



IMPACTS OF GAME SPECIFIC EXERCISE ON SKILL PERFORMANCE VARIABLES AMONG HANDBALL PLAYERS

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ABSTRACT

The point of the present study was to find out the impacts of game specific exercise on skill performance variables among handball players. To achieve the purpose of the study male handball players were selected from Government Arts and Science College, (Affiliated to Bharathiar University, Coimbatore) Modakkurichi, Erode, Tamilnadu, India. The subject's age ranges from 19 to 24 years. The selected subjects were divided into two equal groups consists of 15 male handball players each namely experimental group and control group. The experimental group underwent a game specific exercise package programme for twelve weeks. The control group was not taking part in any training during the course of the study. Dribbling and shooting was taken as criterion variable in this study. The selected subjects were tested on dribbling and shooting was measured through coaches rating. Pre-test was taken before the training period and post-test was measured immediately after the twelve-week training period. Statistical technique 't' ratio was used to analyze the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to game specific exercise package given to the experimental group on dribbling and shooting when compared to control group.

KEYWORDS: Game Specific Exercise, Handball Players, Dribbling and Shooting.

1. INTRODUCTION

The program that involves fitness and performance aimed specifically exclusively for athletic performance enhancement is known as game specific exercise. Dribbling, passing, shooting, and other areas other than developing strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, and injury risk reduction could all be included in training programs for game performance enhancement. Depending on the athlete's individual needs (based on strengths, weaknesses, and/or imbalances) and the demands of the sport they participate in, a general programme should include all of these components, while a more specialized programme may just include a few. Sport specific training is when you exercise with the purpose of increasing your performance as an athlete in your chosen sport. The classic look of fitness training could involve cardio, weight training, and flexibility stretching. Game-specific exercise training and visualisation training may help a player become in better shape and improve as an athlete. In sports, team training refers to a set of physical exercises designed to improve a player's physical or motor fitness. When training players at a higher level or above the basic level, they must be trained with specific sport objectives in mind, and the training programme should be tailored to the components required for the specific skill or technique in consideration. Thus such type of Specific game exercise training program is a need for the player to

excellent in sport. Thus the present study has been carried out to study the impacts of game specific exercise on skill performance variables among handball players.

2. METHODOLOGY

2.1 Selection of Subjects

The point of the present study was to find out the impacts of game specific exercise on skill performance variables among handball players. To achieve the purpose of the study male handball players were selected from Government Arts and Science College, (Affiliated to Bharathiar University, Coimbatore) Modakkurichi, Erode, Tamilnadu, India.

2.2 Selection of Variables

Independent Variable

- Game Specific Exercise

Dependent Variables

- Dribbling
- Shooting

3. EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups consists of 15 male handball players each namely experimental group and control group. The experimental group underwent a game specific exercise package programme for twelve weeks. The control group was not

taking part in any training during the course of the study. Dribbling and shooting was taken as criterion variable in this study. The selected subjects were tested on dribbling and shooting was measured through coaches rating. Pre-test was taken before the training period and post- test was measured immediately after the twelve-week training period.

4. STATISTICAL TECHNIQUE

The dependent 't' test was used to analysis the significant differences, if any, difference between the correspondingly.

4.1 Level of Significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

4.2 Analysis of the Data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analyzed and dependent 't' test was used with 0.05 levels as confidence

Table-I
Comparison of Mean, and 't'-Values of Skill Performance Variables between Pre & Post Test among Experimental and Control Groups

S. No	Skill Performance Variables	Groups	Test	Mean	't' Values
1.	Dribbling	Experimental group	Pre Test	15.10	7.31*
			Post Test	18.10	
		Control group	Pre Test	14.90	
			Post Test	15.10	
2.	Shooting	Experimental group	Pre Test	18.05	14.05*
			Post Test	21.90	
		Control group	Pre Test	17.95	
			Post Test	18.15	

