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DEVELOPMENT OF PHYSICAL FITNESS TEST NORMS FOR UNDER 16 CRICKETERS IN CENTRAL ZONE

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ABSTRACT

The point of the investigation was to development of physical wellness test standards for under16 cricketers in Central Zone (Vidarbha Cricket Association, Rajasthan Cricket Association, Madhya Pradesh Cricket Association, Chhattisgarh State Cricket Sangh and Uttar Pradesh Cricket Association) between 15-16 years old were haphazardly chosen. The execution of under 16 male cricket players in physical wellness trial of deferent factors of cricket were picked as the rule measures. The pre test just irregular gathering configuration was utilized for examination of the information. Means and Standard Deviation were determined for all subjects and deferent wellness test. Measurably Percentile Scale have been arranged into five interims Excellent (above 80%), Very Good (79% - 60%), Good (59% - 40%), Average (39% - 20%) and Below Average (underneath 20%) at that point Z-Scores Scale have been grouped into five evaluations i.e. Brilliant, Very Good, Good, Average and Below Average built for the both statically tests.

KEYWORDS: *Central Zone, Fitness Norms, Junior Cricket Players.*

INTRODUCTION

The present examination was embraced to development of physical wellness test standards for under 16 cricketers in Central Zone (VCA, RCA, MPCA, CSCS and UPCA) fills this need genuinely. Anaerobic limit, strong quality, solid continuance, control, speed, spryness, center strength and anthropometric measure as needy factors and different test exhibitions as free factors. The objective of this exploration was to give a superior vision to the specialists in field of cricket. This exploration will be additionally give helpful data to cricketers and quality and molding mentors, as it will detail physical wellness test standards that ought to be made explicitly for focal zone cricketers.

METHODS : Subjects; one seventy three (n = 173) junior dimension under 16 male cricket players of Central Zone were arbitrarily chosen. The system and strategy utilized in this examination were affirmed by NCA (National Cricket Academy). All subjects got an unmistakable clarification of the examination, including the hazard and advantages of interest were gotten before testing. Model Measures; the execution of junior dimension under 16 male cricket players in physical wellness trial of deferent factors of cricket to be specific, Anthropometric Test (stature, weight and seven destinations of skinfold), Power Test (vertical hop), Speed Test (20m and 40m Sprint), Agility Test (run a three), Anaerobic Capacity (dash rehash), Strength Test (squats, pushups and button ups) and Core Stability, Balance, and Static Strength (inclined hold) were picked as the foundation measures. The pre test just arbitrary gathering configuration was utilized for investigation of the information. Testing Procedure; three days, six sessions were utilized for players of each cricket relationship for testing amid summer instructing camps or off session camps of different cricket relationship of focal zone. All the cricket related physical wellness test was control on various cricket field, inside and

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exercise center, before information tasting, all players finished an institutionalized warm-up. This comprised of five minutes of running pursued by five minutes of dynamic extending of the full body and explicit warm up before deferent wellness test. Measurable Analyses; means and standard deviation were determined for all subjects and deferent wellness test. Factually Percentile scale have been ordered into five interims Excellent (above 80%), Very Good (79% - 60%), Good (59% - 40%), Average (39% - 20%) and Below Average (beneath 20%) at that point Z-Scores scale have been grouped into five evaluations i.e. Incredible, Very Good, Good, Average and Below Average developed for the both statically tests. Every single factual investigation were handled utilizing the Statistical Package for Social Sciences (SPSS) rendition 20.0 for Windows and Microsoft Excel 2013.

DISCUSSION

This is one of the main examinations to explore physical wellness test standards explicit for under 16 junior male cricketers of focal zone. Besides, this is the main examination to giving two evaluating scale under ordinary dispersion (percentile and Z-score scale). Percentile Scales for all physical wellness test factors of under 16 junior male cricket players were developed. Percentile Scale is by all accounts suitable on the grounds that the most astounding execution in physical wellness test gets the greatest scores while the least execution in the test things gets a score of 0. This kind of scale is reasonable for the example chosen as in future a superb player may display preferable execution over the greatest execution of the scale in contrast with the given example. All things considered, still the execution will be given the greatest score. This is by all accounts lacuna in the percentile scale as this is appropriate for the given gathering and it doesn't contemplate any execution i.e. either great or awful in future. Further, the other downside noted in the percentile scale was that the comparative execution credits distinctive score which appears to be wrong.

Remembering the disadvantages of percentile scale, it was thought fitting to build Z-Score scale. This scale is fitting for all the test things as an explicit execution got an explicit score. In any case, it was noticed that was a slight trouble in giving at extraordinary finishes of the scale on the grounds that for a most reduced execution in various variable scores could be credited. This happened as a result of the individual contrasts in body type, history of preparing, history of damage or disease and recuperation example of the test as any execution can't be change score in passable results of skin overlay, inclined hold and jaw up test.

Keeping the disadvantage of percentile and Z-score scale at the top of the priority list, it was thought proper to classes players into five evaluations/classifications i.e. great, great, great, normal and underneath normal. The outcome uncovered that execution can be effectively isolated into five evaluations/classes without experiencing any trouble. Subsequently, reviewing under ordinary appropriation ended up being the most reasonable method for arranging players as the downside of the percentile and Z-score scale were disposed of. Remembering in instructive change, there is a pattern to grant reviews instead of the score with the end goal to decrease pressure and tension among the players. Hence, reviewing under typical dissemination yielded a reasonable scale.

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