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Effect of cricket specific training on cricket batting ability among college level men cricketers of J&K State

[1] Zahoor Ahmad Bhat, [2] Javaid Ahmad Sheikh, [3] Dr. K Sreedhar
[1, 2] Ph.D., Research Scholars, Department of Physical Education, Annamalai University, Tamil Nadu, India
[3] Associate Professor, Department of Physical Education, Annamalai University, Tamil Nadu, India

Abstract
The purpose of the present study was to determine the effect of cricket specific training on cricket batting ability among college level men cricket players. Forty male students (n = 40) were randomly selected from kulgam college of J&K state as subjects and the age was ranged between 19 and 23 years. The selected subjects were randomly assigned into two equal groups namely control group (CG) and the experimental group (EG) with equal strengths of twenty (n= 20) each. Experimental training group underwent cricket specific training for twelve weeks for five days per week and two sessions on each day. The control group did not involve in any special training apart from their regular activities. The cricket batting ability was taken as a criterion variable for the present study and it was measured by judges rating scale. Analysis of variance (ANOVA) was used to analyse the collected data. The results revealed that that the cricket specific training was made significant improvement ($p \leq 0.05$) in cricket batting ability of the selected subjects. The level of confidence was fixed at 0.05 in all cases.

Keywords: specific training, cricket batting ability, cricket

1. Introduction
Sports have great importance in human life. In this present day, no importance was attached to sports in the country. But, now it was realized that sports are very useful. So, every educational institution of the country provides sports for all. As a matter of fact, sports are necessary part of education. Sports teach many qualities for the students. When they take part in sports, they have to obey some rules. So, sports teach discipline, which is very useful in practical life (Sidhu and Aluwalia, 2002) [6]. In the present day the game of cricket has developed to such an extent that millions of people take part and many more around the world take an interest through the media to watch the game. Teaching, training and coaching in cricket are essentially an educational process. The cricketer is supervised and educated by the coach, trainer or physical education teacher. In cricket, offensive (batting) principles include scoring runs, avoiding getting out or defending the wicket (staying in), and hitting into space to achieve these offensive goals. The simple offensive goals in cricket are to hit the ball into the field so that it eludes the fielders and to not get out. (Stephen *et al*., 2013) [5]. Sports specific training is basically fitness and performance training designed specifically for sports performance enhancement and which include areas such as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, rehabilitation and injury risk reduction.

2. Materials and Methods
The present study was to determine the effect of cricket specific training on cricket batting ability among college level men cricket players. Forty cricket players (N = 40) were randomly selected as subjects from Government Degree College Kulgam, of Jammu and Kashmir, state. The age was ranged between 19 and 23 years. The selected subjects were randomly assigned into two equal groups namely experimental group (EG) and the control group (CG) for the strengths of twenty (N=20) each. Experimental training group underwent cricket specific training programme for twelve weeks for five days per week with two sessions on each day. The control group did not involve in any special training apart from their regular activities. The training programme consisted of two training duration (4 weeks of early pre season followed by 8 weeks of late pre season). In the early preseason 60% of training duration was dedicated to fitness development (36 hours) and 40% of training duration for basic skills (24 hours). In the late preseason 40% of training duration was dedicated to fitness development (48hours) and 60% of training duration for advance skills (72 hours). The cricket batting ability was taken as a criterion variable for the present study and it was measured by judges rating scale. The cricket batting ability is subjectively assessed by three experts in the field of cricket. Cricket batting ability was assessed before the start (pre) and after the completion of the training period (post).The subjects of both experimental and control group played 5 matches on non consecutive days and their performance were assessed by three experts and graded. Players were assessed in batting and five different and finer aspects of each skill were assessed for 100 marks and their consolidated score were converted into 100 and rankings were drawn on the basis of the score obtained. The collected data were statistically examined by analysis of variance (ANOVA). The confidence level was fixed at 0.05 levels, which is appropriate to the present study.

