



EFFECTS OF VISUAL SKILL FITNESS TRAINING ON SPEED AND AGILITY OF COLLEGE CRICKET PLAYERS

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Abstract:

To achieve this purpose, 30 cricket players were selected randomly as subjects for this present study. The subjects selected (N=30), were assigned randomly into two groups namely experimental group-1 and control group, consisting of 15 each. Thus they were named experimental group-1 as Visual Skills Fitness Training of Group (VSFTG), and Control Group (CG). Their age was fixed in the range of 19 - 26 years. VSFTG underwent visual skill fitness training programme for two days a week for about twelve weeks. Subjects in the control group were not engaged in any activity. Before and after the training period data will be taken to all the subjects. The collected data were processed with Paired t-test was used. The obtained result was tested at 0.05 level of significance. The results of the study show that experimental group shows better improvement on selected Speed and Agility when compared to control group.

Key Words: Visual Skills, Cricket, Speed and Agility.

Introduction:

To participate in a competitive sport such as cricket, one of the main aspects that any coach should always keep in mind is the importance of achieving the best possible performance from the entire body, including the visual system. All aspects of cricket training and preparation are designed to maximize performance. Regardless of whether a cricket player has been genetically gifted with exceptional speed and agility, these attributes can be significantly improved by treating quick movement as a skill and training accordingly. Fitness is often considered in terms of strength, endurance, flexibility, and overall physical conditioning. According to Barnes and Attaway (1996), as cited in Roper (1998), agility is defined as the ability of a player to change direction quickly and easily. Some of the objectives of agility training include enhancing power, balance, speed, and coordination (Barnes & Attaway, 1996).

Statement of the Problem:

The purpose of the study was to find out the effect of visual skill fitness training programme on selected visual skills and skill related fitness variables of College cricket players

Hypothesis:

The hypotheses formulated in the present study as follows. In studying the individualized effect, it was hypothesized that visual skill fitness training would significantly develop the speed and agility of College cricket players from the base line to post treatment.

Significance of the Study:

The present study has significance in the following aspects. The present study helps the players to identify their level of performance on speed and agility. The results of the present study bring out the importance of visual skill fitness training towards development of skill in sports among the physical education teachers, training and coaches.

Selection of Subjects:

The purpose of the present study was to determine the effect of visual skill fitness training on selected visual skills and skill-related fitness variables among college cricket players. To achieve this purpose, thirty cricket players were selected as subjects. The selected participants were members of teams that had qualified for the quarterfinals of an intercollegiate tournament. The subjects represented various socioeconomic backgrounds. Their ages ranged from 19 to 24 years.

Selection of Variables and Tests:

Table 1

S.No	Variables	Tests	Unit of Measurements
1	Speed	50 Yards Dash	In seconds
2	Agility	Illinois agility test	In seconds

Experimental Design:

In this study pre post random of experiment design was used.

Training Procedure:

The procedure adopted for the Visual Skill Fitness Training (VSFT) was as follows. The total duration of the VSFT programme was 12 weeks. The training programme was divided into three phases, with each phase lasting four weeks. Accordingly, Phase I was conducted during the first four weeks (1st, 2nd, 3rd, and 4th weeks), Phase II during the second four weeks (5th, 6th, 7th, and 8th weeks), and Phase III during the final four weeks (9th, 10th, 11th, and 12th weeks).

The VSFT programme was administered to the subjects for two days per week over the 12-week training period. Each training session lasted between 60 and 75 minutes. Of this, 10 minutes were allotted for warm-up activities and 5 minutes for cool-down activities. The remaining 45 to 60 minutes were devoted to running drills and visual skill training stations.

The subjects in the VSFT group began with the running drills and, upon completion, progressed through the visual skill training stations. The training programme consisted of nine exercises. During Phase I, the subjects performed three sets of each exercise; this was increased to four sets in Phase II and five sets in Phase III. The duration of each exercise at a station was fixed at 30 seconds, with a 30-second rest interval between stations and a 3-minute rest interval between sets throughout the 12-week training programme.

Statistical Technique:

The following statistical procedures were employed in the present study to achieve its objectives. To examine the within-group effects of the Visual Skill Fitness Training Group (VSFTG) and the Control Group (CG) on speed and agility, the paired t-test was used. The level of significance was set at 0.05.

Results and Discussion:

Significance of mean gains / losses between pre and post test Visual Skill Fitness training Group (VSFTG) and Control Group (CG) on speed and agility of College cricket players

Variables	Pre Test (Mean and $\pm$ S.D)	Post Test (Mean and $\pm$ S.D)	MD	SE	't' ratio
Visual Skill Fitness Training Group (VSFTG)					
Speed	7.43 $\pm$ 0.39	6.68 $\pm$ 0.39	0.75	0.08	8.89*
Agility	18.02 $\pm$ 0.65	16.10 $\pm$ 0.62	1.92	0.15	13.09*
Control Group (CG)					
Speed	7.30 $\pm$ 0.45	7.11 $\pm$ 0.32	0.19	0.09	1.99
Agility	18.29 $\pm$ 0.57	18.13 $\pm$ 0.42	0.16	0.09	1.77

*Significant at 0.05 level: 2.14

Conclusions:

Based on the results of the study, the following conclusions were drawn. The findings revealed that the players who underwent Visual Skill Fitness Training (VSFT) demonstrated significantly greater improvements in speed and agility compared with the players who underwent conventional training. The significant effects of VSFT may be attributed to the combined influence of visual skill training and running drills, which contributed to the enhancement of speed and agility when compared with the control group that followed the conventional training programme.

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