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## Effect of sports specific training on skill performance variables of hockey players

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### Abstract

**Objective:** The principal objective of this study was to investigate effect of effect of sports specific training on skill performance variables of hockey players.

**Participation:** Thirty male hockey players were randomly selected from S.S.D.M. College, Kovilpatti, Tamil Nadu and their age ranged between 18 to 21 years old.

**Method and Measures:** The subjects were randomly assigned to two equal groups (n=15) namely experimental group and control group. Experimental group underwent sports specific training for a period of eight weeks and control group did not participate in any kind of protocol-related exercises under supervision or sports specific training. The variables such as namely Moving with the ball and Shooting target were selected as dependent variables. Pre and post-assessment random group design was used for this study.

**Statistical technique:** The dependent 't' test was applied to determine the difference between the means of two groups. To find out whether there was any significant difference between the experimental and control groups. To test the level of significant of difference between the means 0.05 level of confidence was fixed.

**Results:** The result of the study shows that, there was a significant improvement takes place on Moving with the ball and shooting target of hockey players due to the effect of eight weeks sports specific training and also concluded that, there was a significant difference exists between experimental and control group.

**Conclusion:** sports specific training can also be used to help improve sports skill performance, as it can help to develop moving with the ball and Shooting target variables on hockey players.

**Keywords:** Hockey players, sports specific training, skill performance variables, moving with the ball and shooting target

### Introduction

Hockey, a thrilling team sport, is celebrated for its high-octane action and versatility, being played on various surfaces, including ice, field, and indoor courts. It enjoys global popularity, lauded for the harmonious blend of skill, speed, and physicality it showcases. Field hockey, commonly referred to as hockey, adheres to a standard format with each team fielding eleven players, comprising ten outfield players and a goalkeeper. The objective is to manoeuvre a hockey ball across the pitch by skilfully striking it with hockey sticks, ultimately aiming to breach the opposing team's shooting circle and score goals. Victory is claimed by the team that accumulates the most goals. The game unfolds on surfaces like grass, watered turf, artificial turf, or indoor boarded courts. Participation in hockey fosters the development of crucial social skills such as teamwork, effective communication, and personal perseverance. Simultaneously, it offers an engaging pursuit that refines attributes like speed, hand-eye coordination, and cardiovascular fitness. Hockey stands as a dynamic sport that not only entertains but also contributes to personal growth and physical well-being.

Field hockey-specific training yields several advantages for players of the sport. It enhances fundamental skills such as dribbling, passing, shooting, and defensive techniques, allowing athletes to excel in these essential aspects of the game. Furthermore, field hockey-specific drills elevate game intelligence by enhancing players' situational awareness and decision-making abilities, helping them read the game better.

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Position-specific training is particularly beneficial, honing the skills required for each player's specific role on the field, whether as forwards, midfielders, defenders, or goalkeepers. Moreover, this training prioritizes physical conditioning, fostering endurance, agility, strength, and speed, all crucial for success in the fast-paced world of field hockey. Lastly, it cultivates mental toughness, aiding players in staying focused and resilient under pressure. In essence, field hockey-specific training is a comprehensive approach that amplifies skills, game understanding, physical capabilities, and mental resilience, contributing significantly to a player's prowess on the field.

**Methods and Measurement**

**Participation**

Thirty male hockey players were randomly selected from S.S.D.M. College, Kovilpatti, Tamil Nadu and their age ranged between 18 to 21 years old.

**Design**

The subjects were randomly assigned to two equal groups

(n=15) namely experimental group and control group. Experimental group underwent sports specific training for a period of eight weeks and control group who did not participate in any special training other than the regular routine activity.

**Control Group**

Players in the control group did not participate in any kind of protocol-related exercises under supervision or sports specific training. They however started their regular hockey training and activities.

**Statistical Methods**

The collected data before and after training period of six weeks on the above said variables due to the effect of sports specific training was statistically analysed with 't' test to find out the significant improvement between pre and post-test. In all cases the criterion for statistical significance was set at 0.05 level of confidence. ( $p < 0.05$ ).

**Table 1:** The t-ratio shows the speed and dribbling ability of hockey players

Variables	Group	Pre mean	Post mean	SD	SEM	t-ratio
Moving with the ball	Experimental	1.66	2.40	0.45	0.11	6.2*
	Control	1.53	1.86	0.61	0.15	2.0
Shooting in target	Experimental	8.60	10.60	0.65	0.16	11.8*
	Control	7.86	8.33	1.24	0.32	1.4

**Note:** Significant\* level 0.05 level degree of freedom (2.14, 1 and 14)

Table 1 contains the mean, standard deviation, and t-value that were calculated for every consequence measure. The findings show that the experimental group and control group's pre-test mean values were (1.66,8.60)and (1.53,7.86) respectively, and that the groups' post-test mean values were (2.40,0.65), and (0.61,8.33), respectively. The experimental group's Moving with the ball and Shooting in target were measured using the dependent t-test, with results of t 6.2 and

11.8 respectively. The value in the table must indicate a difference with 10 degrees of freedom and a confidence level of 0.05 to be considered significant. The experimental group's 't' test result exceeded the table's value of 2.14. The findings made it clear that sports specific training had a positive impact on hockey players' skill performance variables namely Moving with the ball and Shooting in target.



**Fig 1:** Shows the mean value of the skill performance variables of hockey players

**Discussion on findings**

The result of the present study showed the effect of sports specific training on Moving with the ball and Shooting in target of hockey players and there was a difference between experimental group and control group. The findings of the present study are in line with investigator referred in this study. Speed and dribbling ability also are developed due to

the sports specific training after 8 week training period. Kumar (2019) [1] Impact of specific training on motor fitness and skill performance variables among hockey players. The result of the study was a significant increase on speed, strength endurance, dribbling and shooting after eight weeks of specific training programme. However the increase was favour of experimental group. Senthilkumar (2020) [2] Impact

of game specific training on dribbling and goal shooting among hockey men players. The result of the study was a significant increase on dribbling and goal shooting after twelve weeks of game specific training programme. However the increase was favour of experimental group. Kannappan (2018) <sup>[3]</sup> Effect of varied specific training on skill performance variables among school level hand ball players. The study was concluded that the plyometric training group, staircase training group and jump rope training group were better than the control group and also there is no significant deference among plyometric, staircase and jump rope training groups. Palani (2022) <sup>[7]</sup> Impacts of Game Specific Exercise On Skill Performance Variables among Handball Players. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to game specific exercise package given to the experimental group on dribbling and shooting when compared to control group.

### Conclusion

The benefits of sports specific training include increased Moving with the ball and shooting target increased dynamic balance and improved joint mobility. Sports specific training can also be used to help improve sports performance, as it can help to develop Agility, explosive power, flexibility, muscular core strength, and speed and also skill performance variables. Male hockey players' is skill performance variables all significantly improved after eight weeks of sports specific training. For hockey players, sports specific training is a suitable training method to produce the desired changes in skill performance variables. Thus, college level male hockey players should undergo a constant and systematic sports specific training programme focused at maximising dynamic performance.

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