3. Results and Discussion

Table 1: Analysis of covariance for cricket batting ability among experimental & control groups.

		Experimental group	Control group	F-ratio
Cricket batting ability	Pre test	6.60 ±0.49	6.80 ±0.49	1.40
	Post test	8.40 ±0.40	7.07 ±0.68	15.64*
	Ad Po test	8.49	6.97	83.98*

* Significant at. 05 level of confidence.

The Table value for 0.05 of confidence with degrees of freedom 1 and 28, 1 and 27 were 4.20 and 4.215 respectively. Table I shows that the pre test means for cricket batting ability among control group mean, SD were 6.80 ±0.49 respectively and experimental group mean, SD were 6.60 ±0.49 respectively resulted in F- Ratio of 1.40 which indicates no significant difference between pre test means at 0.05 level of confidence. The post test means for cricket batting ability among control group mean, SD were 7.07 ±0.68 respectively and experimental group mean, SD, were 8.40 ±0.40 respectively resulted in a F-ratio of 15.64 which is significant at 0.05 level of confidence, whereas the adjusted post is means of control group and experimental group were6.97, 8.49 respectively and resulted in a F-ratio of 83.98 which was significant at 0.05 level of confidence (Fig.1).This indicates that there is a significant change in cricket batting ability among experimental group when compared with the control group. After going through the results, it was conducted that the cricket specific training has resulted in a significant change in cricket batting ability among the experimental group when compared with the control group.

Table 2: The pre and post test means of specific training (exp) and control (con) groups with percentage of gain

		Pre test	Post test	Gain	Percentage of Gain
Cricket Batting Ability	Experimental	6.60	8.40	1.8	27.27 % ↑
	Control	6.80	7.07	0.27	3.97 % ↑

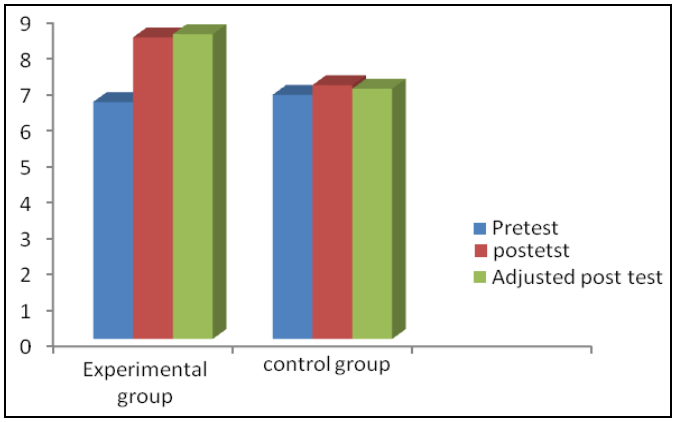

Fig 1: Bar diagram showing the pre, post and adjusted post test means of experimental and control groups on cricket batting ability

4. Discussion

The result of the present study pointed out that there was a significant difference in Cricket batting ability due to twelve weeks of cricket specific training. The current study utilized twelve weeks programme duration with ten sessions per week and found that cricket batting ability increases due to cricket specific training. The findings are also is in agreement with the findings of Yadav and Khichi (2016) [2], that isometric and isotonic exercise increases the playing ability of cricket players.The result also shows that specific package of training positively influences the skill performance variables of male cricket players Khabiruddin, and Mondal (2016) [1], Qureshi (2015) [3] also findings that there was a significant improvement on playing ability of cricket players due to plyometrics exercises. Several studies suggested that plyometrics exercises are very valuable for improving the playing ability of cricket players Buchha, (2014) [4]. From the results of the present study and literature, it is concluded that dependent variable namely cricket batting ability was significantly increased due to cricket specific training.

5. Conclusion

The result of the study revealed that the training group has significant improvement in cricket batting ability among college level men cricket players after the cricket specific training protocol. It was also concluded that this cricket specific training is one of the best training methods for increasing the cricket batting ability and as well as the physical fitness of cricket players.

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