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A correlational study on hockey skill test with the performance of yo – yo intermittent recovery test of east and north zone of India

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Abstract

For this study Purposive Random Sampling technique was applied to extract 50 (Fifty) male players of Hockey who have participated varsity from East and North Zone were selected as a subject. To find out relationship between yo - yo Intermittent Recovery Test and Football skill test of the varsity players "Pearsons's correlation" was employed at 0.05 level of significance and SPSS software was used for statistical calculations and the findings reveals that There is significant negative relationship between Hockey skill test and yo - yo Intermittent Recovery Test in Pre-Testing because the calculated significant value is much lesser then the level of significance 0.05 $r(48) = -.329, p=.020$.

Keywords: hockey, yo – yo intermittent recovery test

Introduction

A sportsman must progress through numerous stages in order to reach the maximum level of training and must excel in order to be competitive. For that, he must specialise on a single activity under the supervision and teaching of a skilled professional (Cihan. H *et al.*, 2012). Coaches and physical educators must realise the importance of science and technology in the successful administration of physical education and athletics programme today more than ever before. It is critical to understand why and how to choose a certain programme for gaining scientific information.

In the last year, there has been a growing focus on the nature of "physical fitness," not just in terms of general health but also in terms of the unique physical demands of competitive sports and certain highly specialized and demanding vocations. As a result of recent research, notably in the fields of ergonomics and physical education, it is now recognized that attaining and maintaining a high degree of physical fitness necessitates major efforts on the human body's functioning. Mathur, L. N., 1967.

The main purpose of this study is to find out the relationship between Hockey Skill test and the Yo – Yo Intermittent Recovery Test.

Delimitations

1. The study was confined to 50 (fifty) male players of Hockey those who have participated in Varsity tournament.
2. The study will further be delimited to specific yo - yo Intermittent Recovery Test.
3. The study will further be delimited to Harban's Singh Dribbling and Shooting Test
4. The study will further be delimited to specific standardized test of Hockey.
5. The study will be further be delimited to players from East and North Zone varsity level.

Limitation

No psychological techniques will be employed by the research scholar to enable the subjects to put up their best performance. However, the subjects were told to give their best output.

Hypothesis

It is hypothesized that yo - yo Intermittent Recovery Test will have significant relationship with Hockey skill test of varsity players.

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Methods and Procedure

Selection of Subjects

With the help of Purposive Random Sampling technique 50 (Fifty) male players of Hockey who have participated varsity from East and North Zone were selected as a subject.

Statistical Technique

To find out relationship between YO-YO Intermittent Recovery Test and Hockey skill test of the varsity players “Pearsons’s correlation” was employed at 0.05 level of

significance and SPSS software was used for statistical calculations.

Results and Findings

Table 1: Descriptive statistics of hockey and yo-yo intermittent recovery test

	Mean	Standard deviation	N
Hockey – (Post- Testing)	28.5808	3.68370	50
Yo-Yo Test – (Post-Testing)	1371.2000	240.27739	50

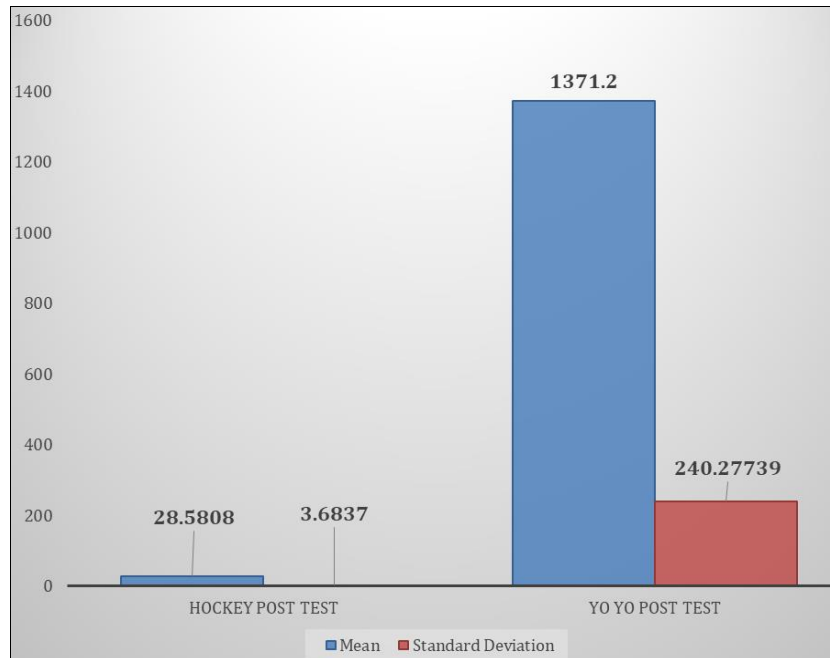


Fig 1: Graphical representation of descriptive statistics of hockey and yo-yo intermittent recovery test (Post-testing)

Table 2: Relationship of hockey skill test and yo-yo intermittent recovery test

		Hockey post-testing	YO-YO post -testing
Hockey post – testing	Pearson Correlation	1	.329*
	Sig. (2-tailed)		.020
	N	50	50
yo - yo post - testing	Pearson Correlation	.329*	1
	Sig. (2-tailed)	.020	
	N	50	50

*Level of Significance – 0.05

*Degree of Freedom – 48

The above table no.1 shows the descriptive statistics which includes Hockey Post – testing Mean score is - 28.5808 and Standard Deviation score is - 3.68370, whereas Yo-Yo Test – Post - Testing Mean value is - 1371.2000 and Standard Deviation value is - 240.27739. As a result, the hypothesis which was stated for this study was also accepted because there is significant relationship between Hockey skill test and Yo-Yo Intermittent Recovery Test in Pre-Testing because the calculated significant value is much lesser then the level of significance 0.05 $r(48) = -.329, p=.020$.

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