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**Jeetender Singh**  
Physical Education Teacher,  
YS&S J&K, University of  
Kashmir, Jammu and Kashmir,  
India

**SP Singh**  
Senior Hockey Coach, Sports  
Authority of India, Baramulla,  
Jammu and Kashmir, India

**Correspondence**  
**Jeetender Singh**  
Physical Education Teacher,  
YS&S J&K, University of  
Kashmir, Jammu and Kashmir,  
India

## To determine the impact of Harbans hockey skill test on hockey players

**Jeetender Singh and SP Singh**

### Abstract

The purpose of the study was to determine the effect of Harbans hockey skill test on hockey players.

**Methodology:** 20 Male hockey players from surjeet hockey club Baramulla are selected for this study. All the subjects are demonstrated by two test battery of Harbans hockey test. 1) Dribbling and Hitting test. 2). Dribbling and goal shooting test. The subjects are asked to perform both the test on all 8 days and the investigator observe and collect the data.

**Result:** The study shows that there is significant effect of Harbans hockey field test on hockey players as performance of players increased and accuracy in hitting, shooting and dribbling increased due to practice.

**Conclusion:** Its found that hitting, dribbling and shooting abilities of hockey players are improved day by day by Harbans Hockey skill test.

**Keywords:** Determine, Harbans, hockey, hockey players

### Introduction

In hockey as in many other sports and games, a player can attain excellence at an early age only if he starts his career in early boyhood. An early starter, like an early rider, has time for the acquisition of manifold athletic abilities, fundamental skills and Tactics which are essential for becoming a grand player. In the advanced countries, training of athletes and players start quite early in life. Learning individual tactics leads to the acquisition of group and team tactics. The methodology of teaching tactics may vary. However, young trainees should know more than what they are able to practically demonstrate at any given moment. Weaknesses and short one coming should be analyzed and removed during the learning process in order to create a sound base. A youngster with all-round technical and Tactical training has good chance of becoming an excellent player

Hitting, shooting and dribbling are the basic skills in hockey. One must be focused on these skills. In order to develop these skills earlier. Its responsibility of coach to practices different Hockey skill test to improve the abilities of hitting, shooting and dribbling. Harbans hockey skill test was constituted in 1956 and was published in 1959.

### Methods

The purpose of study was to determine the hitting, dribbling and Goal Shooting abilities of hockey players. The subjects selected for this study were 20 hockey players of Surjeet hockey club of Baramulla.

### Selection of variables

The variables selected for this study were the two test items of harbans hockey skill test:-

- Dribbling and Hitting test
- Dribbling and Goal shooting test.

### Collection of Data

The data was collected by conducted the harbans hockey skill test on 20 hockey players of surjeet hockey club baramulla.

The numbers of accurate hitting, goal shooting and dribbling time are noted down and best attempts was converted points and value of norms is final data/score. The raw data was converted into Standard score.

**Tests administration**

**Dribbling and Hitting Test:** The purpose of this test item is to determine dribbling and hitting ability.

**Required Equipment:** Hockey Sticks, ball, stopwatch, 8 cones, measuring tape, marking powder and score sheet.

**Testing Procedure:** In this test participant stands behind the

starting line with his stick and ball when the participant receives the signal of Ready! and Go! He/she must start the dribbling in zig-zag manner in between 8 cones which are placed in a straight line at the 8 feet distance from each-other. When the participant reaches the end line he/she will take a turn and hit the ball towards the starting line. If he/she fails to do he/she should take one or more chances until the ball crossed the start line.

**Scoring Procedure:** The scoring shall be the time taken by the participant until the ball crosses the starting line after being hit by the participant from the end line.

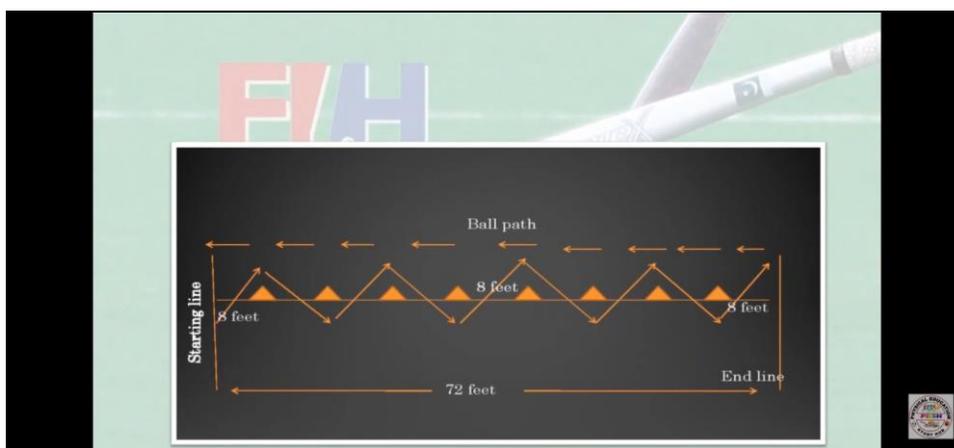


Fig 1: Show the Scoring Procedure

**Dribbling and Goal Shooting Test:** This test item is included for the purpose of assessing participant’s goal shooting ability.

**Required Equipment:** Hockey Sticks, 6 balls, Goal post, and score sheet.

**Testing Procedure:** At the center point of the circle make a box (square) of 2 yards and from that point 45 degree right and left both side on the circle the same size box should be marked. And in the goal post a number plate is placed on the backboard.

