

EFFECT OF HANDBALL SPECIFIC SKILL TRAINING ON SELECTED SKILLS AND OVER ALL PLAYING ABILITY OF INTER-COLLEGIATE MEN HANDBALL PLAYERS

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Abstract:-The purpose of this study was to find out the effects of handball specific skills training on shooting, throwing and over all playing ability of inter college level handball players. To achieve the purpose of the study, (n=40) college men handball players were randomly selected from Bharathiar University inter-collegiate handball tournament. The age of the subjects ranged from 18 to 28 years. They were divided into two equals groups. The group I was named as experimental group and group II was named as control group. The investigator did not made any attempt to equate the group. The control group was not given any treatment and the experimental group was treated with handball specific skill training for five days per week for a period of six weeks handball specific skill training. The data was collected before and after training for period of pre-test, post-test for handball players. The statistical tool used was 't' test. The level of significant for the study was 0.05. The experimental group after the six weeks training was significantly improved in all selected variables.

Keywords:Shooting accuracy, Throwing accuracy, Overall playing ability.

INTRODUCTION

Handball is a team sport played by two male or female teams. The players are allowed to handle and throw the ball using their hands, but they must not touch the ball with their feet. The objective of the game is to score and avoid getting goals. A standard match consists of 2 quarters of 30 minutes, and the team with the most points wins. Barbara Schrodt (2011). Modern handball is usually played indoors, but outdoor variants exist in the forms of field handball. The game is played at a very high speed and body contact is permitted as precisely laid down in the "Rules of the game". Team handball provides you with a great workout. Playing team handball teaches you about team work. Team handball is good for your leg muscles. Team handball is good for your hand-eye coordination. Team handball is a fun, fast-paced sport that is full of running, jumping, throwing, and catching. Periodized handball specific training was comprised of resistance training, aerobic training, plyometric training, handball specific drill practice, and playing the game. This training was executed by adapting periodization principles of high intensity with low volume and low intensity with high volume for resistance and aerobic training modules alone. As for as plyometric training is concerned, which was treated progressive in nature.

METHODOLOGY

To achieve the purpose of the study, forty college men handball players were randomly selected from Bharathiar University inter-collegiate handball tournament. The age of the subjects ranged from 18 to 28 years. They were divided into two equals groups. The group I was named as experimental group and group II was named as control group. The investigator did not made any

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attempt to equate the group. The control group was not given any treatment and the experimental group was treated with handball specific skill training for five days per week for a period of six weeks handball specific skill training.

SELECTION OF TESTS

S.NO	VARIABLES	TEST ITEMS	UNIT OF MEASUREMENT
1	Shooting accuracy	ZINN handball skill test (1980)	In count
2	Throwing accuracy		In count
3	Over all playing ability	15min Game	In scores

RESULTS AND DISCUSSION

TABLE-I COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST-TEST MEANS OF CONTROL GROUP ON SHOOTING ACCURACY

Group	Mean	Standard deviation	Mean difference	Standard error mean	t-ratio
Pre-test	19.00	2.12751	.20	.37	.53
Post-test	18.80	1.79473			

*Significant at 0.05 level of confidence (2.48)

Table I reveals that the computation of ‘t’ ratio between mean of pre and post test on shooting accuracy of inter-collegiate men handball players. The mean values of pre and post test of control group were 19.00 and 18.80 respectively. Since, the obtained ‘t’ ratio .53 was less than the required table value 2.48 it was found to be statistically not significant for the degree of freedom 1 and 19 at 0.05 level of confidence. The results clearly indicated that the shooting accuracy of the control group had not significant.

