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Effects of specific training on selected skill performance variables among handball men players

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Abstract
The purpose of the present study is to find out the effect of specific training on selected skill performance variables among handball men players. To achieve the purpose of the study thirty (N-30) handball men players were selected from Dr. Zakir Husain College, Ilayangudi, Sivagangai district, Tamil Nadu. The subject's age ranged from 18 to 25 years. The selected subjects were divided into two equal groups (n-15) each namely experimental group and control group. The experimental group underwent a specific skill training programme for twelve weeks. The control group was not taking part in any specific training during the course of the study. Passing, shooting and throwing were taken as criterion variables in this study. Pre-test was taken before the training period and post test was conducted immediately after the twelve weeks of training period. Statistical technique 't' ratio was used to analyze the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variables. The difference is found due to specific training given to the experimental group on passing, shooting and throwing when compared to control group.

Keywords: Specific training, skill performance variables, handball men players.

Introduction
Handball is a team sport in which two teams of seven players each (six court players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the opposing team. A standard match consists of two equal periods of 30 minutes, and the team that scores more goals wins.

Modern handball is played on a court of 40 by 20 metres, with a goal in the middle of each end. The goals are surrounded by a 6-metre zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "diving" into it. The sport is usually played indoors, but outdoor variants exist in the forms of field handball, Czech handball (Which were more common in the past) and beach handball. The game is fast and high-scoring: professional teams now typically score between 20 and 35 goals each, though lower scores were not uncommon until a few decades ago. Body contact is permitted for the defenders trying to stop the attackers from approaching the goal. No protective equipment is mandated, but players may wear soft protective bands, pads and mouth guards.

The modern set of rules was published in 1917 by Karl Schelenz, Max Heiser, and Erich Konigh, on 29 October in Berlin, which day is seen as the date of birth of the sport. The rules have had several revisions since. The first official handball match was played in 1917 in Germany. Karl Schelenz modified the rules in 1919. The first international games were played with men in 1925 (between Germany and Belgium) and with women in 1930 (between Germany and Austria).

Men's handball was first played at the Olympics in the 1936 Summer Olympics in Berlin outdoors, and the next time at the 1972 Summer Olympics in Munich indoors; handball has been an Olympic sport since then. Women's handball was added at the 1976 Summer Olympics.

Skills in handball

- Dribbling.
- Passing.
- Shooting.
- Goal keeping.
- Throwing.
- Faking.

Passing

Passing is the quick movement of the ball from one player to his teammate in a systematic way. Passing is necessary to maintain the possession of the ball and be able to move into the scoring position.

Shooting

The prime objective of the game is scoring the goal in the form of shooting. Shooting is an ability of the player to score goal against the opponents by using various tactics and making the goal keeper to fake for his skill.

Throwing

Throwing is an action which consists in accelerating a projectile and then releasing it so that it follows a ballistic trajectory, usually with the aim of impacting a remote target. In handball throwing helps to pass the ball or take a throw on goal.

Need of Sports Specific Training

Sports Specific Training can help to improve strength, flexibility and stamina whereby the players can improve his performance in specific sports. For this sports specific training is in need to all about developing physical conditions to improve performance and skills at a particular sport. Also, understanding the needs of the game, training/practicing at the correct pace in order to meet sports requirements. "Sport-specific" is the new marketing buzzword when it comes to strength and conditioning programs for youth. Training that is specific to the demands of a particular sport does have merit at the higher levels, assuming the athlete is developmentally sound. A good athlete is a combination of raw athleticism (big, strong, fast, and adaptable) and sport-specific skill (skill involved with a specific sport like hitting, kicking, or dribbling). When parents and athletes are looking for a coach to help them be better at their sport, they must realize the difference between the two factors involved with being a good athlete. Sport-skill coaches are specialists in developing the specific skill sets needed for that game. Athletic performance coaches or "Strength and conditioning" coaches are specialists in making an athlete generally faster, stronger, more mobile, and more reactive. Unless either of these coaches has extensive, qualified experience in developing both factors of athleticism they can't create a program that optimizes both. One of the well-established laws of motor learning is that the only way to improve a skill is to practice that skill as accurately as possible. Besides sports specific training improves the neuromuscular adaptations, athleticism and injury prevention and decreased rehabilitation time. To facilitate how a person does deliver oxygen to their working muscles, they need to train, or participate in activities that will build up the energy stores needed for their sport.

Selection of Subjects

The point of the present study was to find out the effects of specific training on selected skill performance variables among handball men players. To achieve the purpose of the study handball men players were selected from Dr. Zakir Husain College, Ilayangudi, Sivagangai District, and Tamil Nadu.

Selection of variable

Independent Variable: Specific training

Dependent Variables

- Passing.
- Shooting.
- Throwing.

Experimental design and implementation

The selected subjects were divided into two equal groups consists of 15 handball men players each namely experimental group and control group. The experimental group underwent a specific training programme for twelve weeks. The control group was not taking part in any training during the course of the study. Passing, shooting and throwing was taken as criterion variable in this study. Pre-test was taken before the training period and post- test was measured immediately after the twelve week training period.

