



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2019; 6(5): 157-159  
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www.kheljournal.com  
Received: 19-07-2019  
Accepted: 23-08-2019

**Wahid Hassan**  
Research Scholar (M. Phil),  
Department of Physical  
Education, Rabindranath  
Tagore University, Bhopal,  
Madhya Pradesh, India

**Ishfaq Ahmad Rather**  
Research Scholar (M. Phil),  
Department of Physical  
Education, Rabindranath  
Tagore University, Bhopal,  
Madhya Pradesh, India

**Dr. Manoj Kumar Pathak**  
HOD, Department of Physical  
Education, Rabindranath  
Tagore University, Bhopal,  
Madhya Pradesh, India

**Corresponding Author:**  
**Wahid Hassan**  
Research Scholar (M. Phil),  
Department of Physical  
Education, Rabindranath  
Tagore University, Bhopal,  
Madhya Pradesh, India

## Comparative study on effect of selected exercises on accuracy of long range shoot, penalty shoot and running shoot ability in korfbal

**Wahid Hassan, Ishfaq Ahmad Rather and Dr. Manoj Kumar Pathak**

### Abstract

The purpose of this study was to find out the effect of six week training on physical variables. The data collected qualitatively on three different tests of long range shoot, penalty shoot and running shoot of control group-A and experimental groups were analyzed by using the 't' test and post-test means of both groups to find out the significant difference among the selected variables as long range shoot, penalty shoot and running shoot of two groups of students and the subjects were selected by using random sampling method.

**Keywords:** exercise, long range shoot, penalty shoot, running shoot

### Introduction

Sport a part of physical education programme, has grown so big that it has come to be recognized as a very strong social force. Some people claim a separate entity for sports, a separate study. The word in the title sports, physical educations denotes indoor and outdoor games. The word physical education indicates that physical activities develop the learner. The common denominator in the sports and physical education is movement activities. What may not be understood from the combined term is that the motor activates must be performed to develop skilful or artistic execution and also to develop the performer. Physical education and sports together from a coherent.

### Specific exercises

Specific exercises consist of active movements that are designed to restore functions. General exercise, on the other hand, is those that provide movement for the body as a whole.

**Shooting:** It may be defined as the act of propelling the ball towards the goal in a type of throwing motion with the use of one or both hands.

**Training:** Training is usually defined as a systematic process of respective progressive exercise on work, involving process of learning and acclimatization.

**Physical fitness:** The ability to carry out daily tasks with vigour and alertness without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies.

### Procedure and Methodology

Forty subjects were selected for the collection of data. The subjects were selected by random sampling method. The age of the subjects ranged between 18-28 years.

### Equipments used for collection of data

The data collected on 40 male subjects before and after six week training program on long range shoot, penalty shoot and running shoot was analysed by comparing the means of pre and post test of control and experimental groups and was again statistically analysed by applying 't'-test to check the significant difference among selected variables. Therefore separate tables and graphs have been presented for each variable as follows.

**Results**

**Table 1:** Comparison of long range shoot between pre and post test of control group

Control Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	17.45	4.97	0.05	19	0.021	1.729
Post test	17.4	4.80				

Level of significance = 0.05

**Table 2:** Comparison of long range shoot between pre and post test of experimental group

Experimental Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	17.95	5.23	8.56	19	0.316	1.729
Post test	26.6	4.58				

**Table 3:** Comparison of long range shoot between post test of control and experimental group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Control	8.4	5.18	8.2	38	5.57	2.02
Experimental	26.6	3.21				

**Table 4:** Comparison of penalty shoot between pre and post test of control group

Control Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	25.2	5.65	0.1	19	0.029	1.729
Post test	25.3	5.70				

**Table 5:** Comparison of penalty shoot between pre and post test of experimental group

Experimental Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	25.9	5.3	4.15	19	0.317	1.729
Post test	30.05	4.91				

Level of significance = 0.05

**Table 6:** Comparison of penalty shoot between post test of control and experimental group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Control	25.3	5.70	4.75	38	2.84	2.02
Experimental	30.05	4.91				

