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The effect of 6 weeks training on penalty stroke performance among hockey players

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Abstract

The purpose of the study was to determine the effect of 6 weeks training on penalty stroke performance among hockey players, for which 21 female hockey players of inter collegiate and inter university randomly selected of aged ranged from 17-24 years. For the purpose of the study self-developed scoop ability test was conducted, which include Drill-1 and Drill-2 with the help of guide and experts in the field and the reliability of the test was established by computing the reliability coefficient of both Drill-1 and Drill-2. A pretest was taken, after that the subjects put to training for 5 days in a week in morning session for the duration of 6 weeks. After completion of training the subject's post test was taken. The scores of the pre and posttest were analyzed by employing t – test at 0.05 level of significant. The result of the study suggested that there was a significant difference and the calculated value of t –test was significantly higher than its tabulated value.

Keywords: Drill, Reliability, Training.

Introduction

Hockey is one of the oldest and most storied professional sports played around the world. It is a field game played at international level by both men and women. Each team has 11 players and the main objective of the game is to score as many goals as a player can do by shooting the ball with the hockey stick into the opponent's goal in the duration 70 min., which is divided into two periods of 35 minutes each, at half time the team will change their ends. To win a game player need to be highly specialized in their skills. There are different types of skills such as dribbling, hitting, pushing, flicking, trapping, scooping, etc. although all skills plays a very important role to win a competition but where the question comes to equal points or faults given by penalty stroke, the chances of winning become more.

A penalty stroke is a penalty awarded for a range of offenses:

- Any deliberate foul on a player with possession of, or an opportunity to play, the ball inside the circle.
- Any offense by a defender which prevents the probable scoring of a goal.
- Defenders' consistently crossing the back-line or center line before the ball has been played during a penalty corner (usually called BREAKING)

In the game of hockey every team has one or two penalty stroke specialists. Conversion of a goal via penalty stroke is highly technical aspect. In a 12 X 7 feet goal which is guarded by a goal keeper it is difficult for penalty stroke specialist to score defeating the goal keeper as demands quick deceiving qualities of the specialist along with speed of movement and accuracy. Only four extreme corners of the goal-post are vacant when a penalty stroke is set into motion. Thus it is important for the striker to use proper skill and put the ball into the vacant space of the goal post to score a goal. The penalty stroke is taken by a single attacker in the circle (all other being beyond the 23m line), against the goalkeeper, and is taken from a spot 6.4 m out, central and directly in front of the goal. The goalkeeper must stand with feet on the goal line, and cannot move them until the ball is played, whilst the striker must start behind the ball and within playing distance of it (in other words he must be able to touch the ball with his stick).

On the umpire's whistle, the striker may push or flick the ball at the goal and goalkeeper attempts to make a 'save'. The attacker is not permitted to play the ball more than once, to

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fake or dummy the shot, or to move towards or interfere with the goal keeper once the shot is taken. Hitting or dragging the ball is also forbidden. If the shot is saved, play is restarted with a 15 m hit to the defenders. When a goal is scored, play is restarted in the normal way. If the goalkeeper commits a foul which prevents a goal being scored, for example, preventing a goal with his back or rounded part of his stick, a penalty goal may be awarded; for other fouls by defenders, the result is normally that the stroke is retaken. If the taker commits a foul, it is treated as if the stroke has been saved, and play commences with a 15 m hit. If another attacker commits a foul, then if a goal is scored it is voided, and the stroke retaken. A series of 5 penalty stroke is also used to determine a winner in the case of some ties/draws. So in today’s world of neck competition it is very difficult to achieve the goals. For achieving the goal in field hockey it’s important to develop the skills like scoop, push, etc used in field hockey at the penalty stroke. As penalty stroke become extremely important aspect of field hockey because it gives a clear chance to convert it into a goal.

Objectives and Hypothesis

The objective of the study was to assess out the effect of 6 weeks training on penalty stroke performance among hockey

players. It is hypothesized that there will be significant improvement on the penalty stroke performance of hockey players through 6 weeks specific training schedule.

Procedure and Methodology

The present investigation was conducted on the total of 21 female hockey players of Delhi-University, age ranged from 17-24 years, randomly selected for the present study with their prior consent to act as subject for the study. The self-developed scoop ability test was conducted, which include Drill-1 and Drill-2. The reliability of the test was established by computing the reliability coefficient of both Drill-1 and Drill-2. The scores achieved by the subjects before giving the training was pre-score and after training were the post-score. To assess the effect of six week training on the penalty stroke performance among hockey players t-test was employed and also for establishing the reliability of the selected Drills Pearson product moment correlation was computed which was found to be 0.782.

Results

The data pertaining to T-test has been presented in table 1-2.

Table 1

Paired Samples Test									
Paired Differences									
	Test	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	Df	Sig.(2-Tailed)
					Lower	Upper			
Pair 1	Pre-test Post-test	- 8.23810	2.23394	.48749	-9.25497	-7.22122	-16.899	20	.000

Table No. 1, indicates the value of paired sample test of Drill 1, which shows that there is significant difference between the performance in pre- test and post-test, with a value of 16.89 which is statistically significant at 0.05 levels.

Table 2

Paired Samples Test									
Paired Differences									
	Test	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	Df	Sig. (2-Tailed)
					Lower	Upper			
Pair 1	Pre-test Post-test	- 5.9047 6	2.86190	.62452	-7.20758	-4.60204	-9.455	20	.000

Table No. 2, indicates the value of paired sample test of Drill 2, which shows that there was an insignificant differences between the performance in pre and post test, with a value of 9.455 which is statistically significant at 0.05 levels.

Conclusions

Finding revealed that the 6 weeks training given to the 21 subject (hockey players) of Delhi of age group (17-24), was found to be significant at 0.05 levels in Drill 1 and Drill 2. Hence the following conclusions were made:

- Reliability was found be good and effective in Drill 1 and Drill 2.
- In Drill 1 and Drill 2, the difference between pre and post test was found to be significant.
- Drill 1 and Drill 2 was proved to be a measure for the penalty strokes’ in field hockey.

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