Statistical Technique

The 't' test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of Significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

Results

Table I: Comparison of Mean and 't'-Values of selected skill performance variables between Pre & Post Test among Experimental and Control Group

S. No	Variable	Groups	Test	Mean	'T' Value
1	Passing	Experimental group	Pre -Test	22.75	14.62*
			Post -Test	25.75	
		Control group	Pre -Test	22.39	0.51
			Post -Test	22.42	
2	Shooting	Experimental group	Pre -Test	12.5	6.44*
			Post -Test	14.95	
		Control group	Pre -Test	11.39	0.87
			Post -Test	11.10	
3	Throwing	Experimental group	Pre -Test	32.88	8.48*
			Post -Test	36.84	
		Control group	Pre -Test	32.27	1.03
			Post -Test	33.08	

*Significant at 0.05 level of confidence

Table-I reveals that the obtained mean values of per-test and post-test of experimental group for passing, shooting and throwing were 22.75 and 25.75, 12.5 and 14.95, 32.88 and 36.84 respectively; the obtained 't' ratio were 14.62, 6.44 and 8.487 respectively. The tabulated 't' value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 14. The calculated 't' ratio was greater than the table value. It is found to be significant change in passing, shooting and throwing of the handball men players. The obtained mean values of pre-

test and post test scores of control group were 22.39 and 22.42, 11.39 and 11.10, 32.27 and 33.08 respectively, the obtained 't' ratio was 0.51, 0.87 and 1.03. The required table value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 14. The calculated 't' ratio was lesser than the table value. It is found to be insignificant changes in passing, shooting and throwing of the handball men players. The mean values of selected skill performance variables among experimental group and control group are graphically represented in figure1, 2 and 3.

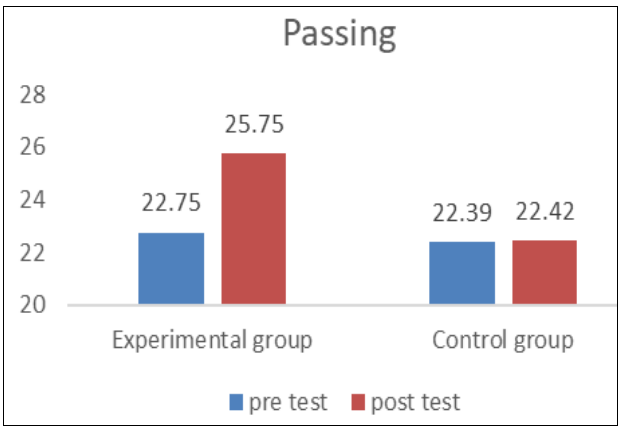

Fig 1: Bar Diagram Showing the Pre-Test and Post-Test on Selected Skill performance variables of Experimental and Control Group for Passing

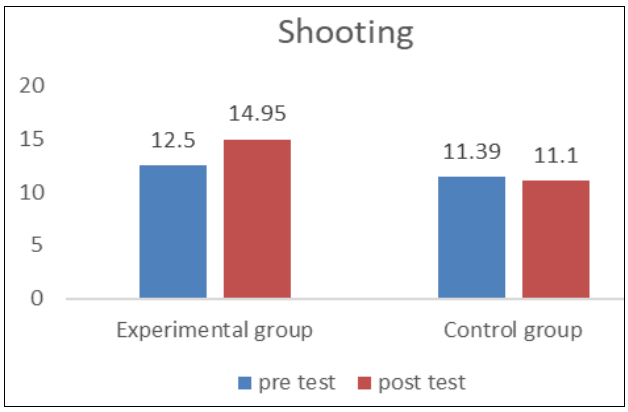

Fig 2: Bar Diagram Showing the Pre Test and Post Test on Selected Skill performance variables of Experimental and Control Group for Shooting

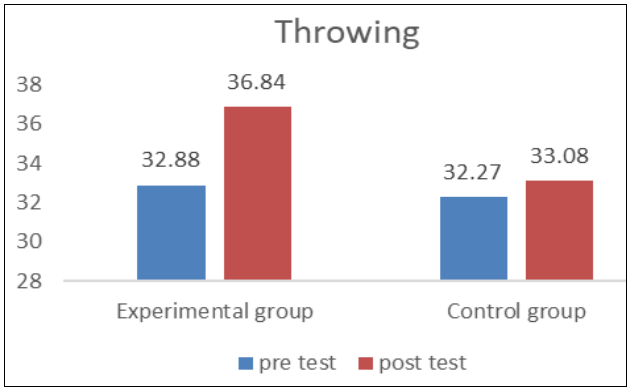

Fig 3: Bar Diagram showing the pre-test and post-test on selected skill performance variables of experimental and control group for throwing

Discussion on findings

The results of the study indicated that the selected skill performance variables such as passing, shooting and throwing were improved significantly after undergoing specific training. The changes in the selected parameters were attributed the proper planning, preparation and execution of the training package given to the players. The results of the present study indicates that the specific training methods is appropriate protocol to improve passing, shooting and throwing of inter-collegiate level handball men players. From the result of the present study, it is very clear that the selected variables such as passing, shooting and throwing improved significantly due to specific training.

Conclusion

Based on the findings and within the limitation of the study the following conclusions were drawn

1. It was noticed that practice of specific training helped to improve selected skill performance variables of inter-collegiate level handball men players.
2. It was also seen that there is progressive improvement in the selected criterion variables of experimental group of inter-collegiate level handball men players after twelve weeks of specific training programme.

Further it also helps to improve the selected skill performance variables such as passing, shooting and throwing.

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