



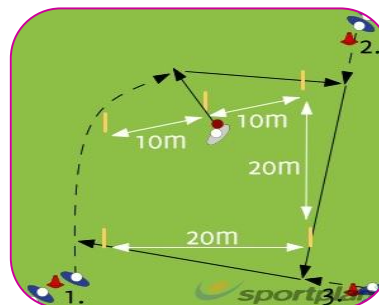
EFFECT OF CRICKET DRILL TRAINING AND PHYSICAL TRAINING ON SELECTED MOTOR ABILITY COMPONENTS AMONG SCHOOL CRICKET PLAYERS

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ABSTRACT

The purpose of study was to find out the effect of cricket drill training and physical training on selected motor ability components among school level cricket players. To achieve the purpose of these study forty five school level cricket players were taken as subjects from SDAT Ground Students, Kanchipuram. The age group of the subject was between 13 to 17 years. The subject were selected and randomly divided into three equal groups and each group consists of fifteen subjects. Group one acted as experimental group one they underwent cricket drill training and group two acted as experimental group two underwent physical training, group three acted as control group. Group three underwent their routine group one. Speed and agility were selected as variables and tested through 50m run and shuttle run 4*10 m respectively. After collection of pre and post test scores, the data analyzed with analysis of covariance (ANACOVA) and schaffe's post hoc test. The level of confidence is fixed at 0.05 levels for all cases. It was concluded that the selected motor ability component speed was got significant improvement by physical training.



KEYWORDS: - cricket drill training and physical training , motor ability , young people, children.

INTRODUCTION

Cricket is a game for all - adults, young people, children, men and women, girls and boys. They play cricket all over the world - on the street, on the beach, in the local park, wherever they can find a place to play. Above all they have fun doing so!

Cricket is played with two teams (say A and B) normally of 11 players a side, one being the batting team while the other one is the fielding team. It is generally played on field with the main playing surface being called a 'pitch'.

Team A will bat first and try to score as many runs as possible while the second team, team B, will bowl and field to make it as hard as possible for the batting team (A) to score these runs and to get them 'out. Once team a are all out or otherwise their batting is determined closed as per the laws, the teams then swap over. So team B will bat to try and beat the score (number of runs scored) set by team A. Team A will bowl and field and try and restrict Team B from beating their score / getting them 'all out' before they do.

Physical training is a planned and controlled process in which achieving a goal, change in complex sports motor performance, ability to act and behavior are made through measures of content , methods and organizations.

The physical fitness or condition is the sum total of five motor abilities namely strength, speed, endurance, flexibility and co-ordinative abilities. These five motor abilities and their complex forms are the basic requirement for human motor actions. Therefore, the sports performance in all sports depends to the great extent on these abilities. The improvement and maintenance of physical fitness (or) condition is performs the most important aim of physical training.

Cricket Drill training is a planned and controlled process, Therefore our 'Training Drills' section is on hand to supply a direct link between session ideas and specific equipment required to enable development.

METHODOLOGY

The purpose of study was to find out the effect of cricket drill training and physical training on selected motor ability components among school level cricket players. To achieve the purpose of this study forty five school level cricket players were taken as a subjects from SDAT Ground Students, Kanchipuram. The age group of the subject was between 13 to 17 years. The subject were selected and randomly divided into three equal groups and each group consists of fifteen subjects. Group one acted as experimental group one they underwent cricket drill training and group two acted as experimental group two underwent physical training, group three acted as control group. Group three underwent their routine group one. Speed and agility were selected as variables and tested through 50m run and shuttle run 4*10 m respectively. After collection of pre and post test scores, the data analyzed with analysis of covariance (ANACOVA) and schaffe's post hoc test. The level of confidence is fixed at 0.05 levels for all cases. (Cohen & Holladay, 1979).

RESULTS ON SPEED

TABLE I
COMPUTATION OF ANALYSIS OF COVARIANCE ON DRILL TRAINING, PHYSICAL TRAINING AND CONTROL GROUPS ON SPEED
(Scores in seconds)

TEST	EXP.GP 1	EXP.GP 2	CNTRL GP	SV	SS	DF	MS	F
pre test	8.684	8.686667	8.265333	Between	1.764053	2	0.882027	2.914216
				Within	12.71187	42	0.302663	
post test	8.484	7.978667	8.269333	Between	1.929653	2	0.964827	4.129819*
				Within	9.812227	42	0.233624	
Adjusted	8.385406	7.878176	8.468418	Between	2.923	2	1.461357	17.69609*

*significant at 0.05 level of confidence (the table value required for significant at 0.05 level of confidence with df 2 and 42 = 3.23, and 41 = 3.22.)

The F.ratio obtained for adjusted post mean 17.69 it is greater than table value of 3.22 which is significant at 0.05 levels.