Level of significance = 0.05

**Table 7:** Comparison of running shoot between pre and post test of control group

Control Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	22.75	4.30	0.75	19	0.317	1.729
Post test	23.5	4.34				

Level of significance = 0.05

**Table 8:** Comparison of running shoot between pre and post test of experimental group

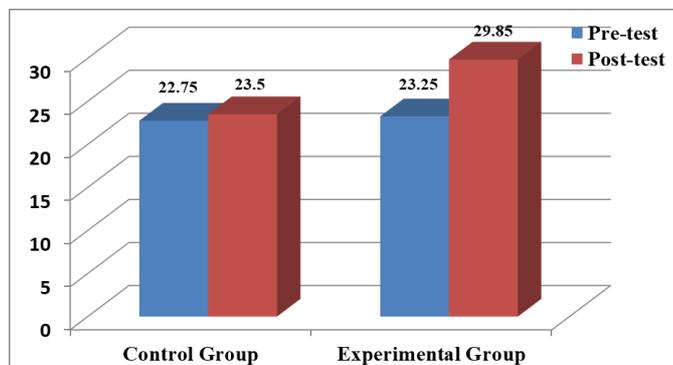
Experimental Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	23.25	3.93	6.6	19	0.137	1.729
Post test	29.85	3.21				

Level of significance = 0.05

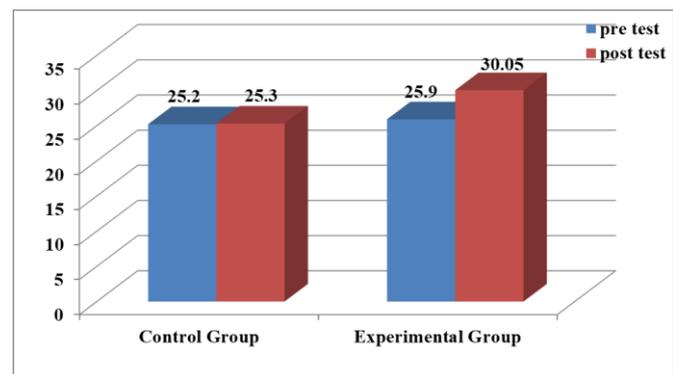
**Table 9:** Comparison of running shoot between post test of control and experimental group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Control	23.5	4.34	6.35	38	5.29	2.02
Experimental	29.85	3.21				

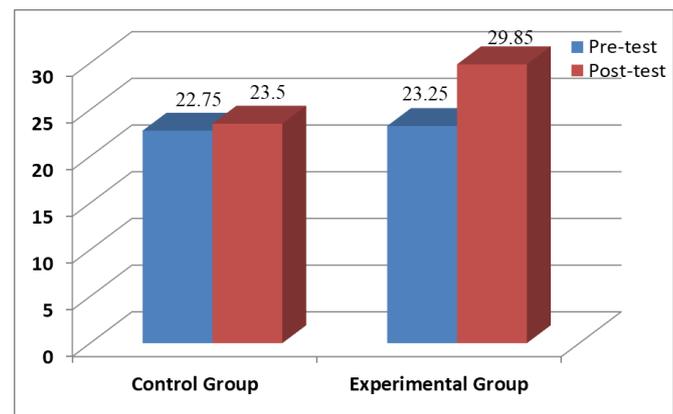
Level of significance = 0.5



**Graph 1:** Graphical representation of mean difference between pre and post test of control and experimental group for long range shoot



**Graph 2:** Graphical representation of mean difference between pre and post test of control and experimental group for penalty shoot



**Graph 3:** Graphical representation of mean difference between pre and post test of control and experimental group for running shoot

**Conclusion**

Within the limitations of the study and from statistical analysis the following conclusion was drawn. There was significant effect on subjects of long range shoot, penalty shoot and running shoot ability in korfbal through the statistical analysis after six weeks training programme.

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