



EFFECT OF SPEED TRAINING ON PERFORMANCE OF FEMALE HOCKEY PLAYERS

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ABSTRACT

The present study was an attempt to evaluate the degree of motor fitness variables 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-values* 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 a days the existing evidence is used to examine the relationship between age related differences and Sensitometer system.

KEYWORDS: Effect of Speed Training on Performance of Female Hockey Players.

INTRODUCTION :

Today we found that daily life and because of this importance of 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 finding the experimental on 14 to 17 years girls hockey players in high school students.

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 girls 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.

Objective

To study the significant difference between Control and Experimental Groups respect to Speed.

METHODOLOGY:

Subject; the purpose of the study for 40 students of experimental selected of random as subject of girls hockey players Age 14 to 17.

The eight week physical training will be imparted on the selected sample subgroup of the research. Control group will not get any treatment whereas experimental group will make to exposé the training session .the following methodology will be used to establish the nature of relationship between the performances of hockey players.

Variable

The independent variable used in this present study is resistance training. The criteria 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 6am to 8am and evening 4pm 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 exports their

Regular training program:

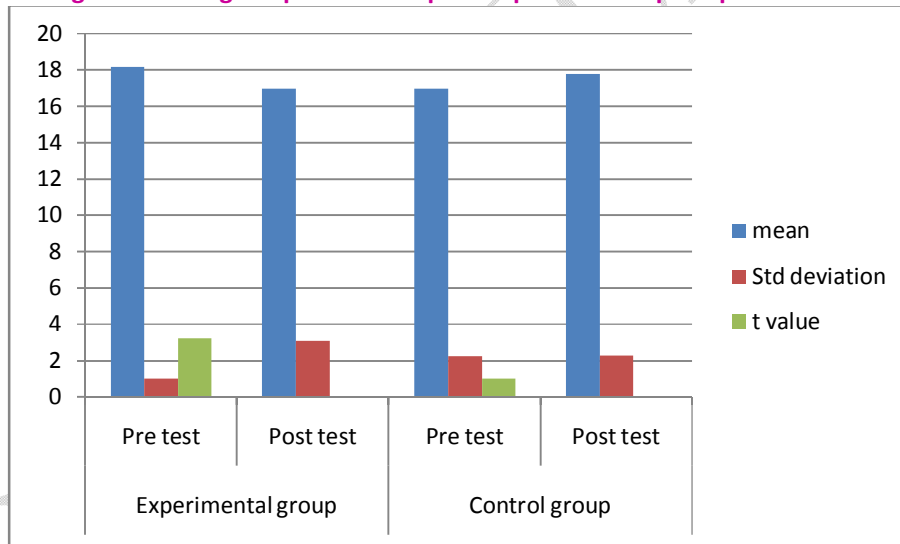
The table shows that pre test of speed between control and experimental group

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 No 1.1 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.

Figure: showing the 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 girl's 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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