International Journal of Physical Education, Sports and Health 2024; 11(2): 258-260

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2024; 11(2): 258-260

https://www.kheljournal.com
Received: 01-01-2024
Accepted: 05-02-2024

Dr. Mukesh Kumar Verma
Professor, Research Supervisor, CMJ University, Jorabat, Meghalaya, India

Imran Mohammad
Research Scholar, CMJ University, Jorabat, Meghalaya, India

Corresponding Author:
Dr. Mukesh Kumar Verma
Professor, Research Supervisor, CMJ University, Jorabat, Meghalaya, India

Effect of SAQ with sports specific drills on physical and skill performance variables of adolescent

Dr. Mukesh Kumar Verma and Imran Mohammad

Abstract
This study was investigated the impact of SAQ with sports specific drills training on physical and skill performance variables of adolescent basketball boys. To achieve the purpose of the study 40 adolescent soccer boys were selected from various schools in Andhra Pradesh. The subjects was randomly assigned to two equal groups (n=20). Group- I underwent SAQ with sports specific drills training (SAQWSD) and group - II was acted as control group (CG). The SAQ with sports specific drills training was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of twelve weeks. The control group was not given any sort of training except their routine work. The physical parameters of flexibility (sit and reach test) and dribbling (Johnson basketball skill test) before and after training period. The data collected from the subjects was statistically analysed with 't' test to find out significant improvement if any at 0.05 level of confidence. The result of the present SAQ with sports specific drills training significantly improved flexibility and dribbling of adolescent basketball players.

Keywords: SAQ with sports specific drills training, flexibility, dribbling and adolescent basketball players

Introduction
Basketball is a complex sport that consists complex and simple motions in terms of cooperation, collaboration performed by members of the team in the game. The main goal of the game of basketball is to throw the ball in the opponent's basket, and prevent the opposing player to win or throw the ball in the basket. In their essence and structure of the game favored by players of certain anthropological characteristics and motor abilities, especially situational motor ability. Basketball is the game of bases the game of movements, habits, mistakes, balance, reflex, a game of reaction, the cooperation and communication, timing, the triangle plays, support, opening and closing holes. It is also individual and collective game, game details and finesse, arranged series of tasks etc. The SAQ training method consolidates speed, agility, and quickness through the range of soccer specialized exercises. All exercises are performed with optimal biomechanical movement structures, and consequently, energy and time savings are made. Power performance aside from major abilities has the need for optimal joint mobility, dynamic balance, appropriate loco motor system, and energy production among others. It is well known that soccer players rarely achieve maximal speed during play, but the initial starting phase and acceleration phase have a higher value in a soccer performance. Also, elite soccer players have greater values of high-intensity running when compared with total distance covered during a game. Sports specific skills practiced for the sport are as specific as one can get. Take Ice Hockey, for example: there are no exercises that can be performed in the weight room that are more specific to hockey than skating on the ice. The same is true for shooting the puck. However, while there are sports specific skills necessary for each sport, there are also physical skills necessary for each sport. Sports preparation is necessary for the sport specific skills (shooting a basketball, pitching a baseball, etc.) and physical preparation is needed for specific performance enhancement such as foot speed, strength, power, etc.

Methodology

In this study the selected 40 adolescent basketball players selected from various school in Andhra Pradesh. The subjects were randomly assigned in to two equal groups namely, (SAQWSD) (n=20) and Control group (CG) (n=20). The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of twelve weeks. The control group was not given any sort of training except their routine. The evaluated physical parameters were flexibility was assessed by sit and reach test and the unit of measurement was in centimetre, and dribbling was assessed by Johnson basketball skill test the unit of measurement in seconds.

Training programme

The training programme was lasted for 60 minutes for session in a day, 3 days in a week for a period of 12 weeks duration. These 60minutes included 10 minutes warm up, 20 minutes for SAQ training, 20 minutes for Sports specific drills and 10 minutes and warm down. The equivalent in SAQ with sports specific drills training is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday).

