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Effect of speed based skill practice on selected skill performance variables of college women

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Abstract

This study was designed to impact of speed based skill practice on skill performance variables of college women. To achieve the purpose of the study 30 college women were selected from Sri Ramakrishna College of arts and science, Coimbatore. Their age ranged between 18 and 21 years and they were divided into two equal groups consists of 15 each. Group I underwent the speed based skill practice and Group II acted as control group. The training was given to the group I for 3 days per week for the period of 12 weeks. The group II was not given any sort of training except their routine work. The data were collected from the subjects was statistically analysed with dependent 't' test to find out significant improvement if any at 0.05 level of confidence. The results speculated that the dribbling and shooting of college women improved significantly due to the speed based skill practice with the limitations.

Keywords: Speed based skill practice, dribbling and shooting

1. Introduction

Speed-based skill practice is a crucial component of the training regimen for women basketball players. In the fast-paced world of women's basketball, agility and quickness are fundamental skills that can make the difference between victory and defeat. This specialized training focuses on enhancing a player's speed, agility, and reaction time, enabling them to out manoeuvre opponents, defend effectively, and score with precision. Female basketball players understand the importance of speed-based skill practice in improving their overall game. It involves a combination of drills, exercises, and conditioning routines designed to enhance footwork, dribbling, and defensive techniques. These drills help players develop explosive acceleration, lateral movement, and the ability to change direction rapidly. Basketball game has been described as an intermittent sport that needs a comprehensive ability together with physical, technical, mental, and tactical skills [1]. The dribble agility and all types the development of speed, agility and quickness without ball quickness without ball of dribble skill [2]. The duration of possession did not prove to be a significant predictor of effectiveness in dribbling and passing skills. Nonetheless, it is noteworthy that passing effectiveness does diminish as the shot clock nears its conclusion. These results underscore the crucial need to incorporate real-game scenarios into training protocols. Coaches should duly consider these factors when aiming to systematically enhance various determinants of player performance in a well-rounded manner [3].

2. Materials and Methods

Purpose of the study was to find out the impact of speed based skill practice on college women. To achieve the purpose of the study 30 college women were selected from Sri Ramakrishna College of arts and science. Their age ranged between 18 and 21 years and they were divided into two equal groups consists of 15 each. The selected variables namely, dribbling was measured by Johnson basketball test and shooting was measured by Johnson basketball test. Group I underwent the speed based skill practice and Group II acted as control group. The training was given to the group I for 3 days per week for the period of 12 weeks. The group II was not given any sort of training except their routine work. All the subjects involved in this study were carefully monitored throughout the training program, none of the reported with tear and muscle soreness.

The data were collected from the subjects was statistically analyzed with dependent ‘t’ test to find out significant

improvement if any at 0.05 level of confidence.

3. Results and Discussion

Table 1: Analysis of ‘T’ Ratio for Dribbling and Shooting

Variables	Group	Test	Mean	SD	SEM	t-ratio
Dribbling	Experimental Group	Pre test	27.0	1.46	0.24	13.1*
		Post test	30.20	1.82		
	Control Group	Pre test	26.93	2.01	0.57	
		Post test	27.66	2.05		
Shooting	Experimental Group	Pre test	13.00	1.46	0.19	14.9*
		Post test	15.86	1.18		
	Control Group	Pre test	13.06	1.38	0.23	
		Post test	13.46	1.76		

Significance at 0.05 level of confidence for df of 14 is 2.14

Table 1 shows that the pre-test mean values of experimental group and control group 27.0, 13.0 and 26.93, 13.06 respectively and the post-test mean values are 30.20, 27.66 and 15.86, 13.46 respectively. The obtained dependent t-test, t value on dribbling and shooting of experimental group are 13.1 and 14.9 respectively. The table value required for

significant difference with degrees of freedom 14 at 0.05 level of confidence is 2.14. The obtained ‘t’ test value of experimental group was greater than the table value. The results clearly indicated that the dribbling and shooting of the experimental group improved due to speed based skill practice on college women.

