



Effect of fielding drills to intensify the efficacy of motor components among cricketers

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Abstract

The purpose of the study was to see the effect of fielding drills to intensify the efficacy of motor fitness components among cricketer who participated inter collage level. The study was conducted on 30 male cricket players, their ranged between 18-25 years from Devi Ahilya Vishwavidyalaya were selected. A pre test was conducted to understand the speed and agility of the students before 6 week training. After conducting 6 week training program session a post test of speed and agility was taken collected data was analyzed by using ANCOVA at 0.05 level of significance and significant difference was found between means of pre test and post test data on speed and agility.

Keywords: speed, agility and cricket players

Introduction

Cricket is a sport in which fitness is traditionally not thought of as very important. However, the success in the 1990 and 2000 of the world beating Australian team has been attributed to their professionalism, and in part to the way they address their fitness. The other test playing nations have rightfully put more emphasis on fitness recently and are reaping the benefits. Depending on the role of the player in the team, the importance of fitness varies: the fitness requirement of a fast bowler is greater and also different than that of an opening batsman. There are a range of fitness components that contribute to the successful cricket performance. Asides from fielding, fitness levels have improved markedly within the game. Coaches have identified the role of physical conditioning has to play in terms of a improving a player bowling ability, while it is generally accepted that fitness level have improved over the course of the last few years. This can be attributed to the fact that individuals have identified that concentration lapses can be linked to poor fitness levels and that to some extent, a healthy body is necessary to have a healthy mind. Clearly this cannot be applied to every

individual case, though common sense tells us that it is easier for one to focus their mind when they are not tired compared to when they are totally drained having had to field first on a hot day.

Objective of the study: The purpose of the study was to see the effect of fielding drills to intensify the efficacy of motor components among cricketer.

Methodology: The study was to see the effect of fielding drills to intensify the efficacy of motor components among cricketers. As the requirement of the study thirty inter collage level players with age from 18-25 years of devi Ahilya university Indore were selected as subjects. The subject were randomly assigned to three groups control group, traditional training group and experimental group. Each group consist 10 subjects.

Statistical Method: ANCOVA test was applied to saw the effect of six week training program on cricketers. The hypothesis was tested at 0.05 level of significance.

Table 1: Descriptive Statistics of Speed and agility test of three different group of intercollegiate players

	Groups	Pre Test		Post Test		Adjusted
		Mean	SD	Mean	SD	Mean
Speed	Control Group	7.11	.396	7.41	.624	7.445
	Traditional Training	7.48	.90	7.19	.518	7.145
	Experimental	7.21	.35	6.60	.253	6.613
Agility	Control Group	10.70	.560	10.73	.855	10.757 ^a
	Traditional Training	10.73	.720	10.42	.497	10.446 ^a
	Experimental	11.16	1.166	9.73	.340	9.680 ^a

Table-1 indicates the value of descriptive statistic (mean, standard deviation of pre test and mean and standard deviation

of post test and adjusted mean of the data measured.

Table 2: Significance means differences of control group, traditional training group and experimental group in relation to speed and agility

	Variable	Group	Test	Mean	SD	MD	't' ratio
Speed	50 meter dash	Control	Pre test	7.11	0.40	0.29	-1.24
			Post test	7.41	0.62		
	50 meter Dash	experimental	Pre test	7.21	0.36	0.62	4.99
Post test			6.60	0.25			
Agility	10 meter Shuttle run	Control	Pre test	10.70	0.56	-0.02	-0.08
			Post test	10.73	0.86		
	10 meter Shuttle run	traditional	Pre test	10.73	0.72	0.31	1.13
Post test			10.42	0.50			
10 meter Shuttle run	experimental	Pre test	11.16	1.17	1.43	4.46	
		Post test	9.73	0.34			

*Significance at .05 level.

Table 2 reveals that there was significant difference between the pre- post test means of experimental group in speed and

agility. And there was no significant difference in traditional group and control group in relation to speed and agility.

Table 3: Pair wise mean comparison of speed and agility of three different groups of inter college player

	(I) Different training programme	(J) Different training programme	Mean Difference (I-J)	Sig.
speed	Control	Traditional	.300	.188
		Experimental	.832*	.001
	Traditional	Control	-.300	.188
		Experimental	.532*	.022
	Experimental	Control	-.832*	.001
		Traditional	-.532*	.022
Agility	Control	Traditional	.311	.256
		experimental	1.076*	.001
	Traditional	Control	-.311	.256
		experimental	.765*	.010
	Experimental	Control	-1.076*	.001
		traditional	-.765*	.010

Above table showed significant difference between control and experimental, traditional and experimental group, but no significant difference was obtained between traditional and experimental group In relation to speed and in case of agility also found significant difference between control and experimental, traditional and experimental, but no significant difference was obtained between traditional and control.

Discussion of Findings: Pre and post test compares of the various groups an improvement in the experimental group which specific drills in both speed and agility components. The reason may be the fact that these drills are designed for the improvement of these components only. The continuity of this training programme may have an impact on the changes in these two components.

Conclusion

With the limitation of the study it may be concluded that in experimental group there was significant difference were observed in pre and post test means in speed and agility test.

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