

## Effect of Seven Week S.A.Q Drill Training Programme on Under Arm Throw among Under-19 Boys

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### Abstract

**Background:** Purpose of this study is to determine the effect of seven weeks S.A.Q drill training programme on under arm throw among cricketers.

**Methods:** Twenty five boys from the Sewhag cricket academy vikas puri, New Delhi were selected as the subject of the study. The group was progressively introduced to the practice of selected S.A.Q. drills for seven weeks. The group was tested before and after completion of seven weeks training. The results of pre-test and post-test were statistically analyzed by using paired t-test.

**Results:** The findings showed that practice of selected S.A.Q. drills significantly improved under arm throwing ability among cricket players. Based on the findings and within the limitation of the study it is noticed that practice of selected S.A.Q. drills helped to improve under arm throwing ability of cricket players.

### INTRODUCTION

By nature human being are competitive and ambitious for the excellence in all athletes' performance. Not only every man but also every nation wants to show their supremacy by challenging the other man or nation. This challenge stimulates, inspires, and motivates the entire nation to sweat and strives to run faster, jump higher, throw farther and exhibit greater speed, strength, endurance and skills in the present competitive sports world.

This can only be possible through scientific, systematic and planned sports training as well as channelizing them into appropriate games and sports by finding out their potentialities.

Though cricket was originally invented to be a recreational game; it has now developed into a high competitive sport, requiring a high degree of fitness. The requisite level of fitness will vary depending upon the level of competition. Participation in top-notch competitive cricket requires that a person should be in a state of optimum fitness.

The ingredients of success cricket players are power, speed, and judgment of the distance and space concentration training, agility, flexibility, peripheral vision and ability to remain high up for a sufficiently long period. Quickness is the prime necessity in the modern cricket both in attack and in defense.

Horak suggest the requirement of the performance in this sport is the development of a high degree of conditional and coordinative abilities. Therefore, the factors like power, speed, endurance, agility, and quickness which determine performance in this sport must be considered. Speed, agility, and quickness (S.A.Q.) training has become a popular way to train athletes. Whether they are school children on a soccer field or professional in a training camp, they can all benefit from speed, agility, and quickness training. This method has been around for several years, but it is not used by all athletes primarily due to a lack of education regarding the drills. Speed, agility, and quickness training may be used to increase speed or strength, or the ability to

exert maximal force during high-speed movements. Some benefits of speed, agility, and quickness training include increases in muscular power in all multi planar movements; brain signal efficiency; kinesthetic or body spatial awareness; motor skills; and reaction time.

## PROCEDURE

For the present study 25 cricketers from Under-19 group were selected as subjects. pre test – post test data were calculated to find out effect of S.A.Q. drills training on the skills performance of cricket players.

The treatment group was trained with speed, agility, and quickness drills for a period of seven weeks. The training sessions were conducted six days a week i.e. (Monday, to Saturday).

The training commenced with one week of general physical conditioning for the training groups, so that the subjects were ready physically and mentally to take on specific load administrated to them for the purpose of the study.

### Criterion Measure

Under arm Throw: - Accuracy in throw (hits on the wickets in 10 chances) to complete the course or required action.

### Statistical Analysis

The data was analyzed by applying descriptive statistics and paired ‘t’-test technique to find out the effect of S.A.Q. training program on selected cricket skills. The level of significance was set at 0.05 level.

## FINDINGS OF THE STUDY

The finding of the study bases on data was shown in tables from table no 1 and the same are graphically presented from figure no 1 below.

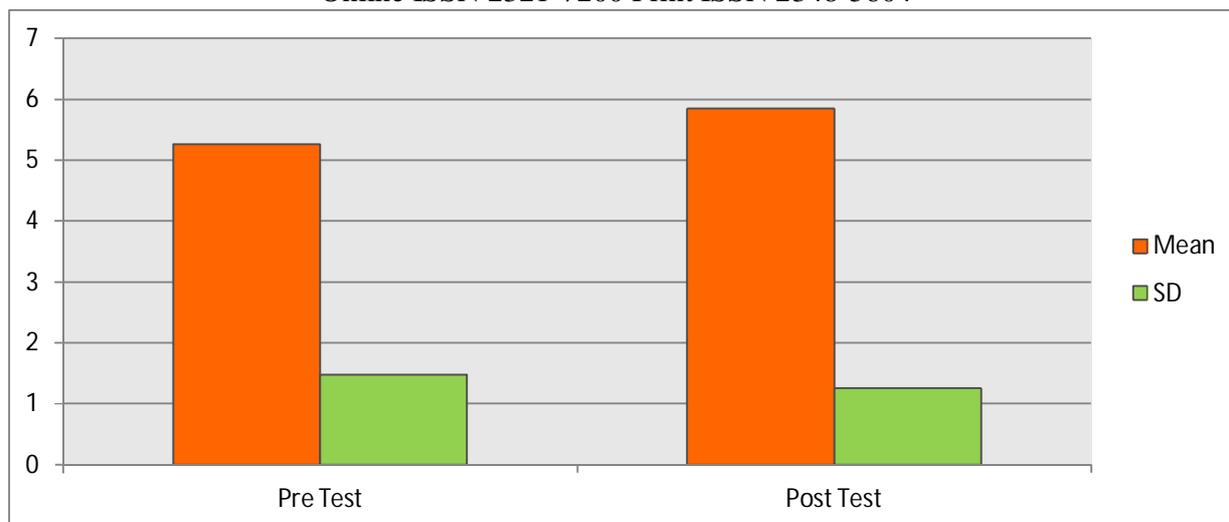
**Table – 1: Mean, Standard Deviation and ‘t’ values for Pre-test and Post-test Scores of S.A.Q Drill on Under Arm Throw**

Skill Test	Mean	Std. Deviation	‘t’
Pre under arm throw	5.26	1.48	2.670*
Post under arm throw	5.84	1.25	

\*Significance at 0.05 levels,

\*\*Value at df =2.064

Table no.1 revealed that the obtained mean value of pre test was 5.26 and SD was 1.48 and in case of post test the obtained mean value was 5.84 and SD was 1.25 respectively. Whereas the ‘t’ value of 2.670 was found to significant at 0.05 level with 24 df as the tabulated value of 2.064 required to be significant at 0.05 level with 1/24 df. The graphical presentation of data was presented in figure no.1 below.



**Mean, Standard Deviation and 't' values for Pre-test and Post-test Scores of S.A.Q Drill on Under Arm Throw**

**CONCLUSIONS**

Based on the findings of the study it is noticed that practice of selected S.A.Q. drills improve Under Arm Throwing ability of cricket players. Hence it is recommended that S.A.Q drill should be incorporated in the training programme for cricketers.

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