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## Training on selected physical physiological and psychological variables of novice hockey players

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### Abstract

Yoga is a way of living with an aim of a healthy mind in a healthy body. In this view the investigators have made an effort to find out the effect of asana on psychological variables of Women College players of Hockey. It is a fact that apart from other factors, the performance of an individual in any game and sports is mainly dependent upon physical, physiological and psychological factors. Every sports person should be physically, physiologically and psychologically fit to carry out daily tasks. Physical fitness is the result of regular physical activity, proper diet and nutrition and proper rest for physical recovery within the parameters allowed by the genome.

**Keywords:** Physical physiological, psychological variables

### Introduction

The performance of an individual in any game and sports is mainly dependent upon physical, physiological and psychological factors. Every sports person should be physically, physiologically and psychologically fit to carry out daily tasks. Physical fitness is the result of regular physical activity, proper diet and nutrition and proper rest for physical recovery within the parameters allowed by the genome. Physical fitness is used in two close meanings, general fitness and specific fitness. General fitness is often divided into agility, balance, body composition, cardio vascular endurance, coordination, flexibility, muscular strength and endurance speed. Many sources also cite that mental and emotional health as an important part of overall fitness. Play is an essential facet in the Physical, Physiological and Psychological development of child. Play includes sports and games. Sports are generally individualistic where the pattern of movements does not change as in athletics a runner goes on running in a same style with least change in body movements. In games, movements change from one action to another action. They require more elaborate organization and strategies based on intense competition.

### Fundamental Skills in Hockey

The skills which are necessary for the players to play the game may be termed fundamental skills. They are called fundamentals because unless an individual achieves a fair level of competency over them he cannot play the game to one's own satisfaction. There are number of fundamental skills in hockey namely hitting, dribbling, pushing, scooping, stopping, trapping, flicking, tackling, dodging and passing. The good performance of a hockey player depends upon the perfection and proficiency of fundamental skills, positional play, tactics, strategy, general behaviour, etc.

### Importance of Fundamental Skills

The game, hockey is a very complicated one in terms of skills. In this game of hockey it is very important; one should have mastery over fundamental skills which are necessary for the players. These fundamental skills are foundation to the game of hockey. The high level of performance in the game of hockey depends upon the proficiency over these fundamental skills. Coaching in hockey starts with these fundamental skills, as these skills are the foundation stones to the game. Once the player gets mastery over these fundamental skills, it will become an art which will draw the attention of spectators.

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Spectators enjoy the game with the aesthetic sense and the player will have the feeling of well-being.

### **Selection of Variables**

The research scholar reviewed the available scientific literature pertaining to the problem from books, journals, magazines, e-resources, and research papers which revealed the importance of Swiss ball training and Core board training. Taking into consideration of feasibility, criteria and availability of the instruments the following variables were selected for this study.

### **Dependent Variables**

#### **Physical Variables**

- Speed
- Agility
- Balance
- Flexibility
- Muscular endurance

#### **Performance Variables**

- Speed dribbling
- Slap hit
- Shooting from three different spots

### **Independent Variables**

Swiss ball Training

Core Board Training

### **Dribbling**

The player with the ball can progress towards goal through dribbling. It is a basic means to dodge the opponents. As she is not permitted to carry the ball, the only option for her to progress with the ball is dribbling. At the same time, she should also see that the opponents do not interfere in her progress and above all that one must be certain about the rules which govern the skill of dribbling. It is used to break man to man defence in tactical plays. Hence dribbling is very important in hockey.

### **Passing**

In hockey, the ball is to be taken from one end to another end, to score a goal. This has to be done in accordance with the rules that govern the hockey game. When one team is in possession of the ball, the other team will always try to take possession of the ball. In such circumstances the ball has to be passed by the player in possession of the ball to the player of his own team without giving chance for an opponent to get the ball. Hence, an accurate passing is a must for a good player.

### **Hitting**

Hit cover maximum distance in a very limited time. It is also used for scoring a goal. It is mostly used while taking penalty corner. A further important advantage is that one will be able to make passes through a wider area and thus one can prevent opponent players from anticipating the pass.

### **Motor Ability and Its Importance**

Higher level of performance of a hockey player depends upon his motor abilities, anthropometric measurements, physiological factors and psychological variables. Among the variables selected for the study, the immediate capacity of an individual to perform in many varied stunts or athletic events is referred to as general motor ability. In most of the advanced

and developed countries, the awareness of motor learning and skill development among children is very much scientific and prolonged which perhaps helped them realize their dreams of high achievement in sports. High level of general fitness with motor abilities like power, speed, agility, jumping ability, balance, reaction time etcetera are essential qualities of hockey players.

### **Physiological Variables and Their Importance**

For specific physiological systems of the body to be fit they must function well enough to support the particular game that the player must use playing. Different games make different demands upon the organism with respect to neurological, respiratory, circulatory and temperature regulating functions and physiological fitness specific to the activity. Physiological systems are highly adaptable to exercise. The response of each system is discrete; hard work in the heat is necessary to improve the fitness of the temperature regulation mechanism. Each task has its major physiological components and fitness for the task requires effective functioning of appropriate systems.

### **Psychological Variables and Their Importance**

Competitive anxiety has been recognized as a key to sport psychology issue for some time. Sport competition creates some anxiety in all participants, and for some individuals the anxiety is not so intense that successful performance and enjoyment of the activity are impossible. Most athletes must deal with intense anxiety at some time, and most coaches must deal with competitors experiencing varying status of anxiety from near normal and under control to utter panic. Achievement behaviour is of special interest in sports psychology because, most of sport behaviour is achievement behaviour. Competition or social achievement predominates, but sport also involves in considerable non competitive or individual achievement.

### **Anthropometric Measurement and Its Importance**

Performance in games and sports depends not only upon physiological, psychological, sociological and scientific training of the individual but physique and body composition also affect it considerably. Though the training is equally important, at higher level of competition where training is given to all the individuals, suitable physique and body composition are of fundamental importance. Genetic imperfections in organs and tissues are responsible for weakness in structure and function. These limit the individual's capacity for strength, endurance and skill.

### **Total Performance in Hockey and its Importance**

The total hockey performance is that general hockey playing ability by hockey players. The general playing ability of any game depends on the proficiency of fundamental skills, motor ability components, physiological variables and anthropometrical variables besides psychological make-up. Modern performance in any game gives greater emphasis on preparing the players psychologically than physically, though both play sufficient role. Different investigations revealed that performance in games and sports depend not only upon physiological, psychological, sociological and scientific training but physical composition also influences the total performance considerably.

At higher levels of competition even though there is variety of players from anatomic standpoint, it is more likely that specific qualities are necessary for players to achieve. At

these levels of play the total performance is the true indicator of the player's efficiency and proficiency in the execution of fundamental skills besides all other qualities. The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During the training period, besides the good physique and physical fitness of the athlete, main emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching the strategies, techniques and tactics of the game.

### Conclusion

They concern physical and mental sides of sport development as well as schools' strategies and environmental aspects of talent development. Second part of the report processes children's psychological and social development phases in different ages it also covers important mental skills, qualities and techniques for ice hockey player. The Hockey players of Swiss ball training group showed significant improvement in flexibility and slap hit when compared to Core board training group. At the same time, the Core board training group showed significant improvement in speed, agility and speed dribble, when compared to Swiss ball training group.

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