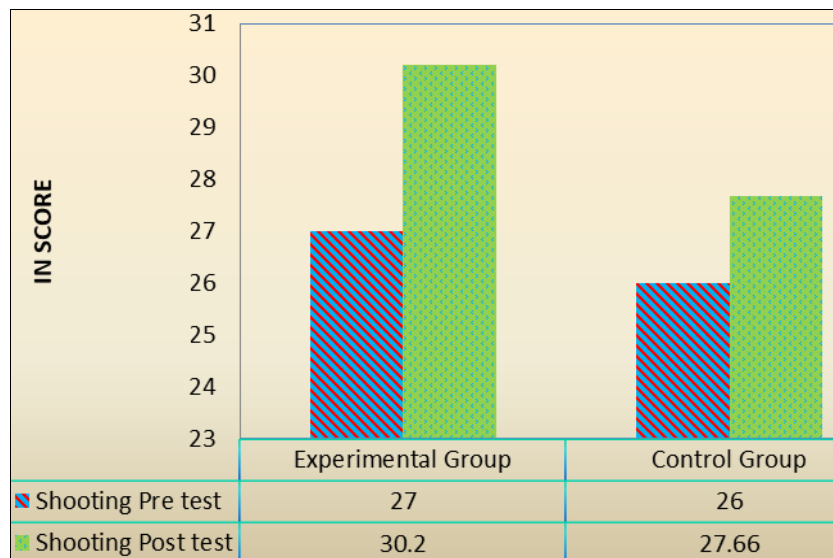


Fig 1: Bar Diagram of Experimental and Control Group on Dribbling

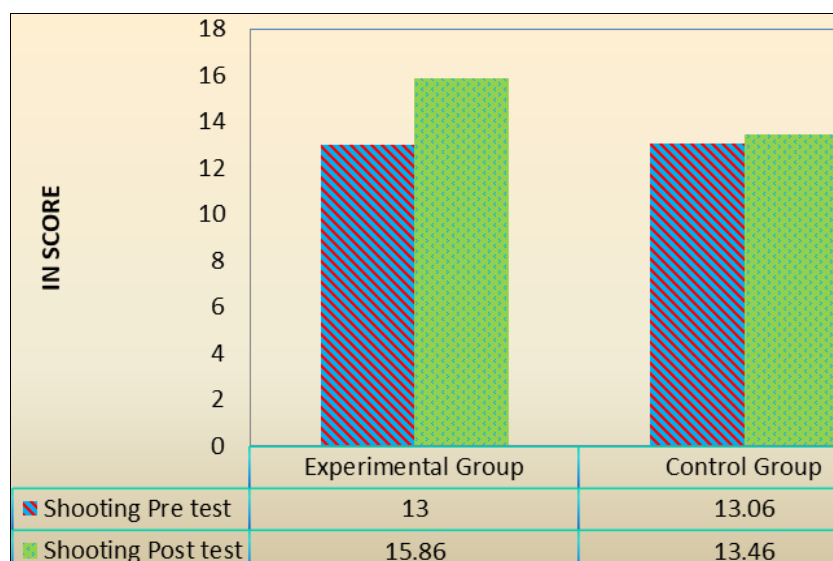


Fig 2: Bar Diagram of Experimental and Control Group on Cardio Shooting

The result of the study on selected variables namely dribbling and shooting indicates experimental group (speed based skill practice) caused significant improvement after the speed based skill practice. Based on the mean value, the experimental group was found in better increasing on when compared to the control group.

4. Conclusion

Based on the findings and within the limitations imposed by the experimental conditions following conclusion were drawn.

Speed based skill practice was develop to speed-based skills, incorporate agility drills, sprint training, game simulations, and receive coaching and feedback consistently. Finally, the researcher concluded the use of ball handling drills, speed passing, dribbling control, and accuracy free throw training were a significant effect on students helpful in enhancing the performance skill of basketball, following the twelve-week technical training (Hussen E, 2020) [4] Speed based skill practice can help an individual achieve success and improve training outcomes. So Speed based skill practice should develop the dribbling and shooting. The results of the study Speed based skill practice group had significant improvement dribbling and shooting when compared to the control group.

5. References

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