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Effect of SAQ training on speed and dribbling ability of men hockey players

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Abstract

Objective: The principal objective of this study was to investigate effect of SAQ training on speed and dribbling ability of men hockey players.

Participation: Thirty male hockey players were randomly selected 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 SAQ training for a period of six weeks and control group did not participate in any kind of protocol-related exercises under supervision or SAQ training. The variables such as namely speed and dribbling ability 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 speed and dribbling ability of hockey players due to the effect of six weeks SAQ training and also concluded that, there was a significant difference exists between experimental and control group.

Conclusion: SAQ training can also be used to help improve sports skill performance, as it can help to develop speed and dribbling ability variables on hockey players.

Keywords: Hockey players, SAQ training, speed and dribbling ability

Introduction

Field hockey, also called hockey, outdoor game played by two opposing teams of 11 players each who use sticks curved at the striking end to hit a small, hard ball into their opponent's goal. It is called field hockey to distinguish it from the similar game played on ice. Field hockey is an exhilarating team sport that captivates players and fans alike with its blend of skill, speed, and strategy. Played on grass or artificial turf, it involves two teams, each comprising eleven players, including ten outfield players and a goalkeeper. The objective is to maneuver a small, hard ball using a curved stick and score goals by striking it into the opposing teams net. Field hockey demands precise ball control, accurate passing, and swift decision-making. With a history dating back centuries, field hockey has evolved into a popular global sport. It has a strong presence in countries like India, the Netherlands, Australia, and Germany, where it enjoys a passionate following. Beyond its competitive aspect, field hockey fosters teamwork, communication, and individual persistence. Players develop essential skills such as hand-eye coordination, speed, agility, and cardiovascular endurance. International competitions, including the Hockey World Cup and the Olympic Games, showcase the highest levels of talent and competition in the sport. Field hockey's fast-paced nature and universal appeal make it a captivating and enduring sport, celebrated for its athleticism and camaraderie on and off the field.

SAQ (Speed, Agility, and Quickness) training offers a multitude of benefits to hockey players seeking to enhance their on-ice performance. Improved speed is crucial for sprinting to create scoring opportunities or track down opponents, while agility drills enable players to navigate the fast-paced and unpredictable nature of the game with finesse. Additionally, quicker reaction times honed through SAQ exercises help players read plays, make split-second decisions, and intercept passes.

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Better balance, coordination, and functional strength derived from this training are vital for maintaining control during skating, passing, and shooting. SAQ workouts also contribute to cardiovascular fitness and reduce the risk of injuries by strengthening key muscles and enhancing body control. This comprehensive approach not only boosts physical attributes but also fosters mental toughness, providing players with a competitive edge and the ability to excel in the demanding world of hockey.

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 SAQ training for a period of six 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 moving circuit 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 SAQ 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
Speed	Experimental	8.02	7.72	0.13	0.46	8.2*
	Control	7.93	7.91	0.27	0.71	2.0
Dribbling ability	Experimental	14.64	13.82	0.41	0.10	7.5*
	Control	14.65	14.54	0.25	0.18	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 (8.02,14.64) and (7.93,14.65) respectively, and that the groups' post-test mean values were (7.72,13.82), and (7.91,14.54), respectively. The experimental group's speed and dribbling ability were measured using the dependent t-test, with

results of t 8.2 and 7.5 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 sand training had a positive impact on hockey players' speed and dribbling ability.

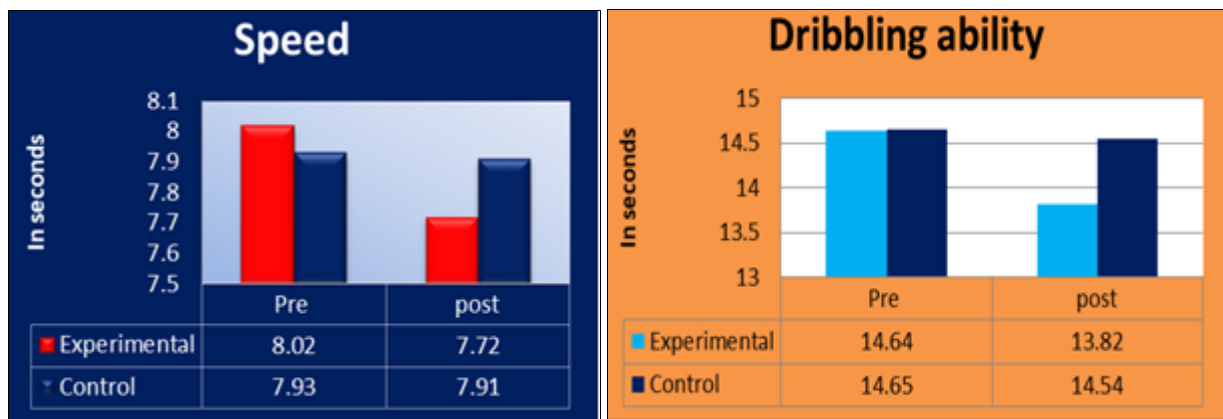


Fig 1: Shows the mean value of the speed and dribbling ability of hockey players

Discussion on findings

The result of the present study showed the effect of SAQ training on speed and dribbling ability 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 SAQ training after 6 week training period.

Azmi (2018) [12] Effect of exercise program speed, agility, and quickness (SAQ) in improving speed, agility, and acceleration. The results showed that there was a significant effect of speed, agility and quickness training program in

improving in speed, agility and acceleration. In summary, it can be concluded that the speed, agility and quickness training program can improve the speed, agility and acceleration of the soccer players. Diswar (2016) [10] Comparative effect of SAQ and circuit training programme on selected physical fitness variables of school level basketball players. The results show that SAQ training program was significantly better than circuit training program for speed and agility whereas circuit training program was better than SAQ training program for abdominal, arms & shoulder endurance being studied by the researcher. In case of explosive strength no significant

difference was found between both the training programs. Gill (2017) ^[1] Effects of 12 week SAQ training program on handball skill variables of handball players. The results showed that there is a significant difference found between all the handball skill variables.

Conclusion

Based on the results of the study the following conclusions were drawn.

It was concluded that the SAQ training enhanced the performance of speed and dribbling ability among hockey players. A study concluded that SAQ training significantly improved the speed and dribbling ability of hockey players. This training regimen enhanced their agility, quickness, and overall performance on the field, contributing to their effectiveness in the game.

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