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IMPACT OF CONVENTIONAL TRAINING ON DRIBBLING ABILITY OF NOVICE HOCKEY PLAYERS

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Abstract

The purpose of the study was to find out the effect of conventional training on dribbling ability of novice hockey players. To achieve the purpose of the present study, thirty men novice hockey players from Selvam Educational Institutions, Namakkal, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups as conventional training group (CTG) and control group (CG) in an equivalent manner. Dribbling ability was measured by subjective rating by coaches. The conventional training group participated for a period of six weeks for alternate three days in a week and the post-tests were taken. To find out the difference between the two groups paired 't' test was used. The result reveals that the conventional training group showed better performance on dribbling ability than the control group owing to the effects of conventional training.

Key words: *Hockey, Dribbling, Conventional Training.*

Introduction

In sports and games the performance is inevitable. Nowadays, the nature of sports and games has gone through tremendous radical changes in international arena. Identification of effective players is becoming a crucial, because day by day the games have become highly competitive.

Conventional training is required to cover essential work-related skills, techniques and knowledge, and much of this section deals with taking a positive progressive approach to this sort of traditional training methods. Importantly

however, the most effective way to develop fundamental skills is through conventional skills training method was found throughout the history.

Purpose of the study

The purpose of the study was to find out the effect of conventional training on dribbling ability of novice hockey players.

Hypothesis

It was hypothesized that the conventional training group would show

significant improvement on dribbling ability than control group.

Methodology

To achieve the purpose of the present study, thirty men novice hockey players from Selvam Educational Institutions, Namakkal, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups as conventional training

group (CTG) and control group (CG) in an equivalent manner. Dribbling ability was measured by subjective rating by coaches. The conventional training group participated for a period of six weeks for alternate three days in a week and the post-tests were taken. To find out the difference between the two groups paired 't' test was used.

Results and Discussions

The primary objective of the paired 't' ratio was to describe the differences between the pre-test and post-test mean of novice hockey players.

TABLE – I
SUMMARY OF 't' RATIO ON SELECTED PSYCHOLOGICAL VARIABLES OF EXPERIMENTAL GROUP

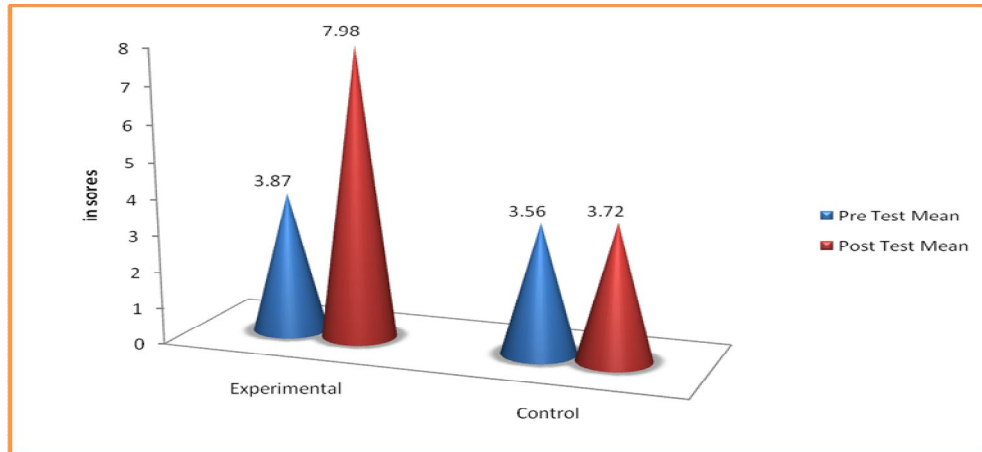
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Experimental	3.87	7.98	4.11	0.76	0.16	11.04*
2	Control	3.56	3.72	0.16	0.63	1.10	1.56

An examination of table - I indicates that the obtained 't' ratio for experimental group was 11.04. The obtained 't' ratio was found to be greater than the required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence it was found to be significant. The obtained 't' ratios

for control group was 1.56. The obtained 't' ratio was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence it was found to be insignificant

FIGURE – I

**PRE AND POST TEST DIFFERENCES OF THE EXPERIMENTAL GROUP
ON SELECTED PSYCHOLOGICAL VARIABLES**



Discussions and Conclusions

In case of dribbling ability of novice hockey players the results between pre and post (6 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that six weeks of conventional training group had significant effect on dribbling of novice hockey players. Hence the hypothesis earlier set that conventional training would have been significant effect on dribbling ability in light of the same the hypothesis was accepted. The result reveals that the conventional training group showed better performance on dribbling ability than the control group owing to the effects of conventional training.

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