of Speed among kho-kho players in Sajjan school students of Vijayapura.

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