TABLE I a
SCHEFFE'S POST HOC TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST PAIRED MEAN OF SPEED.
(Scores in seconds)

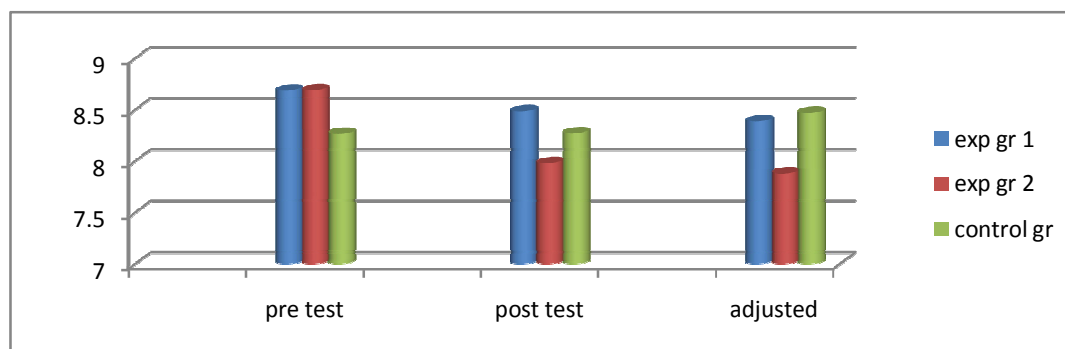
EXP.GP 1	EXP.GP 2	CNTRL GP	MD	CI
8.39	7.88	-	0.51*	0.27
8.39	-	8.47	0.08*	0.27
	7.88	8.47	0.59*	0.27

This result indicated that there was a significant difference among the groups, when compared with table value.

There was a significant improvement when compared with drill training group, when compared with control group and there was significant improvement when compared with physical training, when

compared with control group. there was significant improvement when compared with drill training and physical training groups.

FIGURE - 1
BAR DIAGRAM SHOWING THE MEAN VALUES ON DRILL TRAINING, PHYSICAL TRAINING AND CONTROL GROUP ON SPEED



COMPUTATION OF ANALYSIS OF COVARIANCE ON DRILL TRAINING, PHYSICAL TRAINING AND CONTROL GROUPS ON AGILITY

(Scores in seconds)

TEST	EXP.GP 1	EXP.GP 2	CNTRL GP	SV	SS	DF	MS	F
pre test	11.07533	11.162	11.09	Between	0.064551	2	0.032276	0.121565
				Within	11.15101	42	0.2655	
post test	10.526	10.102	11.06333	Between	6.963324	2	3.481662	14.14388*
				Within	10.33873	42	0.24616	
adjusted	10.55341	10.05908	11.07884	Between	7.776	2	3.887783	53.23464*

*significant at 0.05 level of confidence (the table value required for significant at 0.05 level of confidence with df 2 and 42 = 3.23, and 41 = 3.22.)

The F.ratio obtained for adjusted post mean 53.23 it is greater than table value of 3.22 which is significant at 0.05 levels.

TABLE VI a
SCHEFFE'S POST HOC TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST PAIRED MEAN OF AGILITY.

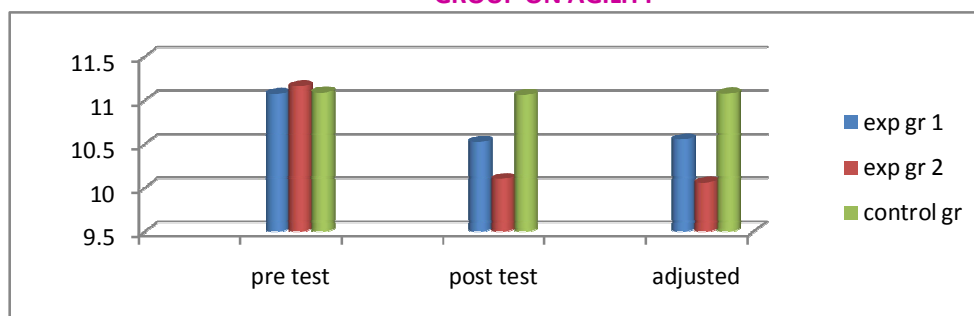
(Scores in seconds)

EXP.GP 1	EXP.GP 2	CNTRL GP	MD	CI
10.55	10.06	-	0.49*	0.25
10.55	-	11.08	0.53*	0.25
	10.06	11.08	1.02*	0.25

This result indicated that there was a significant difference among the groups, when compared with table value.

There was a significant improvement when compared with drill training group, when compared with control group and there was significant improvement when compared with physical training, when compared with physical training, when compared with control group. there was significant improvement when compared with drill training and physical training groups.

FIGURE - 2
BAR DIAGRAM SHOWING THE MEAN VALUES ON DRILL TRAINING, PHYSICAL TRAINING AND CONTROL GROUP ON AGILITY



CONCLUSIONS

- It was concluded that the selected motor ability component speed was got significant improvement by physical training.

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