IMPACT OF SPECIFIC PRE SEASON TRAINING OF SELECTED MOTOR FITNESS VARIABLES OF HANDBALL PLAYERS

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ABSTRACT

The purpose of this study was to find out the impact of specific pre season training package on selected motor fitness variables of handball players. The subject were 30 handball players, annamalai university. The age group of 20 to 24 years. For this purpose the investigator divided the selected 30 subject randomly in to two groups namely. Specific Pre-season training schedule group and Control group. The various test were administered prior to training (pre test) and eight week (final test) of the training schedule. The test- retest coefficients of correlation also indicated subjects reliability as the same subjects were used under similar conditions by the same tester. The practice of specific pre-season training schedule by the experimental group is significantly effective than the control group in promoting desirable changes in physical fitness variables of speed, agility, explosive power. The control groups did not show a significant improvement in motor fitness components. The experimental group showed a significant improvement in motor fitness components of agility and explosive power due to eight weeks specific pre season training schedule.

Keywords: Specific Pre Season Training, Motor Fitness Components, Agility and Explosive Power.

INTRODUCTION

The sports performance in international competition and tournaments not only denote the high level of efficiency of an individual sportsmen but also give expression to the overall efficiency of a nation. Society and culture to which she or he belongs.

There are so many factors to improve high level performance of a player or an athlete. Here investigator mentions few things which are required for high level performance. Especially, facilities, fitness components, physiological factors, psychological effects and particular skills. These factors play vital role in improving high level performance.
Physical fitness is defined as the ability of the body to adapt and recover from strenuous exercises. The sports performance depends largely on physical fitness, i.e., strength, speed, endurance, flexibility and various co-ordinative abilities. The process of improvement of motor abilities is also called conditioning.

Physical fitness is a matter of fundamental importance to the well being of every individual in the field of Physical Education. Physical fitness components and specific training schedule of skill ability are very important factors for volleyball players. This components of training schedule and development of skill ability are more important to the volleyball players in game situation.

Pre Season Training

According to Patryneal (1969) the pre-season training is the time to perfect skills, work on fundamentals, ponder strategy and to strive for high level of conditioning with emphasis on strengthening the muscles involves in the sport and improving the players. Endurance, this programme should lead to a gradual improvement in physical fitness with the peak being reached during the season.

METHODOLOGY

The purpose of this study was to find out the impact of specific pre season training package on selected motor fitness variables such as agility and explosive power of volleyball players. The subject were 30 handball players, annamalai university. The age group of 20 to 24 years. For this purpose the investigator divided the selected 30 subject randomly in to two groups namely. Specific Pre-season training schedule group and Control group. The various test were administered prior to training (pre test) and eight week (final test) of the training schedule. The test-retest coefficients of correlation also indicated subjects reliability as the same subjects were used under similar conditions by the same tester.

The practice of specific pre-season training schedule by the experimental group is significantly effective than the control group in promoting desirable changes in physical fitness variables of agility and explosive power. The control groups did not show a significant improvement in motor fitness components. The various test were administered prior to training (pre test) and eight week (final test) of the training schedule.

RESULTS

Table I

<table>
<thead>
<tr>
<th>Sources of Variance</th>
<th>Degrees of Freedom</th>
<th>Sum of Squares</th>
<th>Mean Squares</th>
<th>F Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>1</td>
<td>5.331</td>
<td>5.331</td>
<td>59.724</td>
</tr>
<tr>
<td>Within Groups</td>
<td>27</td>
<td>2.41</td>
<td>0.08926</td>
<td></td>
</tr>
</tbody>
</table>

*Significance at 0.05 level *Table value for df 1 and 27 is 4.21

A examination of Table II indicates that the obtained F ratio 59.724 was greater than the required F ratio of 4.21 at 0.05 level. Therefore we reject the null hypothesis and conclude that the means differ significantly.

It is inferred from the results that a significant mean difference exist between specific training group and control group in developing agility after 8 week of training programme.
Table II

COMPUTATION OF ANALYSIS OF COVARIANCE FOR THE MEANS BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP IN EXPLOSIVE POWER

<table>
<thead>
<tr>
<th>Sources of Variance</th>
<th>Degrees of Freedom</th>
<th>Sum of Squares</th>
<th>Mean Squares</th>
<th>F Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>1</td>
<td>1.13257</td>
<td>1.1357</td>
<td>565.41</td>
</tr>
<tr>
<td>Within Groups</td>
<td>27</td>
<td>0.06893</td>
<td>0.0022</td>
<td></td>
</tr>
</tbody>
</table>

*Significance at 0.05 level

An examination of Table III indicates that the obtained F ratio 51.29873 was greater than the required F ratio of 4.21 at 0.05 level. Therefore we reject the null hypothesis and conclude that the means differ significantly.

CONCLUSION

The following conclusions are drawn based on the findings of the study.

1. The practice of specific pre-season training schedule by the experimental group is significantly effective than the control group in promoting desirable changes in physical fitness variables of agility, explosive power.
2. There was a showed that significant difference among experimental group and control group physical fitness variables of agility, explosive power after eight weeks pre season training schedule.

REFERENCE