


EFFECT OF MINI GAME ON SPEED AND AGILITY OF KHO-KHO PLAYERS

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The study investigated the effect of mini game on Kho- Kho players as they have problem in speed and agility executing general Kho- Kho skills, with players on, as well as supporting player role in the game situations. The study was an experimental equivalent groups design whereby school level Kho-Kho players (14-17 years) randomly assigned in two groups experimental (n= 15), and control group (n=15). The effectiveness of speed and agility variable was measured by 50 meter dash running, Illinois agility test and game observation instrument. T-test was used to analyze the data, followed with analysis if the test results yielded significant difference. The data clearly shows that obtained T ratio -5.15 was significant at levels 0.05 as the table value 0.00 is less than the calculated T ratios with value the degrees of freedom 28. As p-value<0.05 the difference between effect of mini game on speed and agility was significant.

Keywords: Mini Game, Performance, Speed And Agility, Kho- Kho Player.

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Introduction

Kho- Kho game was a sport with a long history that has undergone quite rapid radical changes. The advent of the synthetic coaching has changed the technical and tactical requirements of the game at all levels, but in particular at the school level. To achieve the best possible performance, the training has to be formulated according to the principles of coaching (Bompa,-1999). It was well-documented that the greatest training benefits occur when the coaching stimulus simulates the movement patterns and demands of the sport. Based on this premise, coaches are increasingly using game-based training activities (e.g., small-sided games) as a means of improving the skill levels of team sport players. The use of game-based activities as training drills allows the simulation movement patterns of team sports, while maintaining a competitive environment. Agility describes the physical ability which is fraction in time change body position and direction. In Kho-Kho game situation, the tackle or control ability to start and stop to change direction fastly and move quickly is a very vital factor and this type of quality decides one’s performance level and the speed of acquiring any skill.

Literature Review

Sonia Titoria (2019), Comparative Study of Speed and Agility among Football and Hockey Female Players. Football and Hockey is a team sport, which requires maximum speed and agility for a longer duration. The aim of this study is to compare the speed and agility among female Football and Hockey Players of LNIPE Gwalior. A total of 24 female players (12 female Football and 12 female Hockey Players) aged between 18 to 24 years and member of LNIPE inter-university team have been included in the study. All subject carried out a speed and agility test (30 meter run test for speed and 4*10m shuttle run for agility). The 30 meter run test was used to assess the speed and 4*10m shuttle run for agility among hockey and football players. The results of study showed significant difference in agility and no significant difference in speed between both the groups. The study concludes that footballers are more agile then the Hockey Players.

Methodology

Methodology that proposed

In this research is experimental equivalent groups design T-test to determine the effect on speed & agility executing Kho-Kho games skills and performance. The study was carried out over a period of 12 weeks.

Tools and Means

The 50 meter dash running and Illinois agility shuttles run test was used as tools for present experimental study. This test already standardize and available.

Results

The results of descriptive analysis and independent sample t-test to compare the mean of Kho-Kho player’s i.e, experimental and control.

Table no. 1: Descriptive statistics

Enclosed as Annexure 01

Table no. 2: Independent ‘t’ test analysis

Enclosed as Annexure 02

Conclusion

From the results of the study it can be concluded that mini game was help to improve Kho- Kho player’s speed and agility of performance, and it gives the optimum fitness to both speed and agility. Lastly a suggestion is given to the Kho- Kho Association authorities and coaches that regular practice of mini game the player’s should be integrated into field Kho- Kho performance in every tournament, across the India for the improvement of the level speed and agility of performance

Annexure

Annexure 01

Table no. 1: Descriptive statistics

Group Statistics					
	Students	N	Mean	SD	Std. Error Mean
50 meter Dash	Experimental	15	7.87	1.22	0.66
	Control	15	8.91	1.17	0.71
Agility	Experimental	15	17.0	0.95	0.24
	Control	15	16.6	1.01	0.25

Annexure 02

Table no. 2: Independent ‘t’ test analysis

Variable	Variances	Levene's Test for Equality of Variances		T-Test for Equality of Means		
		F	Sig.	t'	Sig. (2-tailed)	Mean Difference
50 meter Dash	Equal variances assumed	4.35	1.12	2.17	0.01	1.04
	Equal variances not assumed			2.17	0.01	1.04
Agility	Equal variances assumed	0.21	0.65	0.168	0.01	0.38
	Equal variances not assumed			0.168	0.01	0.38

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