TABLE-II COMPUTATION OF ‘t’ RATIO BETWEEN PRE AND POST-TEST MEANS OF EXPERIMENTAL GROUP ON SHOOTING ACCURACY

Group	Mean	Standard deviation	Mean difference	Standard error mean	t-ratio
Pre-test	19.10	2.07	3.50	.24	14.22*
Post-test	22.60	2.16			

*Significant at 0.05 level of confidence (2.48)

Table II reveals that the computation of 't' ratio between mean of pre and post-test on shooting accuracy of inter-collegiate men handball players. The mean values of pre and post-test of experimental group were 19.10 and 22.60 respectively. Since, the obtained 't' ratio 4.06 was higher than the required table value 2.48 it was found to be statistically significant for the degree of freedom 1 and 19 at 0.05 level of confidence. The results clearly indicated that the shooting accuracy of the experimental group was significantly improved.

FIGURE ISHOWS THE MEAN VALUES OF PRE AND POST -TEST ON SHOOTING ACCURACY OF CONTROL AND EXPERIMENTAL GROUPS

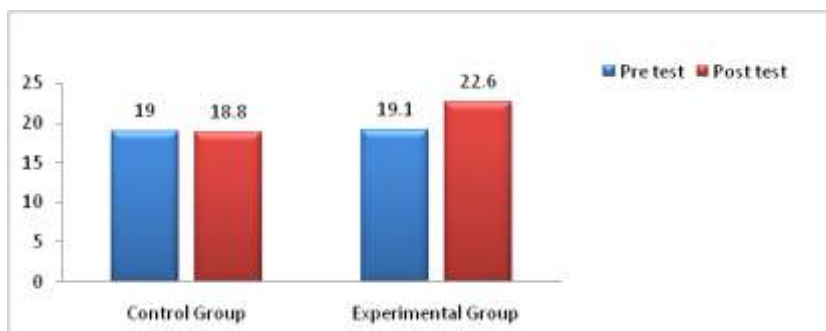


TABLE-III COMPUTATION OF 't'-RATIO BETWEEN PRE AND POST-TEST MEANS OF CONTROL GROUP ON THROWING ACCURACY

Group	Mean	Standard deviation	Mean difference	Standard error mean	t-ratio
Pre-test	14.45	2.32775	.35	.35	1.00
Post-test	14.10	2.59351			

*Significant at 0.05 level of confidence (2.48)

Table III reveals that the computation of 't' ratio between mean of pre and post-test on throwing accuracy of inter-collegiate men handball players. The mean values of pre and post test of control group were 14.45 and 14.10 respectively. Since, the obtained 't' ratio 1.00 was less than the required table value 2.48 it was found to be statistically not significant for the degree of freedom 1 and 19 at 0.05 level of confidence. The results clearly indicated that the shooting accuracy of the control group had not significant.

TABLE-IV COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST-TEST MEANS OF EXPERIMENTAL GROUP ON THROWING ACCURACY

Group	Mean	Standard deviation	Mean difference	Standard error mean	t-ratio
Pre-test	14.30	2.43007	4.75000	.44054	10.78*
Post-test	19.05	2.35025			

*Significant at 0.05 level of confidence (2.48)

Table IV reveals that the computation of ‘t’ ratio between mean of pre and post-test on throwing accuracy of inter-collegiate men handball players. The mean values of pre and post-test of experimental group were 14.30 and 19.05 respectively. Since, the obtained ‘t’ ratio 10.78 was higher than the required table value 2.48, it was found to be statistically significant for the degree of freedom 1 and 19 at 0.05 level of confidence. The results clearly indicated that the throwing accuracy of the experimental group improved was significantly improved.