Statistical analysis

The collected data before and after training period of 12 weeks on the above said variables due to the effect of SAQ with sports specific drills training was statistically analyzed with 't' test to find out the significant improvement between pre and posttest. In all cases the criterion for statistical significance was set at 0.05 level of confidence. (p<0.05)

Table 1 reveals the computation of mean, standard deviation and 't' ratio on selected parameters namely flexibility and dribbling experimental group. The obtained 't' ratio on flexibility and dribbling were 24.35 and 19.20 respectively. The required table value was 2.09 for the degrees of freedom 1and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected physical parameters namely flexibility and muscular strength control group. The obtained 't' ratio on flexibility and muscular strength were 1.74 and 0.34 respectively. The required table value was 2.09 for the degrees of freedom 1and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

Table I: Computation of 't' ratio on flexibility and dribbling on experimental group and control group (Scores in numbers)

Group	Variables		Mean	N	Std. Deviation Pre	Std. Deviation Post	T ratio
Experimental Group	Flexibility	Pre test	33.35	20	1.033	.723	24.35*
		Post test	35.30	20			
	Dribbling	Pre test	14.49	20	4.08	0.213	19.20*
		Post test	13.62	20			
Control group	Flexibility	Pre test	33.40	20	.774	.990	1.74
		Post test	33.45	20			
	Dribbling	Pre test	14.50	20	0.14	0.20	0.34
		Post test	14.49	20			

*significant level 0.05 level degree of freedom (2.09, 1 and 19)

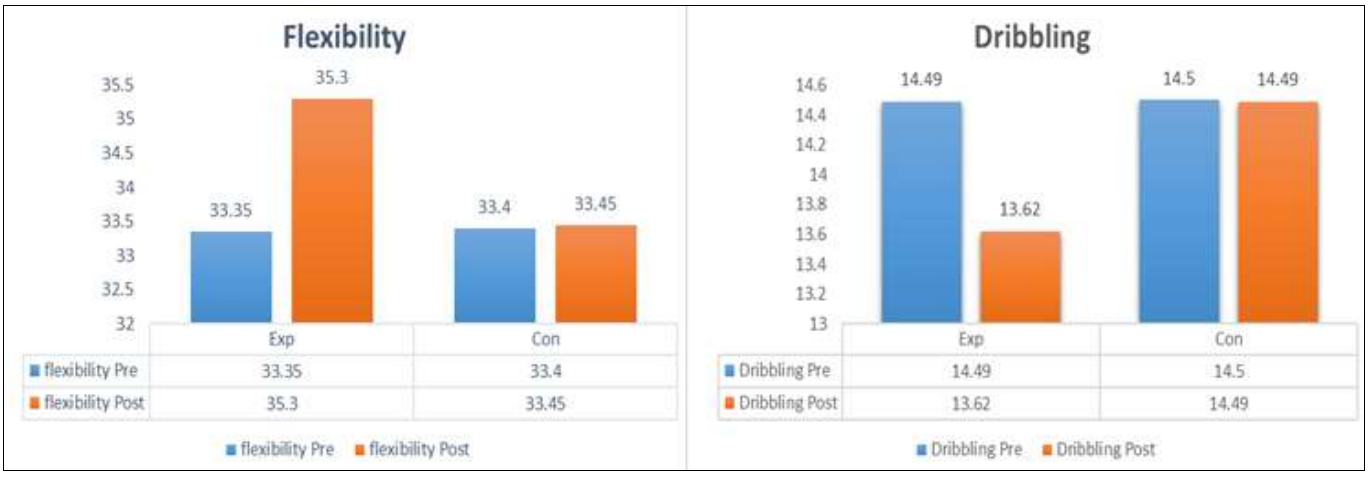

Fig 1: Bar diagram shows the mean values of pre and post test on flexibility and dribbling of control and experimental group

Discussion and findings

The present study experimented the effect of SAQ with sports specific drills training on selected parameters of adolescent basketball boys. The result of the study shows that the SAQ with sports specific drills training improved the flexibility and dribbling. The findings of the present study had similarity with the findings of the investigations referred in this study. However, there was a significantly changes of subjects in the present study the flexibility and dribbling was significantly improved of subject in the group may be due to the in SAQ with sports specific drills training.

Sanjay. (2018) [9] Significant differences were found with pre-test and post-test results with respect to pulse rate, systolic blood pressure, diastolic blood pressure, resting respiratory rate, etc. it can be therefore inferred that SAQ training indeed affects the physiological variables and rather improves them.

The result of the present study indicates that the SAQ with sports specific drills training programme is effective method to improve flexibility and dribbling of basketball players.

The discrepancy between the result and the result of previous studies might be attributed to several reasons, such as the training experience level of the subjects, the training

programme, the intensity used and the duration of the training programme.

Conclusion

It was concluded that 12 weeks of SAQ with sports specific drills training significantly improved the flexibility and dribbling of adolescent basketball players.

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