Fig: 2 The participant should stand in front of the right box where 2 balls are placed, at the signal of ‘Go’ the participant

takes one ball and gets in the box and tries to shoot the ball on the goal post and the number which was hit by him/her will be his/her score. In the same way he/she come back and take second ball dribble it into the box and take a shoot toward the target again which ever number he/she hits recorded by the tester, after the shoot he/she will move toward the next box and the same thing will be performed by the participant. The participant can take a 30 seconds break/rest in between two boxes.

**Scoring Procedure:** The number which was hit by the participant is the score of his/her in 6 trials (the sum of all six trials should be counted).

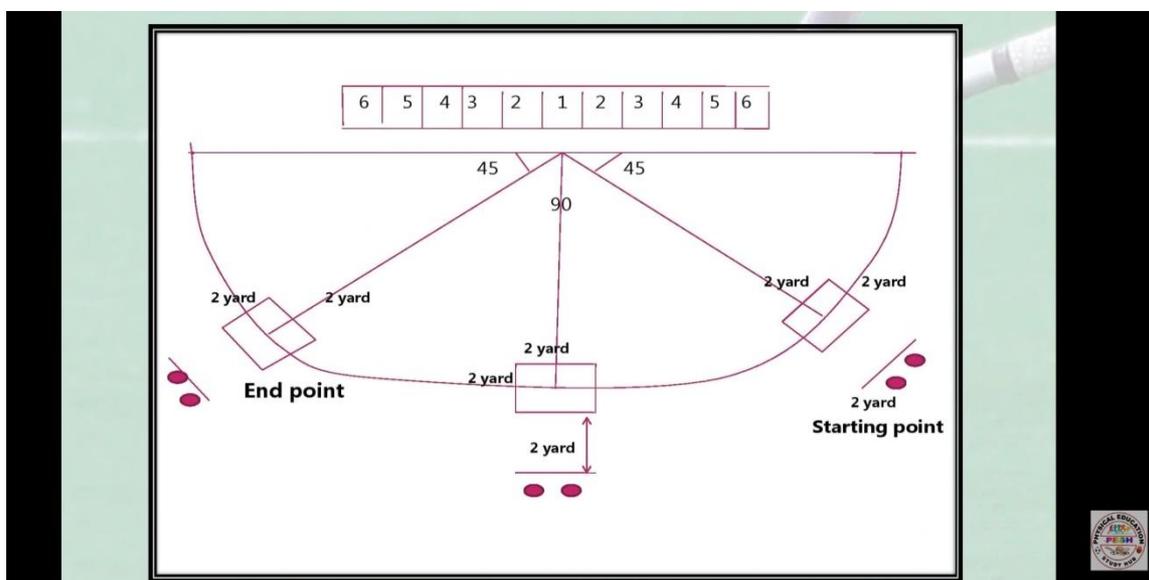


Fig 2: Analysis of data.

## Results

**Table 1:** Description analysis of Dribbling and Hitting Ability.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8
N	20	20	20	20	20	20	20	20
MEAN	29.85	37.65	41.35	45.27	49.22	53.03	57.7	63.79
SD	5.60	7.58	8.03	9.81	10.35	11.23	12.13	12.75
Std. Error	1.25	1.69	1.79	1.19	1.69	1.98	1.33	1.56

**Table 2:** One way analysis of Dribbling and Hitting (ANOVA)

	Sum of squares	Df	Mean Squares	F-value
Between Group	5791.28	7	827.28	12.08
Within Groups	9133.38	152	60.08	-

$F_{0.05}(7,152) = 5.59$

The converted data of Dribbling and Hitting between the groups were analyzed by one way analysis(ANOVA), from the result it has been observed that there were significant difference among 8 groups in performance as calculated F value is greater than table value, was found to be significant at 0.05 level of confidence. It is learnt that there were significant difference in performance between Day1 and Day2, Day2 & Day 3, Day 3 & Day 4, Day 4 & Day 5, Day 5 & Day 6, Day 6 & Day 7 and Day7 & Day 8.

### Dribbling and Goal Shooting Test

**Table 3:** Description analysis of Dribbling and Goal shooting test

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
N	20	20	20	20	20	20	20	20
Mean	22.85	28.40	30.45	31.80	32.12	33.65	35.67	37.81
SD	6.50	6.01	6.98	6.20	6.10	6.76	6.34	6.56
Std. error	1.45	1.11	1.34	1.67	1.56	1.39	1.34	1.22

**Table 4:** One way analysis of Dribbling and Shooting Goal (ANOVA)

	Sum of squares	df	Mean Squares	F-value
Between Groups	1862.25	7	266	7.1
Within Groups	6145.56	152	40.4	

$F_{0.05}(7,152) = 5.59$

The converted data of Dribbling and Shooting Goal test were analyzed by One way analysis (ANOVA). From result it has been observed that there were significant difference among Eight Groups in Shooting ability as F value 7.1 to be significant at 0.05 level of confidence. It is learnt that shooting ability of hockey players increased day by day.

### Discussion

The purpose of the study was to determine the effect of Harbans field hockey skill test of hockey players. This study showed a significant difference in performance. Both the abilities of hitting and shooting goal has been increased from day 1 to day 8. These findings are in line with those of Ericsson, Krampe and Tesch-Romer (1993) <sup>[1]</sup>, who proposed a model of expertise. They argued that practice is the only determinant of expertise. However, an alternative explanation is that the elite youth players have inherited a more favourable genetic profile for success in field hockey Ericsson, K.A., Krampe, R.T., & Tesch-Romer, C. (1993) <sup>[1]</sup>.

### Conclusion

Within the limitation of the present study and on the basis of the findings, following conclusion were drawn.

1. There is impact of Harbans field hockey skill test to improve the Dribbling and Hitting Ability of Hockey

players.

2. The ability of Shooting Goal has increased by practices Harbans Singh field hockey skill test among the hockey players.

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