FIGURE II SHOWS THE MEAN VALUES OF PRE AND POST -TEST ON THROWING ACCURACY OF CONTROL ANDEXPERIMENTAL GROUPS

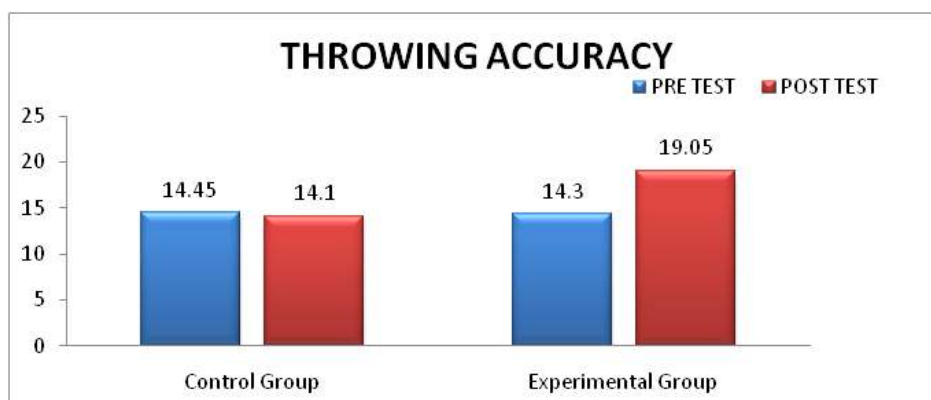


TABLE-V COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST-TEST MEANS OF CONTROL GROUP ON OVER ALL PLAYING ABILITY

Group	Mean	Standard deviation	Mean difference	Standard error mean	t-ratio
Pretest	6	.91	.25	.16	1.56
Posttest	5.75	.71			

*Significant at 0.05 level of confidence (2.48)

Table VI reveals that the computation of 't' ratio between mean of pre and post-test on over all playing ability of inter-collegiate men handball players. The mean values of pre and post-test of control group were 6 and 5.75 respectively. Since, the obtained 't' ratio 1.56 was less than the required table value 2.48 it was found to be statistically not significant for the degree of freedom 1 and 19 at 0.05 level of confidence. The results clearly indicated that the overall playing ability of the control group had not significant.

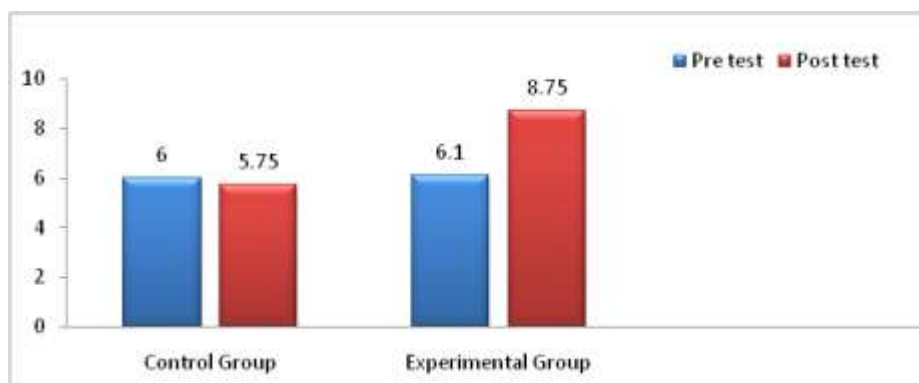
TABLE-VII COMPUTATION OF 't'-RATIO BETWEEN PRE AND POST-TEST MEANS OF EXPERIMENTAL GROUP ON OVER ALL PLAYING ABILITY

Group	Mean	Standard deviation	Mean difference	Standard error mean	t-ratio
Pre-test	6.10	.71	2.65	.17	15.90*
Post-test	8.75	.96			

*Significant of 0.05 level of confidence (2.48)

Table VII reveals that the computation of 't' ratio between mean of pre and post-test on over all playing ability of inter-collegiate men handball players. The mean values of pre and post-test of experimental group were 6.10 and 8.75 respectively. Since, the obtained 't' ratio 15.90 was higher than the required table value 2.48 it was found to be statistically significant for the degree of freedom 1 and 19 at 0.05 level of confidence. The results clearly indicated that the overall playing ability of the experimental group was significantly improved.

FIGURE-III SHOWS THE MEAN VALUES OF PRE AND POST -TEST ON OVER ALL PLAYING ABILITY OF CONTROL AND EXPERIMENTAL GROUPS



CONCLUSIONS

Based on the result the following conclusions were made
 From the result of this study, it is found that there was a significant improvement on throwing accuracy, shooting accuracy, over all playing ability of handball players.

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