

The purpose of the study was to find out the effect of sand training on speed of school level cricket players

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Abstract

The present study was the study was to find out the effect of sand training on speed of school level cricket players. Thirty male students (n=30) were randomly selected as subjects and the age was ranged between 14 and 18 years. The selected subjects were randomly assigned into two equal groups such as training group (TG) and the control group (CG) for the strengths of fifteen (n = 15) each. Experimental group underwent respective sand training programme for six 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 agility was taken as a criterion variable for the present study and it was measured by shuttle run. Analysis of covariance (ANCOVA) was used to analyse the collected data. The results revealed that the plyometric training was made significant improvement ($p \leq 0.05$) in fast running of the selected subjects. The level of confidence was fixed at 0.05 in all cases.

Keywords: sand training on speed

Introduction

A sport is the way which we are, our physical capacities play. Sports is an important in oath ways, when one's body works better, his mind works better, his brain and his body are interrelated. Sports allow you to blow of tension, to forget your problems for a while, and to go out and have a good time no matter what other pressures one may be under in his life. Sports are in man's blood, sport in recreation as well as competition. Basically, sports are individual activities relating and revitalizing in nature and meant to provide opportunities to the individual to make the "fullest" the most intelligent use of leisure time. Today, sport is a worldwide phenomenon. In no period of the world history, sports was so popular organized and important as today. There are bodies at club, district, state and national level which also encourage participation in sports and are responsible for providing technical and material facilities for conducting coaching camp and so.

Fitness

Fitness is a state which characterizes the degree to which a person is able to function. Ability to function depends upon the physical, mental, emotional, social and spiritual components as fitness, all of which is related to each other and is mentally independent. This may be referred to as total fitness.

Physical fitness

The physical fitness plays a vital role in the performance. An individual physical fitness and performances depend in the co-ordinative functions of the various factors such as physical, physiological abilities, nutrition, technique, tactics, physique, body size and composition.

Sand running

Training on sand is so beneficial to every type of martial artist and ten seconds into it and I'm sure the differences will be noticed

from when training on a hard durable floor. When training in your dojo, home or wherever it is you normally train, it's very easy to take for granted that the floor helps you with movement. Having a hard floor surface makes this movement process a whole lot easier, but on dry sand it becomes harder as the surface is not durable and very soft and to move, one has to dig the feet (or hands) into the sand slightly so as to create the momentum needed to move. For this reason plyometric training becomes a whole lot harder but greater rewards can be obtained. Sparring on sand, either striking, grappling or both, becomes an extremely heavy, and hard work out, as the muscles are used more, but it is another out of the many other hundreds of great ways to improve the leg and arm muscles and stamina.

Need of the study

The investigator selected a training that is sand running for cricket players. To perform running and to play the players should have better physical fitness and physiological fitness. It is a matter of interest how far a sand training improves physical fitness variable, speed among cricket players. Hence, the investigator was interested to find out the effect of sand training on speed of school level cricket players.

Statement of the problem

The purpose of the study was to find out the effect of sand training on speed of school level cricket players.

Hypotheses

It was hypothesized that there will be a significant development in speed of school level cricket players due to sand training.

Significance of the study

The findings of this study would be helpful to coaches and physical education teachers to include sand running to improve speed of school level cricket players.

Methodology

The purpose of this study was to find out the effect of sand training on speed of school level cricket players. In this Chapter

the selection of subjects, selection of variables, details of tests administered, training schedule followed and the statistical techniques applied for interpretation of data were given.

Schedule of sand training

Table 1

Days	Monday	Wednesday	Friday
First 2 weeks	1 ½ km Sand running	2 km Sand running	2½ km Sand running
Second 2 week's	Sand running + 1 ½ km plus Hopping and Bounding (repetition)	Sand running + 2 km plus hopping, bounding High knee & speed repetition.	Sand running + 2½ km plus hopping, bounding High knee & speed repetition.
Third 2 week	Sand running + 2 km plus Hopping and Bounding repetition.	Sand running + 2 ½ km plus Hopping, Bounding High knee & Speed Repetition.	Sand Training + 3km Plus Hopping, Bounding, High Knee & Speed Repetition

Test administration
Speed (50 Meter Run)
Purpose
 To measure the speed

N = Number of scores
 SD = SD / \sqrt{N}
 Here
 SD = Standard Deviation
 N = Number of scores

Statistical procedure
 The collected data were analyzed using 't' ratio for dependent group by using the following formula

$$SD = \frac{\sqrt{\sum D^2 - [(\sum D)^2 / N]}}{N}$$

Here $\sum D^2$ = Square of score difference
 $\sum D$ = Sum of difference between scores.

$$t = \frac{\bar{D}}{SD}$$

Here \bar{D} = Mean of the difference between groups
 SD = Standard Error of the Mean
 $\bar{D} = \sum D / N$
 Here \bar{D} = Mean of the different between groups
 $\sum D$ = Sum of difference between scores

Results
 Table I shows the pre and posttest means, mean difference, standard deviation and obtained 't' value on speed due to six weeks sand training among school level cricket players

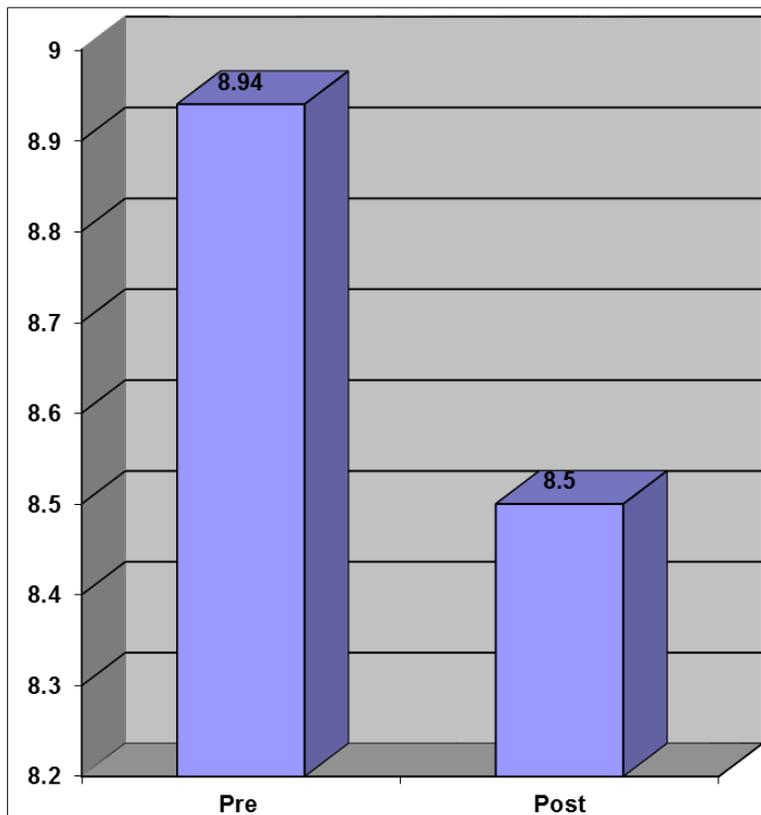


Fig 1: Bar diagram showing speed due to sand training among school level cricket players

Conclusion

Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that six weeks sand training significantly improved speed of the school level cricket players.

Recommendations

In view of the findings of this study, the following recommendations are made.

1. Sand training experimented in this study may be included in the training schedule for cricket players.
2. The influence of sand training on specific skills of cricket such as, bowling, fielding etc. may be studied.
3. Similar research may be conducted among college level men and women cricket players.
4. The influence of sand training on the performance of other games may be studied.

References

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