

**EFFECT OF IMAGERY TRAINING PROGRAMME ON SELECTED SKILL PERFORMANCE
VARIABLES AMONG FIELD HOCKEY PLAYERS**

Dr. Kalpana Zharikar

**Associate professor , H O D Department Of Physical Education ,
Dr Babasaheb Ambedkar Marathawada University , Aurangabad.**

ABSTRACT

The reason for the investigation was to discover the impact of symbolism preparing program on chosen expertise execution factors among hockey players. To accomplish the motivation behind the present investigation, 30 understudies haphazardly chose from the Dept of Physical Education Annamalai University as subjects and their age went from 18-25. Two Groups were allocated as 15 each. Gathering I is Experimental Group and Group II is Control Group. The Experimental gathering was allocated to take an interest symbolism preparing for a time of about a month and a half. The control amass was left to pursue normal daily practice. The pre and post test were directed when the preparation. To test the noteworthy of progress produced using the standard to post test on two gatherings exclusively matched "t" test was connected. In view of the thought of achievability on criteria and accessibility the accompanying factors were chosen, the accompanying test were performed by ability based preparing Dribbling, Dodging, Push Stroke. The noteworthiness of the methods for the got test outcomes was tried at 0.05 dimension of certainty. It was considered as adequate for the present investigation. Accordingly the got outcomes were deciphered with before studies and introduced in this section well alongside the graphical introductions.

KEYWORDS: *1.Dribbling, 2.Dodging 3.Push stroke*

INTRODUCTION

Sports have moved toward becoming as focused as different fields on the planet. In antiquated occasions, our precursors showed the uncommon gifts as far as physical action. Be that as it may, presently it has turned out to be totally proficient. By one way or another or other regardless of age humankind is associated with various types of games either for amusement or rivalry. In the present world, Sports have turned out to be very focused. It isn't simple support or practice that makes an individual successful. Sports life is influenced by different variables like physiology, biomechanics, sports preparing, sports drug, humanism and training, PC application and brain research, etc. To accomplish top dimension execution in the global field one must have an arrangement and efficient execution. To win decorations, in the Olympics, there ought to spot of ability, precise and logical technique for preparing, focused introduction, and so forth. It isn't simply because of preparing, yet in addition due to mental, and physiological perspectives that objectives are accomplished. The specialists in the field of games have put their brain into it and attempted enormous endeavors to discover available resources to accomplish top-level execution.

METHODOLOGY

The reason for the examination was to discover the impact of symbolism preparing program on chosen expertise execution factors among hockey players. To accomplish the motivation behind the present investigation, 30 understudies dept of physical instruction Annamalai University were chosen as subjects aimlessly and their ages extended from 18 to 25 years. The subjects were isolated into two gatherings comprising of 15 each. Gathering I Experimental and Group II control. They are doing the normal aptitude practice ball tapping stick side, spilling round to one side, avoiding to one side, spilling and evading, spilling and pushing and pushing and transfers. The trial bunches were given preparing for 3 days seven days for about a month and a half altogether. Among the accompanying variable was chosen for the present investigation, is spilling, evading and push stroke were evaluated by government sanctioned tests.

ANALYSIS OF THE DADA

The data gathered from the experimentation amass on chosen variable were factually analyzed the t – proportion gotten by matched example test for noteworthiness at 0.05 dimension was utilized to if there was any huge contrast among the treatment methods for variable.

CONCLUSION

1. It was presumed that the explicit symbolism preparing program supported for the hockey players rolled out a noteworthy improvement in the chose expertise execution factors (spilling, avoiding and push stroke capacity) from standard to post test.
2. The control amass did not demonstrate any noteworthy in this investigation.

REFERNCES

1. Anders, E., & Myers, S. (2008). Field Hockey: Steps to Success (2nd ed.). USA: Human Kinetics.
2. Anderson, M.B. (2000). Doing sport psychology (chapter 6, doing imagery in the field).
3. Watt, A.P., Spittle, M., Jaakkola, T, and Morris, T. (2008) "Adopting Paivio's General Analytic Framework to Examine Imagery Use in Sport," Journal of Imagery Research in Sport and Physical Activity: Vol. 3: Iss. 1, Article 4.

