
COMPARATIVE STUDY OF SPEED ACCURACY AMONG DEFENDER AND FORWARD NATIONAL HOCKEY PLAYERS

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Abstract:

The aim of study was to compare speed accuracy among defender and forward national Hockey Players of Kreedha Prabodhini Mahalunge Balewadi Pune-45. A total sample size of N=30. The mean difference was Defenders mean 65.00 with SD of 6.33. Similarly, for the Forwards the mean 78.90 with SD 1.89 the data clearly shows that obtained T test 5.15 was significant at levels 0.05 as the table value 2.65 is less than the calculated T value with the Degrees of freedom 28. As p-value<0.05 the difference between effect of speed accuracy was significant. Data was observed from the analysis are clearly shows that speed accuracy variable mean difference between of the sample of 30 players that obtained mean gain in the speed accuracy of forwards boys National Hockey Players, were compared with defenders. The present study provides useful information to the coaches to develop their players achieving success at elite level of competitions to the best possible performance in hockey.

Key words: National Hockey Players, Speed Accuracy, Defenders and Forwards.

Introduction:

Hockey is popular and dynamic game played by both the sexes; It is a field invasive team game in which players are competes at the same field of action as their opponents; **(Hughes and Barlett, 2002)** hockey was long history but now day's game playing surface and rules are change. A rule change means that all matches were played in four 15-minute quarters. Hockey is a fast-paced game which nowadays is only played on artificial turf. The game rules were allowing unlimited substitutions. That's way the modem field hockey demands that each player of the team be able to play in all positions. Field hockey game requires

high level of specific strength, speed, agility, flexibility, skill efficiency, accuracy, and perception.

Hockey is a team sport which requires maximum speed accuracy for a longer duration. Speed can be defined as the distance travelled per unit time or how quickly an object moves. It is the individual's ability to perform the same pattern successively at a faster rate. Speed in sports can be defined as the ability in the minimum possible time to perform a sequence of movements. Hockey is skillful and competitive games that need speed accuracy to win the game. Defenders and forwards are similar in many way but they differ in use of speed.

Aim of Study:

The present study amid to camper speed accuracy among defender and forward national Hockey Players of Kreedha Prabodhini Mahalunge Balewadi Pune-45.

Method of Study:

Investigation method of study was used the experimental research equivalent group design.

Sample of Study:

The involved total sample (N=30) in aged group between 19 to 21 years boys National Hockey Players of Kreedha Prabodhini Mahalunge Balewadi Pune-45

Variable of Study:

The study was conducted on speed variable.

Material of Study:

The experimental treatment of 12 week training: focus on speed accuracy was conducted from 23-11-2021 to 06-02.2022 the research means for referred to an effectiveness of these defenders and forwards.

Tools of Study:

The 30 mats standing start speed test. Was used as tools for present experimental study. Specific speed measured test was already standardize and available.

Procedure of Study: The necessary data was collected by administering the tests for measuring the selected variables, the data were collected.

Test: 30 mats standing start speed test

Aim: Aim was the test to measure the speed of the subject.

Equipment: Measuring tape, stopwatch, flag, whistle and lime powder

Description: The subjects took a position behind the starting line. The starter used the command “Go”. The latter was accompanied by a downward sweep of the arm as a signal to the timer. The subjects ran across the finishing line.

Scoring: Speed was measured by 30 m dash, where subjects were asked to run with maximum speed after blow of whistle and time was recorded in m/sec. Score was the elapsed time to the nearest one tenth of the seconds between the starting signal and the instant the subject crossed the finish line, the least time of the two trials was recorded as the individual score.

Statistical Technique:

To compared speed accuracy between defenders and forwards boys National Hockey Players, measured by independent t-test was used to analyze the result obtained through the study showed at 0.05 level of the significance.

Results:

Data was observed from the analysis are clearly shows that speed accuracy variable mean difference between of the sample of 30 players that obtained mean gain in the speed accuracy of forwards boys National Hockey Players, were compared with defenders.

