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Investigation of the changes on coordination and speed due to agility Ladder training among Kho-Kho Players

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Abstract

The purpose of the study was to assess the investigation of the changes on coordination and speed due to agility ladder training among Kho-Kho players. To achieve the purpose of the study, thirty Kho-Kho players from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, Tuticorin, Tamil Nadu, and India were selected as subjects. Their age ranged from 18 to 25 years. The thirty subjects were divided into two groups of fifteen (15) subjects each. Group I underwent Agility Ladder Training, group II acted as control they did not participating any activities. Experimental group have training programmes for 12 weeks. For that purpose, the coordination and speed selected as dependent variables for this study. Coordination and speed was assessed by juggling test and 50 mts run test. Since no effort was taken to pair the groups in any way and therefore to eliminate the variation in pre-test mean. Analysis of Covariance (ANCOVA) was applied as statistical tool for the present study. Significant at 0.05 level of significance. The data were examined by applying SPSS measurable package in the computer. The results of the study shows that Agility Ladder Training group have improved their coordination and speed compared with control group.

Keywords: Agility ladder training, coordination, Speed and Kho-Kho

Introduction

The agility ladder is an essential tool for improving speed, agility, and coordination. It is easy to set up and move about. More and more coaches and trainers are learning the benefits of employing the agility ladder during training sessions. This training facilitates familiarity with the large range of available drills and missions, which facilitates efficient use of the agility ladder. There are numerous types and pricing ranges for the agility ladder. The agility ladder is effective due to: Three drill levels have proven useful with the agility ladder. Give athletes plenty of breaks; they should only practise when they feel comfortable. The instructor should take the ages and ability levels of the participants into account. Utilize the agility ladder frequently to see a rapid improvement in the player's speed, agility, and coordination.

Kho kho is a traditional Indian sport that dates back to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho Kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team (attacking team) are on the field, with eight of them sitting (crouched) in the central lane, while three runners from the defending team run around the court and try to avoid being touched

Statement of the Problem

The purpose of the study was to assess the investigation of the changes on coordination and speed due to agility ladder training among Kho-kho players.

Methodology

To achieve the purpose of the study, thirty Kho-Kho players from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, Tuticorin, Tamil Nadu, and India were selected as subjects. Their age ranged from 18 to 25 years. The thirty subjects were divided into two groups of fifteen (15) subjects each. Group I underwent Agility Ladder Training, group II acted as control they did not participating any activities.

Experimental group have training programmes for 12 weeks. For that purpose, the coordination and speed selected as dependent. Variables for this study. Coordination and speed was assessed by juggling test and 50 mts run test.

Analysis of Data

The pre and post test data collected from the experimental and control groups on coordination and speed were statistically analyzed by ANCOVA and the results are presented in table-I.

Variable Name	Group Name	Agility Ladder Training Group	Control Group	F ratio
Coordination	Pre-test Mean± S.D	40.01±5.98	38.15±5.58	0.686
	Post-test Mean± S.D.	43.56±6.18	38.16±5.98	14.25*
	Adj. Post-test Mean± S.D.	42.569	38.156	59.85*
Speed	Pre-test Mean± S.D	7.52±0.89	7.59±0.63	0.298
	Post-test Mean± S.D.	7.06±0.78	7.61±0.65	11.24*
	Adj. Post-test Mean± S.D.	7.356	7.601	64.28*

*(The required table value for significance at 0.05 level of confidence with degrees of freedom 1 and 27 is 4.21 and degree of freedom 1 and 28 is 4.20.)

*Significant at .05 level of confidence

The obtained 'f' ratio value is 14.25 of coordination was greater than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. Hence it was concluded that due to the effect of twelve weeks of agility ladder training improved coordination of the subjects was significantly.

The obtained 'f' ratio value is 11.24 of speed was greater than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. Hence it was concluded that due to the effect of twelve weeks of agility ladder training decrease speed of the subjects was significantly.

Conclusions

Based on the results of this study the following conclusions were drawn by the investigator it was concluded that the selected criterion variables such as coordination and speed were significant difference between agility ladder training group and control group of men Kho-Kho players.

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