History Research Journal

ISSN: 0976-5425

Vol-5-Issue-6-November-December-2019

SAQ Training Effect on Coordinative Abilities of University Level Male Cricket Players

[1] **Surinder Kumar,**

Assistant Professor,

Lovely Institute of Education,

, Lovely Professional University,

Phagwara, Punjab, India

Abstract

Objective: The main objective of this study was to check the Speed Agility Quickness (SAQ) training effect on Coordinative Abilities on University level cricket players.

Method: A total no. of twenty (20) samples of boys of University level players of department of physical education from Lovely Professional University, were randomly selected for the purpose of study. Pre-test and post-test was conducted for the appropriate results. The effect of the SAQ training on coordinative abilities, some drills of Speed Agility and Quickness has applied on the group of experimental in comparison of control group.

Result: There was a significant effect was found of SAQ drills on coordinative abilities of University level cricket players.

Key words: Speed Agility Quickness (SAQ)**,** Cricket**,** Coordinative Abilities

Introduction

Speed Agility Quickness (SAQ) Programme

It is a programme to help athlete to reach their optimum level, the athlete enhance their performance level due to help of this programme in every sport. Speed, agility and quickness is useful in every sports. If any person learn and master the skills of SAQ, he can take his performance to next level (Sahan[1]; Jovanovic et al[2].). It an athlete has the training programme regular and systematic than he can develop his skills and also can develop a fine atmosphere. Training will focus on the developing explosive movements, sports specific skills, love strength and techniques (Zoran[3]).

Coordinative Abilities

An ability to perform quickly and purposefully in the different or difficult comprehensive movement structure. In his context, coordinative abilities as understood as an extremely visible manifestation (a clear

ISSN: 0976-5425

Vol-5-Issue-6-November-December-2019

appearance) of controlled and regulated process of a motor activity of the central nervous system (Rosin[4]). Coordination ability is used for maximal utilization of technical skill, tactical skill and coordinative ability. An ability to achieve a superior level of harmony of an individual in physically movements and phase turning. In this we can able to change the position (development) and movement of physical movement and space in relative of related field of action. It is much helpful to coordinate the body parts and combination of limbs. It is helpful to improve the ability for quick action a signal.

Objective of study

To find the effect of SAQ drills on coordinative abilities.

Hypothesis

There is no significance effect of SAQ training on coordinative abilities that can be improve through SAQ training.

Definition and explanation of the terms

Quickness: Ability of as person/athlete to execute movement ability in relatively transient quantity of your time is an element of the vigour time

Reaction Time: Time taken to respond to the stimulus.

Total Reaction Time: To execute the reactionary movement is of concern in summation of interval and time it takes. These are: correct movement skills, Speed of movement

Procedure and method

Sampling: A total no. of twenty (30) samples of boys of University level players of department of physical education from Lovely Professional University, were randomly selected for the study. Further There is division of two groups, one is experimental (N=15) and the other is control group (N=15).

Method: The training is prepare to check the effect of SAQ on coordinative abilities. The SAQ are followed for 5 days a week. Training was given to the players for 6 week.[2] Different coordinative variable was selected i.e. Balance, Coupling, Orientation, Rhythm, Reaction. Pre & post test was statistics was used for the appropriate results.

Day 1	Upper body (Strength)
Day 2	Lower body (Speed work/Quickness)
Day 3	Speed Agility Quickness Drills
Day 4	Lower body (Speed work/Quickness)
Day 5	Speed Agility Quickness Drills

Analysis of Data: To find out effect of SAQ drills on coordinative abilities of University level cricket players. Pre -test and post test result was compare through spss (v.22). The graphical illustrations of data is shown in the results. The result was showing positive effect of training.

BALANCE

Table no.1 Showing 6 weeks training effect on two groups.

(Table No.1)

GROUP	N	Pre-test		Post-test	
		Mean	**S.D**	**Mean**	**S.D**
Experimental	15	16.0360	3.01418	20.351	5.83165
Control	15	13.5380	4.31435	11.224	4.60781

The pre and post -test mean of 6 weeks training program on balance indicate that in case of experimental group, the before and after test found Mean and SD were 16.0760 (3.01418) and 20.351(5.83165). Respectively. In case control group both test Mean and SD were 13.5380 (4.31435) and 11.224(4.60781).

COUPLING

Table No.2 Showing 6 weeks training effect on two groups.

