

Volume : 1 Issue 4 September, 2014

ISSN 2347-680X



International Journal of New Era Research Quarterly Bilingual (English/Hindi)

शिक्षक दिवस की शुभकामनाएं



डॉ. सर्वपल्ली राधाकृष्णन् (5 सितम्बर, 1888-1975)

Editor in Chief
Dr. Narendra Kumar

International Journal of New Era Research

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International Journal of New Era Research is published by
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ISSN :2347-680X

Price: Rs. 500/-

Edition: September 2014

Publisher

Purvashi Publication

**Registered Office: Mali Ram Jagindh Bhawan, Ward No. 13, Surajgarh,
District-Jhunjhunu, Rajasthan, India, Pin-333029**

**Branch Office: 1412, Tower-B, Gaur Global Village,
Near ABES Engg. College, Ghaziabad, NCR/ New Delhi. Pin-201016**

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Physical Education

A Study of Effect of Eight Weeks of Cricket Training Programme on Speed among Beginner Cricketers

*Dr. S.K. Md. Ataulah *, M.K. Jagirdar ***

Abstract

The present study was conducted on Forty four boys of 6th to 11th standards of age group 7 to 16 years of age of regularly attending summer coaching camp at Milliya Boys High School of Beed (M.S.) were be selected randomly for the purpose of the study. The indicates that the means of Pre and Post test on the Cricket students were 10.22 and 10.15 respectively. The obtained 't' was 3.6 which is greater than the tabulated value i.e. 2.02 at .05 level of significance with 42 degree of freedom.

Key Word: Physical Fitness, Speed

Introduction

The very elaboration of sports- its internal convention of all kinds, its ceremonies, its endless meshes entangling itself are for the purpose of training and testing and rewarding the rousing motion within us to find a moment of freedom.

Cricket was invented in the vast fields of England, supposedly by shepherds who heard their flock. Later on this game was shown benevolence by aristocrats, and now has the stature of being England's national game. After a century now, cricket stands in the international arena, with a place of its own.

Sports training aim at high sports performance and for that the psychic capacities of sportsmen are developed to extreme limits. Sports training theories yield valuable knowledge about the limits to which performance and various performance factors can be developed. It also leads to discovery of means and psychic capacities to exceptionally high levels. This knowledge can be fruitfully applied to other areas of sports and human activity.

Nakokes and Durandt (1999) proposed a study on physiological requirement of cricket. The study has suggested that the physiological demand of cricket is relatively mild, except in fast bowlers during prolonged bowling spell in warm condition.

Kelliher (1982) presented a report on the result of the Kraus Weber in East Pakistan. A total of 2325 Pakistani male and female school

children were the subject. The result was compare with reports of the original tests in the United States and Europe. The testing programmed revealed that Pakistani children were less able than European children in passing the six test items. They were however, more successful than American children included in the original report of the Kraus Webber test.

Physical fitness is the ability to perform daily activities willingly and actively. Physical fitness includes not only components of sports but those of health as well. Regular physical activity prevents or limits weight gain, and gain in body mass index (BMI) (Kyle et al. 2001) The National College Health Risk Behaviour Survey reported that 35% of American college students are overweight (Lowry et al. 2000). This is not surprising considering that more than two thirds of American adult population are classified as overweight (Flegal et al. 2002), making weight gains America's leading health problem (Mokdaoui et al. 2001).

Panny (1971) investigated the effect of resistance running on speed, strength, power, muscular endurance and agility. The training programme consists of four fifty minute session per week for six weeks result indicated that training programme of resistance running alone or supplemental by weight training, isometric contractions and receptively sprinting would significantly increases speed, leg strength, leg power muscular endurance and agility.

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The AAPHER Youth Fitness Test consisting of 6 Items were used for the Study. It was found that Lawn Tennis Players have good Physical Fitness compare to the Table Tennis Players. This study shows that the Lawn Tennis Players are good because they do good Physical Training compare to Table Tennis Players. The Lawn Tennis Players are having very good speed, strength and endurance.

Methodology

Subject and Design

The present study was conducted on Forty four boys of 6th to 11th standards of age group 7 to 16 years of age of regularly attending summer coaching camp at Milliya Boys High School of Beed (M.S.) of Beed were be selected randomly for the purpose of the study.

The data will be collected on a days on each physical fitness component, during the summer coaching camp at Milliya Boys High School of Beed (M.S.) in the month of the May and June 2014.

Procedure for administering the test and collection of data

Analysis of Data and Result of the Study

The data collected on forty four subjects was tabulated and analyzed by competing independent 't' test.

SIGNIFICANCE OF MEAN DIFFERENCE OF 8 WEEKS TRAINING PROGRAMME BETWEEN PRE TRAINING TEST AND POST TRAINING TEST ON SPEED

The 't' ratio was applied to the selected motor component and the results pertaining to it are presented below.

Table -1

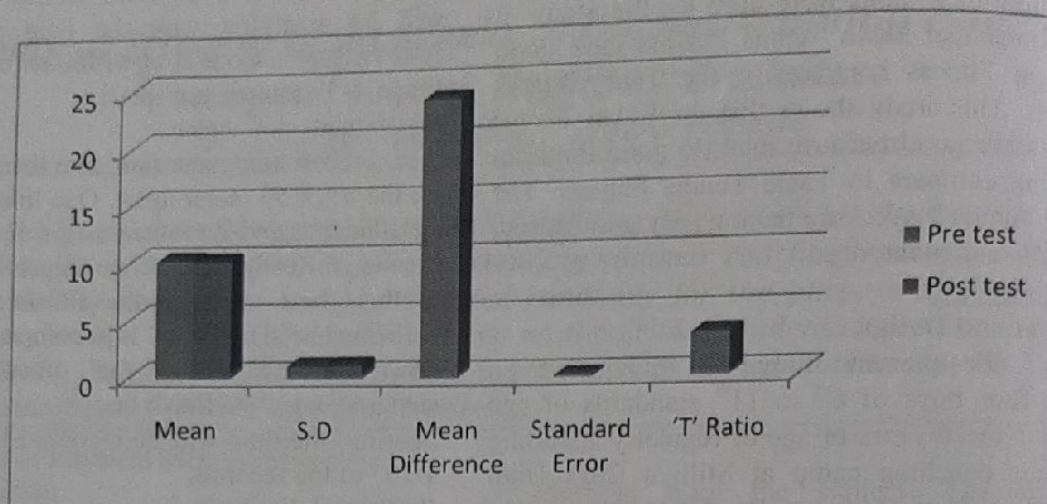
Variable	Mean	S.D	Mean	Standard	'T'
			Difference	Error	Ratio
Pre test	10.22	1.09			
			23.88	0.16	3.6*
Post test	10.15	1.12			

*Significance at .5 level of confidence (n=44) (2.02)

It evident from the table that there is significance difference in the because the calculated value of t is 3.6 which is greater than the tabulated value i.e. 2.02 at .05 level of significance with 42 degree of freedom.



Fig:1 Speed



RESLUT

The above Table -1 indicates that the means of Pre and Post test on the Cricket students were 10.22 and 10.15 respectively. The obtained 't' was 3.6 which is greater than the tabulated value i.e. 2.02 at .05 level of significance with 42 degree of freedom.

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