

EFFECT OF PLYOMETRIC TRAINING AND SPECIFIC SKILL TRAINING ON SELECTED SKILL PERFORMANCE AND PSYCHOLOGICAL VARIABLE AMONG POLYTECHNIC CRICKET MEN PLAYERS IN CHENNAI DISTRICT

Submitted by

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Abstract

The purpose of the study was to investigate the effects of plyometric training and specific skill training on selected skill performance and psychological variable variables among cricket men players. To assist the study, forty-five cricket players from inter Polytechnic college level, Chennai- District, India, were selected as subjects at random and their ages between 15 to 18 years. The subjects were separated into three equal groups. Group-I performed plyometric training, Group-II specific skill training and Group-III was control. Achievement motivation and back foot defence were selected as variables and it was assessed by three Cricket Coach expert :10-point rating method test. Achievement motivation variable was assessed by Dr.Kamalesh tool standardized test. The subjects were involved with their respective training for a period of eight weeks. At the end of the eight weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 'F' ratio and ANCOVA. The level of significance was fixed at 0.05 level of confidence for the degree of freedom. The plyometric training and specific skill training group produced significant improvement in self and back foot defence. The 'F' values of the selected variable have reached the significant level. In the control group the obtained 'F' value on Achievement motivation and back foot defence were succeeded to reach the significant level.

KEYWORDS: Plyometric training, Specific skill training, Cricket men players, Achievement motivation, Back foot defence.

Introduction

Cricket is having passed its time use in 13th century. Cricket promoted in Majorly beginning in England in 17th and 18th century. it's also called "Gentle man" game.

Back foot should move back towards the stump, but stay inside the line of the ball. move front foot toward back leg, but remain side on the bowler. swing the bat down keeping the front elbow in high position and with full face of bat directed straight down the wicket.

Back foot cricket defence is necessity for any cricket batsman to make scores. The head should be forward even though the body back in the crease to play a shot.

A stable base and balance to batsman weight, generate power on to the back foot use front foot to play shot, in the same way ball delivers change weight on to back foot and need to align the body with the line of the ball.

Achievement motivation its social psychology term its innovational by success in achieved through Henry Muray in the late 1930 who is American psychologist invented Achievement Motivation is important behaviour in public. followed by David Mclland and John Atkinson who also did research in Achievement motivation demonstrated their observation in it.

Sooner or later, it became the theorist approach in philosophical direction, one to be avoided in an aversive stage in Sigmund Freud's view and framed "contention". Then swung viewed in largely or entirely motivational is "instinctive".

Objective

The objective of the study is to find out the effects of plyometric training and specific skill training on selected variables among cricket men players.

Hypothesis

There would be significantly difference in achievement motivation and back foot defence when comparatively between experimental and control group.

There would not be significant result in plyometric and specific skill training groups in back foot defence.

Methods and procedure

This study is experimental in nature. In this study sample of sixty players were selected from Chennai district. Age ranging between 16- 20 years. The selected male cricket players were further divided in to three equal groups namely Experimental Plyometric Training Group (PTG)-I, Specific Skill Training Group (SSTG)-II, Control Group (CG) -III, CG only have not gone for any training. Experimental have gone training for weekly five days forty-five minutes duration of eight weeks in morning 6-6.45am Variables: achievement motivation measured by tool M.L. Kamlesh and back foot defence was evaluated by three experts in cricket, Chennai. The pre and post data collected and analysed

statistical using ANACOVA by SPSS the level of significance was set at 0.05% level.

ANALYSIS OF COVARIANCE OF DATA ON BACK FOOT DEFENCE BETWEEN PRE AND POST-TEST CG PTG AND SSTG GROUPS

Test	CG	PTG	SSTG	SOV	Sos	df	MS	Obtained 'F' ratio
Pre test Mean	4.33	4.20	4.08	B	2.57	2	1.28	1.54
SD	1.31	0.68	0.71	W	34.17	42	0.83	
Post test Mean	4.28	7.47	8.80	B	157.73	2	78.87	23.75*
SD	1.36	1.77	2.25	W	139.47	42	3.32	
Adjusted post-test mean	4.33	7.48	8.86	B	163.44	2	81.72	25.31*
				W	132.37	41	3.23	

SCHEFEE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN THREE PAIRED ADJUSTED POSTTEST MEANS OF BACK FOOT DEFENCE

Adjusted Post Mean Test			Mean Difference	Confidence Interval
CG	PTG	SSTG	-	
4.33	7.48	-	3.15	1.88
4.33	-	8.86	4.53	1.88
-	7.48	8.86	1.38	1.88

**ANALYSIS OF COVARIANCE OF DATA ON ACHIEVEMENT
MOTIVATION
BETWEEN PRE AND POST TEST CG PTG AND SSTG GROUPS**

Test	CG	PTG	SSTG	SOV	Sos	df	MS	Obtained 'F'ratio
Pre test Mean	21.74	21.81	21.79	B	1.91	2	0.98	1.17
SD	0.90	1.05	0.84	W	33.38	41	0.81	
Post test Mean	21.56	26.59	28.12	B	163.44	2	81.72	25.31*
SD	0.99	3.09	2.32	W	132.37	42	3.23	
Adjusted post-test mean	21.60	26.61	28.13	B	353.77	2	176.89	35.47*
				W	204.45	41	4.99	

**SCHEFEE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN
THREE PAIRED ADJUSTED POSTTEST MEANS OF ACHIEVEMENT
MOTIVATION**

Adjusted Post Mean Test			Mean Difference	Confidence Interval
CG	PTG	SSTG	-	
21.60	26.61	-	5.01	2.33
21.60	-	20.13	1.47	2.33
-	26.61	20.13	6.48	2.33

Results and Discussion

Ying Hwa kee and others in 2021 examined and proved for athletes' mindfulness training improved motivation, viewed in possible future in their research. Solomon and others 2022 The intervention group mean scores on resilience, self-confidence and emotion regulation are higher than the control group counterparts. This shows that MAC program is effective in increasing resilience, self-confidence and emotion regulation of elite football players concurrently which in turn could improve performance and attain success. In this study showed that training implemented good reports. Reviews revealed the results. In this research paper also got significant improvement in both variables through training when comparatively with control group even in between experimental groups.

Conclusion

There was a significant improvement in Achievement motivation and Back foot defence due to plyometric training and Specific Skill Training among cricket players of experimental groups only when compared with control group. Even between plyometric training and specific skill training significant difference with in groups.

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