(Table No.2)

GROUP	N	Pre-test		Post-test	
		Mean	**S.D**	**Mean**	**S.D**
Experimental	15	14.5010	1.49798	11.735	.078157
Control	15	14.6360	2.07138	12.106	1.06848

The pre and post -test mean of 6 weeks training program on coupling indicate that in case of experimental group, the before and after test Mean and SD were 14.5010(1.49798) and 11.735(0.078157). Respectively In case of control group the both test Mean and SD were 14.6360(2.07138) and 12.106(1.06848).

ORIENTATION

ISSN: 0976-5425

Vol-5-Issue-6-November-December-2019

Table No. 3 Showing 6 weeks training effect on two groups.

(Table No.3)

GROUP	N	Pre-test		Post-test	
		Mean	SD	Mean	SD
Experimental	15	2.3000	1.3289	3.5	0.58721
Control	15	1.9000	1.0340	2.7	1.0277

The pre and post -test mean of 6 weeks training program on orientation indicate that in case of experimental group, the before and after test Mean and SD were 2.3000 (1.3289) and 3.5(0.58721). Respectively In case of control group the test Mean and SD were 1.9000(1.0340) and 2.7(1.0277).

RHYTHM

Table No. 4 Showing 6 weeks training effect on two groups.

(Table No.4)

GROUP	**N**	**Pre-test**		**Post-test**	
		Mean	**S.D**	**Mean**	**S.D**
Experimental	15	7.2310	0.66368	6.803	0.56773
Control	15	7.2500	0.57795	7.477	0.56

The pre and post -test mean of 6 weeks training program on rhythm indicate that in case of experimental group, before and after Mean and SD were 7.2310 (0.066368) and 6.803(0.56773). Respectively. In case of control group the before and after test Mean and SD were 7.25(0.57795) and 7.477(0.56).

REACTION

Table No. 5 Showing 6 weeks training effect on two groups.

(Table No.5)

GROUP	N	Pre-test		Post-test	
		Mean	SD	Mean	SD
Experimental	15	2.9230	0.68844	1.672	0.50426
Control	15	3.2850	1.91483	2.245	1.29056

The pre and post -test mean of 6 weeks training program on reaction indicate that in case of experimental group, the before and after test Mean and SD were 2.9230(0.68844) and 1.672(0.50425). Respectively In case of control group the pre and post -test Mean and SD were 3.2850(1.91483) and 2.245(1.29056).

ISSN: 0976-5425

Vol-5-Issue-6-November-December-2019

Conclusion - The objective of the study was to develop coordinative abilities of players, to develop the coordinative abilities through SAQ drills and to know the effect of SAQ drills on coordinative abilities. There were two groups in the study (Silva[5]; Thomas[6].). The experimental group was under training for compare with the control group which was not in training. The findings of the study is effected on players. According to the findings and the discussion, the effect of SAQ drills on coordinative abilities of cricket players is effective. On the basis of results the hypothesis that there would be significant effect of SAQ training on coordinative abilities of cricket players is partially accepted.

Ethical Clearance: Taken from LPU Physical Education Department.
Source of Funding: Self
Conflict of Interest: Nil

References –

1. Hoff J, Helgerud J. Endurance and strength training for soccer players: physiological considerations. Sports Med, 2004;34:165-80.
2. Jovanovic M, Sporis, G, Omrcen D, et al. Effects of speed, agility, quickness training method on power performance in elite soccer players. J Strength Cond Res, 2011;25:1285-1298.
3. Rosin F M, Sylwan R P, Galera C. Effect of training on the ability of dual-task coordination. Braz. J Med Biol Res, 1999;32:1249-1261.
4. Sahan A, Erman K A. The effect of Tennis Technical Training on Coordination Characteristics. J sports med. 2009;3:59-65.
5. Silva J R, Nassis P G, Rebelo A. Strength Training in Soccer With a Specific Focus on Highly Trained Players. Sports Med Open, 2015;1:7.
6. Thomas K, French D, Hayes P R. The effect of two plyometric training techniques on muscular power and agility in youth soccer players. J Strength Cond Res, 2009,23:332-5
7. Zoran M, Goran S, Nebojsa T, Kresimir S et al. Effect of a 12 weeks SAQ Training program on Agility with and without the Ball among Young Soccer Player. J Sport Sci Med, 2013;12: 97-103.