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Effect of specific package of training on selected skill performance variables of male cricket players

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Abstract

The purpose of the study was to find out the effect of specific package of training on selected skill performance variables of male cricket players. To achieve the purpose of the study 40 male cricketer selected from Visva-Bharati University, Santiniketan, West Bengal, their age ranges between 18 to 25 years. Two groups namely experimental and control, their pre and post test conducted on the following skill performance namely Throw for Accuracy, Foot Movement and Bowling Accuracy. The subjects were exposed to respective experimental training for a period of six weeks. The collected data were analysis with dependent 't' test. The result of the study shows that there was a significant improvement on the selected skill performance. The result of the study also shows that the specific package of training was useful to enhance skill performance.

Keywords: Skill performance, throw for accuracy, foot movement and bowling accuracy

Introduction

Cricket involves continuous changes from high intensity to rest. During the periods of high intensity, it's critical that you use energy quickly for maximum speed, strength and power output. Stamina refers to your body's ability to process, deliver, store and utilize energy, which is an essential fitness component of cricket. Matches can last anywhere from one hour to several hours. As a result, endurance is a fitness component that can improve your performance. Endurance involves the ability of your cardiovascular and respiratory systems to gather process and deliver oxygen to working tissues and muscles. Strength is your ability to apply force using a single muscle or combination of muscle groups. In cricket your strength plays an important role in preventing chronic and acute injuries and in increasing your performance. Building your strength can be achieved with traditional weight lifting and exercises such as squats, lunges, presses and Olympic lifts. Speed is your ability to repeat movements in a short time frame, and cricket players use speed while running on offense and defense. You can build and improve your speed using plyometric exercises, shuttle sprints or speed workouts.

The ability to field, throw and hit requires a high-level of coordination and agility. Coordination in cricket refers to your ability to combine several complex movement patterns into one smooth movement. You can improve your coordination through repeated practice sessions reinforcing proper mechanics. Agility refers to your ability to minimize the transition time between movements. In cricket you use agility while playing defense and running the bases to score a run. The fitness component of accuracy refers to your ability to control movements in a specific direction or specific intensity. Similar to coordination, you can improve your accuracy through repeated practice. Power is your ability to apply a maximum amount of force in a minimum amount of time. Improving your power can be achieved by improving your strength with strength training, Olympic lifts, plyometrics and speed training. In cricket your accuracy and power are essential fitness components for bowling and batting. Specific package of training is essential in modern cricket.

Purpose of the Study

The said research study was helpful to examine the changes on skill performance variables and improvement due to specific package training for male cricketers.

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The result of the study would be useful for the male university cricket players to improve their performance. The physical education teachers and cricket coaches would be benefited and can formulate the training schedule for the cricket players. The present research would add the quondam of knowledge in the area of cricket.

Hypothesis

There was a significant improvement on chosen skill performance variables due to the specific package of training for the male cricket player.

Delimitations

The study was delimited to the following aspects.

- 1) The study was delimited to 40 men cricket player.
- 2) The subjects of the study were selected from Visva Bharati University, West Bengal.
- 3) The subject’s age was ranged between 18 to 25 years.
- 4) The Specific package training for the study was 6 weeks.

Limitations

The study was delimited to the following aspects

- 1) The researcher was not considering the past experience of the university cricket player.
- 2) The life style and metabolic

functions of the subjects was not being considered in this study. 3) Their sociological aspects and their day-to-day activities were not being considered.

Methodology

To achieve the purpose of the study 40 male cricketer selected from Visva-Bharati University, Santiniketan, West Bengal, their age ranges between 18 to 25 years. Two groups namely experimental and control, their pre and post test conducted on the following skill performance variables namely throw for accuracy, foot movement and bowling accuracy. The subjects were exposed to respective experimental training for a period of six weeks. Throw for accuracy, foot movement and bowling accuracy were tested through five point scale by the three cricket expert. The collected data were analysis with dependent ‘t’ test.

Statistical Technique

Dependent ‘t’ test was calculated for the data collected from the subjects during Pre and Post-tests. The level of significance will be fixed as 0.05 to test the hypothesis.

Result and Discussion

Table I: Mean and SD and ‘t’ Ratio of Pre-Test & Post-Test of Skill Performance

Variables	Group Name	Mean		SD		SD Error		df	‘t’ ratio
		Pre	Post	Pre	Post	Pre	Post		
Skill Performance	Control	2.32	2.60	0.16	0.20	0.05	0.05	38	3.82
	Experimental	2.55	3.34	0.20	0.24	0.05	0.07		

*Significant at 0.05 level of confidence for 1 and 38(df) = 2.02

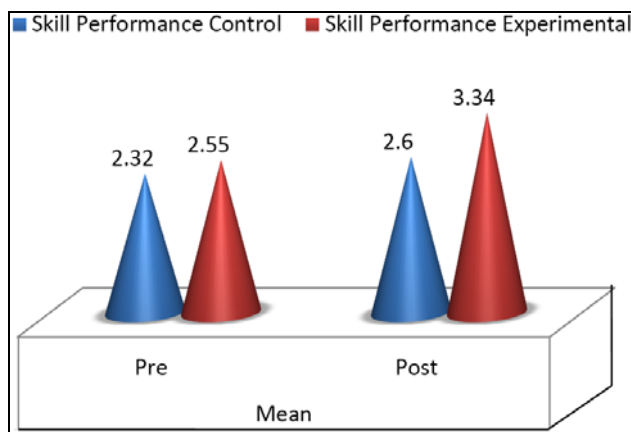


Fig I: Cone Diagram of Mean Value of Skill Performance

The above table shows that the pre-test and post-test mean value of skill performance for control and experimental group that were 2.32, 2.55 and 2.60, 3.34 respectively. The SD value of pre-test and post-test of skill performance for control and experimental group were 0.16, 0.20 and 0.20, 0.24 respectively. The obtained “t” value was 10.41 which was grater then the table “t” value hence it was accepted as significant.

Conclusion

Based on the results obtained, the following conclusion were drawn- It was concluded that the skill performance such as throw for accuracy, foot movement and bowling accuracy of the Visva-Bharati University cricket men player was enhanced due to six weeks specific package of training. It was also concluded that the skill performance of the Visva-Bharati

University cricket men player was significantly improved due to the specific package of training. So therefore the effect of specific package of training was a useful one in case of cricketer to improve their skill performance which is very essential for modern cricket game.

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