Descriptive Statistics of Speed Accuracy Executing performance test score of National Hockey Players

Players Position	N	Mean	Std. Deviation	Std. Error Mean
Defenders	15	65.00	6.33	2.00
Forwards	15	78.90	5.96	1.89

**T-Test Statistics of Speed Accuracy Executing performance test score of
National Hockey Players**

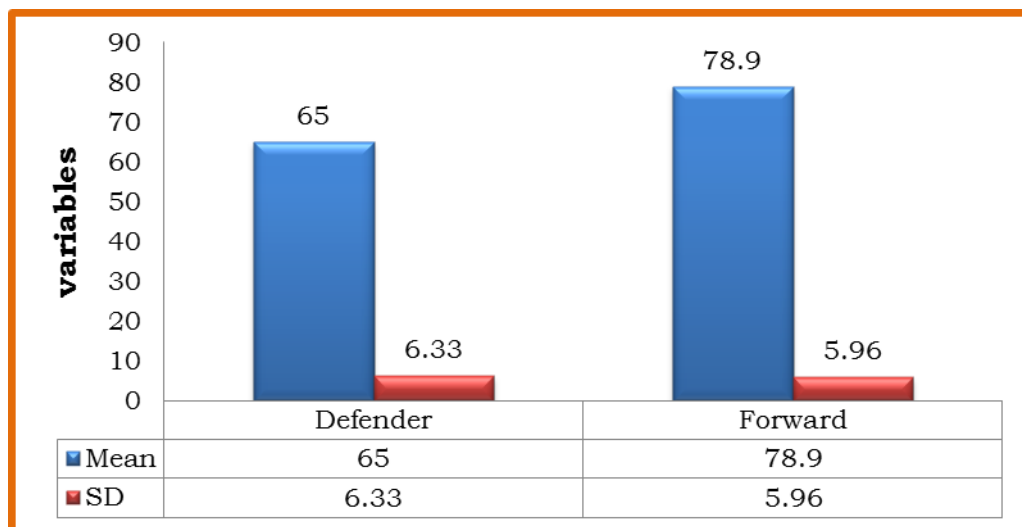
Players Plying Position		Paired Differences			
Defenders and Forwards	Mean Difference	Std. Deviation	T	Df	Sig.-2 (tailed)
	13.9	8.53	5.15	28	.001

*** Level of significance 0.05 Tabulated “p”0.05 (15)**

Tables are shows that there were total 30 subjects in group. Defenders mean was 65.00 with SD of 6.33. Similarly, for the Forwards the mean was 78.90 with SD 5.96. The data clearly shows that obtained T test 5.15 was significant at levels 0.05 as the table value 2.65 is less than the calculated T value with the Degrees of freedom 28.

GRAPH-I

**Graph of Speed Accuracy Executing performance test score of
National Hockey Players**



Discussion of the study:

It was observed from the analysis of data are clearly shows that the mean difference was Defenders mean 65.00 with SD of 6.33. Similarly, for the Forwards the mean 78.90 with SD 1.89 the data clearly shows that obtained T test 5.15 was significant at levels 0.05 as the table value 2.65 is less than the calculated T value with the Degrees of freedom 28. As p-value<0.05 the difference between effect of speed accuracy was significant. Data was observed

from the analysis are clearly shows that speed accuracy variable mean difference between of the sample of 30 players that obtained mean gain in the speed accuracy of forwards boys National Hockey Players, were compared with defenders. The present study provides useful information to the coaches to develop their players achieving success at elite level of competitions to the best possible performance in hockey.

Conclusion:

The researcher was concluding that evidence revealed from the results of the study it can be concluded that the experimental treatment of 12 week training: focus on speed accuracy was help to improve hockey player's speed accuracy of performance of forwards boys National Hockey Players were compared with defenders. It gives the optimum gain to speed accuracy. Lastly a suggestion is given to the hockey Association authorities and coaches that regular practice of speed training of our National Hockey Players they should be integrated into their hockey performance in every tournament, across the India for the improvement of the level speed accuracy and performance.

Recommendation:

In light of conclusion drawn the following recommend have been made

- Similar study may be conducted by taking more number of variables using more number of subjects.
- The coaches and physical education teacher must put due emphasis on speed abilities and agility while selecting their teams.
- Further the result of the present study could help to frame different methods of training.

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