

The Study Of Effect Of Dribbling Skill By Circuit Training On Hockey Game Skill

Dr. Jaydeepsinh Rathod
SDJ International College Surat

Abstract : The purpose of this research study was to The Study of Effect of Dribbling Skill by Circuit Training on Hockey Game Skill. The research study was limited to hockey players. In this research study, the players who played hockey at the state level in South Gujarat were selected as subject matter. A total of 30 hockey players were randomly selected in this research study. The subjects in this research study will be divided into two groups. In which 15 subjects were given various shooting skills training and 15 subjects were kept in control group. Subjects were randomly selected in this research study. There were 15 subjects in each group. The Harbansing Hockey Test was chosen as the standard of measurement for Dribbling Skills in this research study. Group-A Circuit training was then given for 12 weeks and Group-B was kept as a control group. The north test of both groups was then taken. The differences between the mediators applied to the experimental group and the data obtained from the control group were applied to the variance, covariance analysis (ANCOVA) and the validity was checked at 0.05 level by applying the LSD Post Hawk test. The conclusion of which is as follows. The 12-week hockey skills training program of systematic improvement saw a significant improvement in the dribbling skills of the selected subjects.

Introduction

Gujarat from Maharashtra When it did not secede before 1960-1961, it was known as the bilingual state of Mumbai. An ordinary police officer working as a constable in the police department in the undivided city of Vadodara, Gujarat, was the only young athlete from Gujarat to be selected in the Indian team at the Rome Olympics in 1960 for his distinctive style of sportsmanship and skill. Shri Govind Ganapatrao Sawant. He was born in Born in 1933. He showed his skills many times on the national stage and by playing a beautiful game he revived the forgotten Gujarat on the memory.

The city of Ahmedabad was the capital of Gujarat. Then as the first Inspector General of Police (IGP) of Gujarat. J. D. Nagarwala was appointed. When he was the incumbent of the Indian Hockey Federation (IHF), he built a stadium at Shahibaug which could host international level competitions. Is. In 1962, he hosted an international hockey tournament at the stadium. For the first time in the history of India, such an international hockey tournament was held in Gujarat. A total of 10 nations participated. Two players from Gujarat were selected in the Indian team participating in this competition. Among them were Shri Govind Sawant and Shivaji Gaekwad.

Purpose of the Study :

The purpose of this research study was to The Study of Effect of Dribbling Skill by Circuit Training on Hockey Game Skill

Selection of the Subject :

This research study was limited to the hockey players. In this research study, the players who played hockey at the state level in South Gujarat were selected as subject matter. A total of 30 hockey players were randomly selected in this research study. The subjects in this research study will be divided into two groups. In which 15 subjects were given Circuit training of hockey skills and 15 subjects were kept in control group.

Criterion Measurement :

The Harbansing Hockey Test was chosen as the standard of measurement for dribbling skills in this research study.

Design of the Study :

Subjects were randomly selected in this research study. There were 15 subjects in each group. Hockey skills were Circuit pre-tested on each group. Group-A hockey skills Circuit training was then imparted for 12 weeks and Group-B was retained as a controlling group. The north test of both groups was then taken.

Statistical Process

The differences between the mediators applied to the experimental group and the data obtained from the control group were applied to the variance, covariance analysis (ANCOVA) and the significance was tested at level 0.05 by applying the LSD Post Hawk test.

Result of the Study**Table-1****Means and Analysis of Covariance of Dribbling Skill Test for Circuit Training Group and Controlled Group**

(Test)	Group		ANCOVA TABLE			
	Circuit Training	Control Group	Sum of square (SS)	Degree freedom (df)	Mean sum of square (MSS)	'F'
Pre Test Mean	1.2	1.267	0.033	1	0.033	0.175
			5.333	28	0.190	
Post Test Mean	2.667	1.267	14.7	1	14.7	49.790*
			8.267	28	0.295	
Adjusted Mean	2.673	1.261	14.853	1	14.853	49.490*
			8.103	27	0.300	

***Significance Level at F (1,28) = 4.195 & F (1,27) = 4.210**

The pre-test 'F' ratio of dribbling performance was found to be 0.175 in Table-1 above. Which was not found to be meaningful at the level of (4.195) 0.05 compared to the table value. The 'F' ratio of the post test was found to be 49.790. Which was found to be meaningful at the level of (4.195) 0.05 compared to the table value. The 'F' ratio of the revised median was found to be 49.490. Which was found to be meaningful at the level of (4.210) 0.05 compared to the table value.

Conclusion :

- Systematic 12-week hockey game skills showed significant improvement in the dribbling skills of the subjects selected from the Circuit training program.

Reference :

- Chauhan, Shankar B., **Hockey is Our National Sport**, Ahmedabad : Sarita Publisher, 1990.
Verma, Prakash J., **A Textbook on Sports Statistics**, Gwalior : Vinus Publication, 2000.