

## OPEN ACCESS

Volume: 12

Special Issue: 2

Month: February

Year: 2024

E-ISSN: 2582-6190

Impact Factor: 4.118

Received: 19.12.2023

Accepted: 18.01.2024

Published: 14.02.2024

## Citation:

Sathishkumar, P., and V. Uma. "Effect of Game-Specific Training on Dribbling among Hockey Players." *ComFin Research*, vol. 12, no. S2, 2024, pp. 181–83.

## DOI:

<https://doi.org/10.34293/commerce.v12iS2-Feb.7578>



This work is licensed under a Creative Commons Attribution-ShareAlike 4.0

# Effect of Game-Specific Training on Dribbling among Hockey Players

**P. Sathishkumar**

*Ph.D., Research Scholar, Department of Physical Education  
Ganesar College of Arts and Science (Affiliated to Bharathidasan University)  
Ponnamaravathy, Pudukkottai, Tamil Nadu, India*

**V. Uma**

*Director of Physical Education, ADM College for Women  
(Affiliated to Bharathidasan University), Nagapattinam, Tamil Nadu, India*

**Abstract**

*This study sought to determine the effects of game-specific training on hockey players' dribbling. For this study, thirty male hockey players from Namakkal, Tamilnadu, were selected at random to serve as subjects. They were between the ages of 18 and 25. The participants were split into two equal classes after being selected at random. The control group (CG) and experimental group (game-specific training) were created. For six weeks, the study group practiced game-specific training in addition to their regular activities three days a week. The experimental treatment was only available at night. The experimental group did not receive any training. Both groups took a pre-test before the training to gauge their dribbling prowess through a subjective evaluation. A post-test was conducted once the experimental phase was completed. The significance level was set at 0.05 and the ANCOVA test was employed.*

**Keywords:** Game-Specific Training, Dribbling, Hockey

**Introduction**

Sports-specific training aims to improve physical conditions in order to enhance performance and skills in a specific sport. Furthermore, in order to meet sports requirements, you must consider the needs of the game and train and practise at the appropriate pace. Sports-specific trainers can help you improve your weight, endurance, and agility, allowing you to perform better in specific sports. Coaches of hockey are still looking for drills and skills that will help their players improve. Furthermore, the ability to combine those exercises with a practice schedule to improve those skills increases their efficacy.

**Methodology**

This study sought to determine the effects of game-specific training on hockey players' dribbling. For this study, thirty male hockey players from Namakkal, Tamilnadu, were selected at random to serve as subjects. They were between the ages of 18 and 25. The participants were split into two equal classes after being selected at random. The control group (CG) and experimental group (game-specific training) were created. For six weeks, the study group practiced game-specific training in addition to their regular activities three days a week. The experimental

treatment was only available at night. The experimental group did not receive any training. Both groups took a pre-test before the training to gauge their dribbling prowess through a subjective evaluation. A post-test was conducted once the experimental phase was completed. The significance level was set at 0.05 and the ANCOVA test was employed.

**Results**

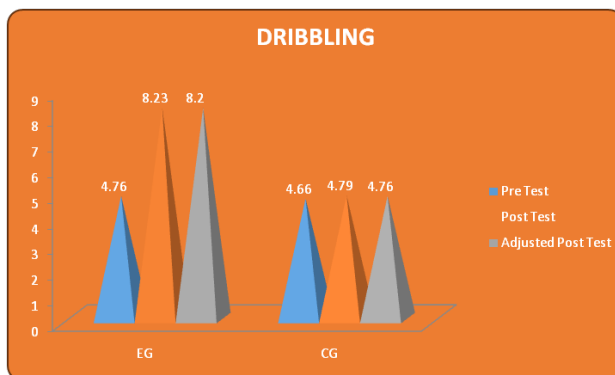
**Table I Computation of Mean and Analysis of Covariance Dribbling of Experimental and Control Groups**

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	4.76	4.66	BG	0.013	1	0.013	2.60
			WG	0.145	28	0.005	
Post Test Mean	8.23	4.79	BG	0.577	1	0.577	57.70*
			WG	0.378	28	0.01	
Adjusted Post Mean	8.20	4.76	BG	0.464	1	0.464	46.40*
			WG	0.315	27	0.01	

\* Significant at 0.05 level

Table value for df 1, 28 was 4.20, df 1, 27 was 4.21

According to the table above, the modified mean dribbling values for the experimental and control groups were 8.20 and 4.76, respectively. The modified mean F-ratio of 46.40 was higher than the table value of 4.21 for degrees of freedom 1 and 27, which was needed for significance at the 0.05 level of confidence. According to the findings, there was a substantial difference in dribbling between the experimental and control groups. The above table also shows that the experimental and control groups’ pre- and post-test means vary significantly.



**Figure I Show the Mean Values on Dribbling of Game-Specific Training And Control Groups**

**Conclusion**

1. It was observed that the six weeks of game-specific training have significantly improved the dribbling of hockey players.

---

## References

1. Dave Chambers, *The Hockey Drill Book*, Human Kinetics (US: Champaign, 2008) 23-24.
2. David H. Clarke and H. Harrison Clarke, *Advanced Statistics*, (New Jersey: Prentice Hall Inc., 1988).
3. Jens Bangsbo, F. Marcello Iaia and Peter Krstrup, (2008) *The Yo-Yo Intermittent Recovery Test: A Useful Tool for Evaluation of Physical Performance in Intermittent Sports*, *Sports Medicine* 2008; 38 (1): 37-51.
4. JM. Willardson, “Core Stability Training: Applications to Sports Conditioning Programs”, *J Strength Cond Res.*, 2007: 21(3) 979-85.
5. LM Cosio-Lima, et. al., “Effects of Physioball and Conventional Floor Exercises on Early Phase Adaptations in Back and Abdominal Core Stability and Balance in Women”, *J Strength Cond Res.*, 2003: 17(4) 721-25.
6. Takken, T., et al. (2003), “Physical Activity and Health Related Physical Fitness in Children with Juvenile Idiopathic Arthritis”. *The European League Against Rheumatism Journal*, 62: 885 and 885-889.
7. Thomas, A., Dawson, B. & Goodman, C. (2006). *The yo-yo test: reliability and association with a 20-m shuttle run and VO2max*. *International Journal of Sports Physiology and Performance*, 2, 137-149.
8. [www.assets.ngin.com/field hockey drills and practice plans](http://www.assets.ngin.com/field-hockey-drills-and-practice-plans).
9. [www.how to hockey.com/ what is your shot missing – coach Jersey](http://www.how-to-hockey.com/what-is-your-shot-missing-coach-jersey), april 30, 2015.