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Effects of SAQ training on dribbling ability of basketball players

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Abstract
This study was designed to investigate effects of SAQ training on dribbling ability of inter collegiate football players. To achieve the purpose of the study 30 Inter-Collegiate male basketball players were selected from affiliated colleges of Bharathiar University, Coimbatore. The subjects will be randomly assigned to two equal groups (n=15). Group- I SAQ training (SSTG) and Group - II was act as a control group (CG). The respective training was given to the experimental groups for 3 days per week (Monday, Wednesday and Friday) days the period of twelve weeks. The control group was not be given any sort of training except their routine. The selected parameters were dribbling ability (Johnson basketball skill test). The data collected from the subjects was statistically analyzed with 't' ratio to find out significant improvement if any at 0.05 level of confidence. The result of this dribbling ability improved significantly due to effects of SAQ training. Due to the influence of SAQ training significantly improved dribbling ability of inter collegiate basketball players.

Keywords: SAQ training, basketball and dribbling ability

Introduction
The SAQ training method more frequently uses the programmed than random type conditioning after the SAQ continuum. One SAQ session is composed of 7 components, where the main part of the session, explosion and expression of potential, are combinations of programmed and random conditioning. Integral planning and programming is required to progress from fundamental movement patterns to highly positional specific movements A logical sequence in the learning process must not be neglected because it develops neural structures that are a pre requisite for elite-level upgrade. On sequent, elite players manipulate with their bodies without the loss of speed, balance, strength, and control. Also, with correct movement patterns (technique) and greater muscle power, they accelerate faster.
The SAQ training method consolidates speed, agility, and quickness through the range of soccer specialized exercises. All exercises are performed with optimal biomechanical movement structures, and consequently, energy and time savings are made. Power performance aside from major abilities has the need for optimal joint mobility, dynamic balance, appropriate loco motor system, and energy production among others.
It is well known that basketball players rarely achieve maximal speed during play, but the initial starting phase and acceleration phase have a higher value in a basketball performance.
Agility is very important when it comes to basketball players. Not only do they use it to out maneuver the opposition but it also helps in preventing injuries. Optimal activation and inhibition of muscle fibers can prevent muscle tears and even more prevent the joints from injuries. Jullien *et al.* [13]

Methodology
This study was designed to determine the impacts of SAQ training on dribbling ability of inter-collegiate male basketball players. To achieve the purpose of the study 30 Inter-Collegiate male football players were selected from affiliated colleges of Anna University, Coimbatore. The subjects were randomly assigned to two equal groups, namely, SAQ training (SAQG) group (n=15) and control group. The respective training was given to the experimental group the 3 days per week (alternate days) for the training period of twelve weeks.

The control group was not given any sort of training except their routine. The skill performance parameters were dribbling ability (Johnson basketball test).

Criterion measures

Variables	Test items	Unit of measurements
Dribbling ability	Johnson Basketball Test	In seconds

Training programme

The training programme was lasted for 45 minutes for session in a day, 3 days in a week for a period of 12 weeks duration. These 45 minutes included 10 minutes warm up, 25 minutes SAQ training and 10 minutes warm down. Every three weeks of training 5% of intensity of load was increased from 65% to 80% of work load.

Table 1: Computation of t ratio on dribbling ability of inter collegiate male basketball players on RPETG and control group

Experimental Group							
Group		Mean	N	Std. Deviation	Mean difference	Std. Error Mean	T ratio
dribbling	Pre test	7.26	15	0.79	2.06	0.11	17.48*
	Post test	9.33	15	0.61			
Control Group							
dribbling	Pre test	7.13	15	0.74	0.20	0.10	1.87
	Post test	6.93	15	0.79			

*significant level 0.05 level (degree of freedom 2.14,1 and 14)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected power parameters, namely dribbling ability variables of SAQ training. The obtained 't' ratio on dribbling ability were 17.48. The required table value was 2.14 for the degrees of freedom 14 at the 0.05 level of significance. Since the obtained t values were greater than the table value it was found statistically significant.

Table I reveals the computation of mean, standard deviation and 't' ratio on selected power parameters, namely dribbling ability variables of SAQ training. The obtained 't' ratio on dribbling ability were 1.87 respectively. The required table value was 2.14 for the degrees of freedom 14 at the 0.05 level of significance. Since the obtained t values were lesser than the table value it was found statistically insignificant.

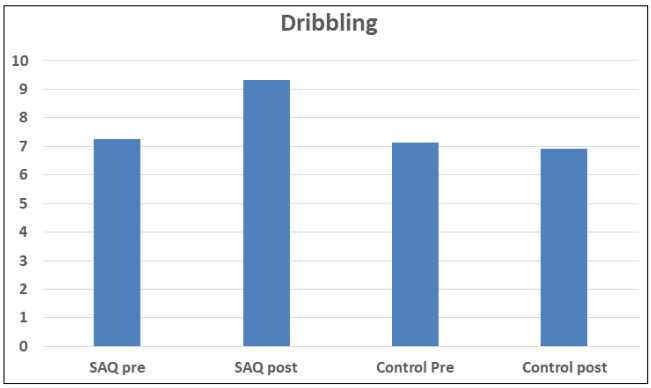

Fig 1: Bar diagram showing the mean value on dribbling ability of inter collegiate male basketball players on SAQTG and control group

Discussion and Findings

The present study experimental the impact of 12 weeks SAQ training significantly improved the dribbling ability of the inter collegiate male basketball players. The results of this study indicated that SAQ training after is more efficient to bring out desirable changes over the dribbling ability of the inter colligate male basketball players. The finding of the present study had similarity with the findings of the investigators referred in this study. The results of this study support the use of junior players have been exposed first time to S.A.Q. training programme which is highly scientific and systematic in nature because of which optimum adaptation and enhancement in skills performance has been seen. It is proved even by the available literature by Diswar *et al*., (2016) [2]. They have conducted a study on comparative effect of SAQ and circuit training programme on selected physical fitness variables of school level basketball players and the finding of their study showed that SAQ training program was better than circuit training program for developing speed and agility. Some more study also supported my findings Sharma, & Dhapola, (2015) [4]. studied to determine the effect of speed, agility, quickness (SAQ) training programme on selected physical fitness variables and playing abilities in basketball University players and the SAQ training programme were imparted a total period of six weeks. The result of the study showed significant effect on speed, agility and quickness and the playing abilities of basketball players. Sudha *et al*., (2012) [5]. Noticed that practice of selected S.A.Q. drills helped to improve skill performance variables of youth basketball players.

Conclusion

It was concluded that 12 weeks SAQ training significantly improved the dribbling ability of the inter collegiate male basketball players.

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