*Significant at 0.05 level of confidence

Table-I reveals that the obtained mean values of pre test and post test of experimental group for dribbling and shooting were 15.10 and 18.10, 18.05 and 21.90 respectively; the obtained 't' ratio were 7.31* and 14.05* respectively. The tabulated 't' value is 2.14 at 0.05 level of confidence for the degree of freedom 14. The calculated 't' ratio was greater than the table value. It is found to be significant change in dribbling and shooting of the handball players. The obtained mean values of pre test and post test scores of control group were

14.90 and 15.10, 17.95 and 18.15 respectively, the obtained 't' ratio was 0.86 and 0.45. The required table value is 2.14 at 0.05 level of confidence for the degree of freedom 14. The calculated 't' ratio was lesser than the table value. It is found to be insignificant changes in dribbling and shooting of the handball players. The mean values of dribbling and shooting among experimental group and control group are graphically represented in figure-1

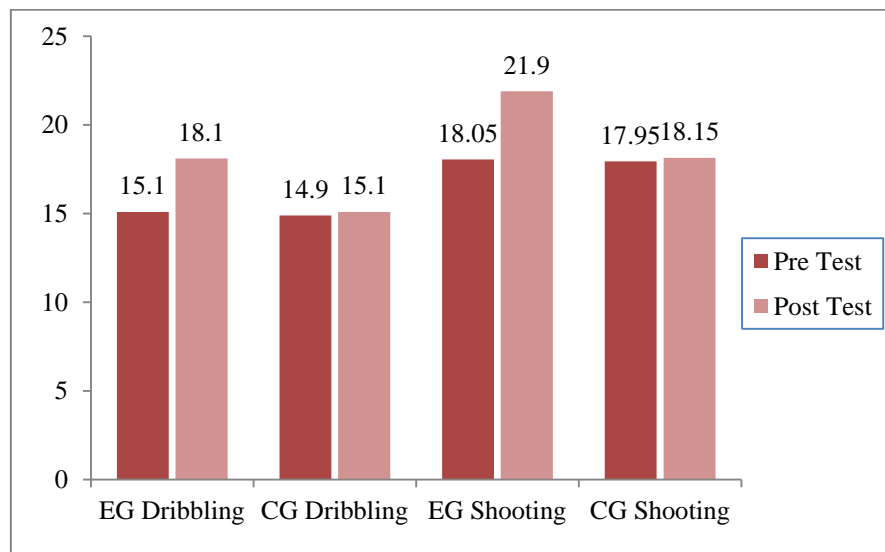


Figure-1: Bar Diagram Showing the Pre Test and Post Test on Dribbling and Shooting of Experimental and Control Groups.



5. DISCUSSION ON FINDINGS

The effects of the study indicates that the experimental group, namely impacts of game specific exercise group had significantly improved the selected dependent variable, namely dribbling and shooting, when compared to the control group. It is also found that the progress caused by game specific exercise when compared to the control group.

It is inferred from the literature and from the result of the present study. That systematically designed training develops dependent variables are very importance quilts for better performance in almost all sports and games. Hence it is concluded that systematically designed training may be programmes of all the discipline in order to achieve maximum given due recognition and implemented properly in the training performance. These findings are in accordance with the findings of **Senthil Kumaran (2021)⁴**, **Senthil kumaran & mahaboobjan (2018)¹⁴**, **Senthil Kumaran, Jenith, Abdul Halik & Kodeeswaran (2021)⁹**, **Ooraniyan & Senthil Kumaran (2018)¹⁶** and **Muniyappan & Vallimurugan (2017)¹⁷**.

6. CONCLUSIONS

On the basis of the results obtained the following conclusions are drawn,

- ✚ There was a significant variation between experimental and control group on dribbling and shooting after the training period.
- ✚ There was a significant improvement in dribbling and shooting. However, the improvement was in favor of experimental group due to twelve weeks of game specific exercise.

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