



## EFFECT OF SAQ TRAINING ON SELECTED COORDINATIVE ABILITY OF COLLEGE LEVEL CRICKETERS

Dr. P. SENTHIL KUMAR

Assistant Professor, Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education  
Coimbatore, Tamil Nadu

### ABSTRACT

The purpose of the study is to find out the effect of SAQ Training on Selected coordinative ability of college level cricketer. To achieve the purpose of this study 30 cricketers as a subjects from SRMV Maruthi College of Physical Education Coimbatore, Tamil Nadu. At Random group design was used in this experimental study. Thirty subjects were selected from the age group of 18-28 years. In each category 15 was experimental group and 15 was Control group. Pretest was conducted in all the selected variables and post test was conducted after 6 weeks training. Pretest was conducted in all the selected coordinative abilities and post test was conducted after 6 weeks SAQ training. Pre and post tests were also be conducted in the coordinative abilities namely; Space orientation ability and Complex reaction ability as testing with standardized tools as Space orientation ability set, Complex reaction ability set and digital stop watch. The data was collected before and after the training programmes and statistically analyzed by using dependent 't' test. These results illustrate how to develop the coordinative abilities while providing SAQ training for the Cricketers.

**KEYWORDS:** SAQ Training, Cricket Players.

### INTRODUCTION

Speed, agility, and quickness are some of the most significant, and visible components of athletic success. An improvement in the ability to react quickly, apply significant force rapidly in the appropriate direction, and to redirect that force if needed is the ultimate goal of a program to improve speed, agility, and quickness. A carefully designed program that addresses these factors of athleticism significantly improves overall performance and reduces the risk of injury. Speed, agility, and quickness all involve learned motor skills. Although the magnitude of proficiency will vary with each individual, learning the efficient and effective execution of these skills can improve overall athletic ability (Brown, Ferrigno&Santana, 2000).

### METHODOLOGY

The purpose of the study is to find out the Effect of SAQ Training on Selected coordinative ability of college level cricketers. The experimental group underwent SAQ training for six weeks 5 days per week for 60 minute per day and the control group is not given any specific training. After six weeks of training the experimental design used is pre test and post test randomized group design. Coordinative abilities were assessed by using Numbered Medicine Ball Run test and Ball Rolling reaction test.

### SELECTION OF SUBJECTS

To achieve this purpose a total number of 30 college level cricketers in the age group of 18 – 28 years

were randomly selected from Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Coimbatore, Tamil Nadu. Among the selected subjects, 15 were experimental group and 15 were control group.

### SELECTION OF VARIABLES

The following coordinative abilities were selected and the data were collected using the appropriate tools.

S. N O	VARIABLES	TEST	UNIT OF MEASURES
<b>COORDINATIVE ABILITIES</b>			
1	Space orientation ability	Numbered Medicine Ball Run test	In 10/100
2	Complex reaction ability	Ball Rolling reaction test	In Centimeters

### EXPERIMENTAL DESIGN

The study is formulated as a true random group design, consisting of a pre-test and post-test. Thirty subjects were randomly selected from Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Coimbatore, Tamil Nadu. The subjects (N=30) were randomly assigned in to two groups namely Group-I experimental group (n=15) and Group-II control group (n=15) of fifteen subjects each. Pre-test is conducted on selected coordinative abilities: Space orientation ability and Complex reaction ability for two groups. The

readings are carefully recorded in their respective unit as pre-test score. After pre- test the experimental group underwent six weeks of SAQ with yoga training for 5 days per week for 60 minute per day and the control group is not given any specific training. After six weeks of training, post- test is conducted and the readings are carefully recorded as post test score.

#### TRAINING

The SAQ training activities was given to the experimental groups for a period of 6 weeks as follows:

- **Training period:** 6 weeks
- **Training sessions:** 5 days per week
- **Duration of one session:** 60 minutes

Post tests were conducted for both the groups in all the selected variables as in the pre tests.

#### STATISTICAL TECHNIQUE

The collected data were analyzed using 't' ratio to find out the significant improvement in the selected coordinative abilities by both the groups. It was considered as the most appropriate statistical technique Paired-Sample 't' test is applied for the study.

#### RESULTS AND DISCUSSION OF 't' RATIO

The results of the significant difference between the pre tests and post tests were analyzed using t ratio and the results are presented.

