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Effect of game specific drills on selected skill performance variables of adolescent handball players

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Abstract

This study was designed to investigate effect of game specific drills on selected skill performance variables of adolescent handball players. To achieve the purpose of the study 40 adolescent handball players were selected from affiliated colleges of Bharathiar University, Coimbatore. The subjects were randomly assigned to two equal groups (n=20). Group- I game specific drills (GSDG) 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 six weeks. The control group was not be given any sort of training except their routine. The selected skill performance variables were jump shoot (Zinn handball test) and high dribble (Zinn handball 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 jump shoot and high dribble improved significantly due to effects of game specific drills with the limitation of (diet, climate, life style) status and previous training the result of the present study coincide findings of the investigation don by different experts in the field of sports sciences. Due to the effect of game specific drills training significantly improved selected skill performance variables of adolescent handball players.

Keywords: Game specific drills, handball, high dribble and jump shoot

Introduction

Game specific drills is simply fitness and performance training designed specifically for athletic performance enhancement. If done correctly this type of training can be very beneficial for athletes however if it is not done properly it can be very detrimental. The concept of game specific drills has evolved over time. Currently, its main purpose is to stimulate a movement or exercise in a weight room with the intent of it transferring to the playing field, court, etc. Depending on the sport, athletes will focus on training specific muscle groups and utilizing a specific energy system in order to strengthen their body and improve the skills used in their sport.

As an instructional strategy, drill & practice is familiar to all educators. It "promotes the acquisition of knowledge or skill through repetitive practice". It refers to small tasks such as the memorization of exercise, skill and technique of specific game or the practicing to gain some top level of performance. Drill-and-practice, like memorization, involves repetition of specific skills, such as repetitions of specific skills and techniques to gain higher level of performance. To be meaningful to learners, the skills built through drill-and-practice should become the building blocks for more meaningful learning.

Dribbling is the skill that is a repetitive action in which a player uses one hand to bounce the ball continuously without any interruption on the court. There are three situation when the dribbling is the perfect skill to perform fast break, one on one, to avoid 3sec violation.

The skill shooting is the most exciting skill of team Handball. Shooting is the final part of the action and it aims to scoring a goal. Technically it is similar to passing, but the action is much more forceful and fast. In Handball there are two main types of shot: one is standing shot or drive shot and another one is jump shot. Shooting is the ability of the player to score a goal legally by releasing the ball at an appropriate angle so that the ball enters between the goal post and under the cross bar.

Materials and Methodology

This study was designed to determine the impacts of game specific drills on selected skill performance variables of adolescent handball players. To achieve the purpose of the study 40 adolescent handball players were selected from affiliated colleges of Bharathiar University, Coimbatore. The subjects were randomly assigned to two equal groups, namely, game specific drills (GSDG) group (n=20) and control group (n=20). The respective training was given to the experimental group the 3 days per week (alternate days) for the training period of six weeks. The control group was not given any sort of training except their routine. The skill performance variables were jump shoot (Zinn handball test) and high dribble (Zinn handball test).

Criterion measures

Variables	Test items	Unit of measurements
Jump shoot	Zinn handball test	In points
High dribble	Zinn handball test	In second

Training programed

The training programed was lasted for 45 minutes for session in a day, 3 days (Monday, Wednesday, Friday) in a week for a period of 6 weeks duration. These 45 minutes included 10 minutes warm up, 25 minutes game specific drills and 10 minutes warm down. Every two weeks of training 5% of intensity of load was increased from 65% to 80% of work load.

Table 1: computation of t ratio on selected skill performance variables of adolescent handball players on experimental group and control group

Experimental Group							
Group		Mean	N	Std. Deviation	Mean difference	Std. Error Mean	T ratio
Jump shoot	Pre test	17.60	20	2.34	5.75	0.05	12.39*
	Post test	23.35	20	2.23		0.06	
High dribble	Pre test	8.80	20	0.60	0.59	0.13	6.03*
	Post test	8.21	20	0.44		0.09	
Control Group							
Jump shoot	Pre test	17.95	20	2.11	0.75	0.03	1.32
	Post test	12.20	20	2.16		0.03	
High dribble	Pre test	8.93	20	0.58	0.42	0.13	1.04
	Post test	8.97	20	0.57		0.12	

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on selected skill performance variables namely jump shoot and dribbling of Experimental Group. The experimental group obtained ‘t’ ratio on jump shoot and high dribble were 12.39 and 6.03 respectively. The required table value was 2.09 for the degrees of freedom 19 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 skill performance variables namely jump shoot and dribbling of Control group. The control group obtained ‘t’ ratio on jump shoot and high dribble were 1.32 and 1.04 respectively. The required table value was 2.09 for the degrees of freedom 19 at the 0.05 level of significance. Since the obtained t values were lesser than the table value it was found statistically not significant.

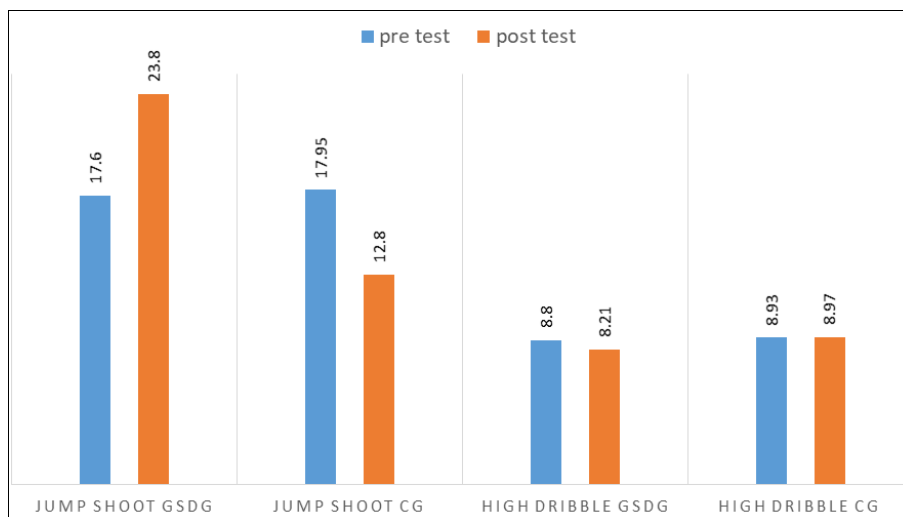


Figure 1: bar diagram showing the mean value on selected skill performance variables of adolescent handball players on GSDG and control group

Discussion and Findings

The present study experimental the impact of 6 weeks game specific drills significantly improved the selected skill performance variables of the adolescent handball players. The results of this study indicated that game specific drills after is more efficient to bring out desirable changes over jump shoot and high dribble of the adolescent handball players. The finding of the present study had similarity with the findings of the investigators referred in this study. M. Buchheit *et al.*,

(2008) [1] Game-based Training in Young Elite Handball Players. Herbert Wagner *et al.*, (2022) [6] Specific game based performance in elite male adolescent team handball players.

Conclusion

It was concluded that there was a significant improvement in the skill performance variables of adolescent handball players due to the influence of game specific drills.

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