**TABLE-I**  
**SIGNIFICANCE OF MEAN GAINS /LOSSES BETWEEN PRE AND POST TEST OF EXPERIMENTAL GROUP ON COORDINATIVE ABILITIES**

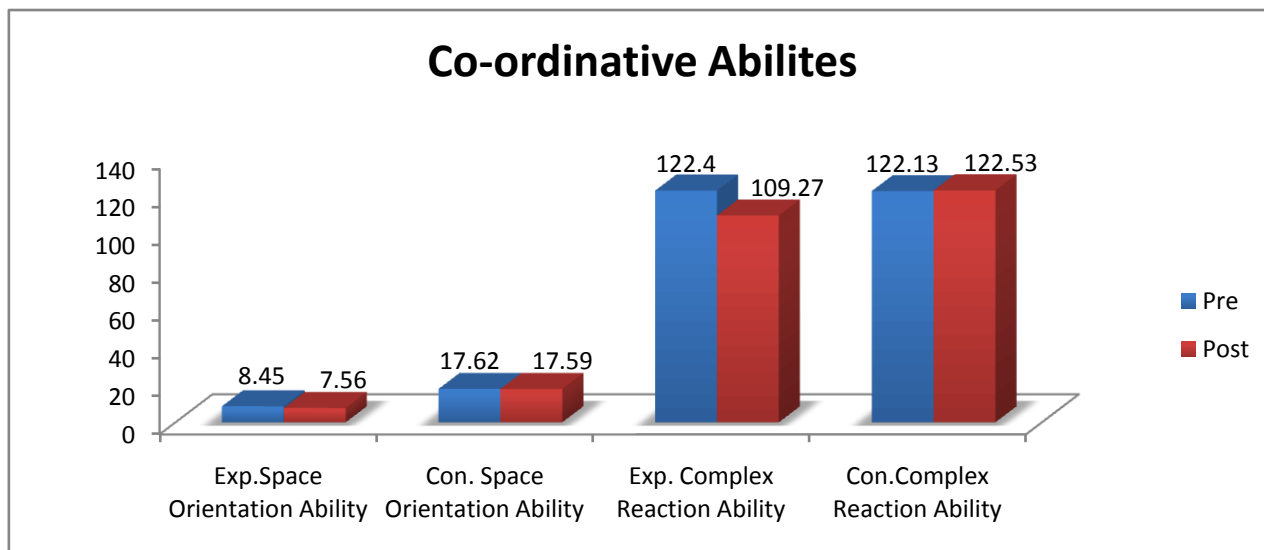
Group	Variables	Pre mean ±S.D	Post mean ±S.D	Mean . Diff	Std. Error	DF	't' ratio
Experimental	Space Orientation Ability	8.45 ±0.34	7.56 ±0.23	0.89	0.06	14	15.47*
	Complex Reaction Ability	122.40 ±15.14	109.27 ±12.15	13.13	1.35	14	9.69*
Control	Space Orientation Ability	17.62 ±0.21	17.59 ±0.22	0.05	0.03	14	2.09
	Complex Reaction Ability	122.13 ±15.26	122.53 ±15.62	0.40	0.29	14	1.38

\*Significant at 0.05 level

Table-I indicates that the coordinative abilities are: 15.47 (Space Orientation Ability) and 9.69 (Complex Reaction Ability). The obtained 't' ratios on all the coordinative abilities are greater than the table value of 2.14 for degrees of freedom 14. It is observed that the mean gains and losses of training group made from pre and post-test are statistically significant. The obtained 't' ratios 2.09 (Space Orientation Ability) and 1.38 (Complex

Reaction Ability) on all the coordinative abilities are lesser than the table value of 2.14 for degrees of freedom 14. It is observed that the mean gains and losses of control group made from pre and post-test are statistically insignificant. Graphical representation of pre-test and post-test means of coordinative abilities of experimental group on Space Orientation Ability and Complex Reaction Ability are presented in figure-1.

**FIGURE – 1**  
**BAR DIAGRAM SHOWING PRE AND POST TEST MEANS OF EXPERIMENTAL GROUP ON COORDINATIVE ABILITIES**



#### DISCUSSION ON FINDINGS OF COORDINATIVE ABILITIES

The result of the study had revealed that there is significant difference in coordinative abilities of the experimental group from pre test to post test.

- The result of the study had revealed that there is no significant difference in coordinative abilities of the control group from pre test to post test.
- The results also reveal that the experimental group had significantly improved coordinative abilities. Whereas the control group showed no significant improvement on coordinative abilities.

The results were supported with *the* results of the study conducted by Gunnar Mathisen(2015). In which speed training on sprint and agility performance had improved Coordinative abilities.

#### CONCLUSIONS

1. There was a significant improvement on Coordinative abilities between pre and post – tests of the experimental group as a result of 6 weeks of yoga asana with cricket skill training programme.

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