

EFFECTS OF SAQ TRAINING ON SELECTED PHYSICAL FITNESS PARAMETERS OF KABADDI PLAYERS

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ABSTRACT

This study was designed to investigate effects of SAQ training on selected physical fitness parameters of Kabaddi Players. To achieve the purpose of the study (N=30) thirty college level men students selected from affiliated colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu, India were selected as subjects. Their age ranged in between 17 and 22 years. The subjects will be randomly assigned to two equal groups (N=15) namely experimental group and control group. The physical fitness parameters speed and agility were selected as dependent variable and it was measured by 50 m dash and 10x4 shuttle run respectively in seconds. The experimental group was subjected to SAQ training for weekly five days (Monday, Tuesday, Wednesday, Thursday, Friday and Saturday) at evening session for six weeks. Training was given in the evening session. The training session includes warming up and cool down. All day the workout lasted for 50 to 60 minutes approximately. During experimental period the control group was not be given any sort of training except their routine. Pre and post test were taken before and after the training period. After the compilation of proper data, it was statistically analyzed by using paired 't' test to find out significant improvement if any. The level of significance was set at 0.05 for all the cases. It was concluded that the speed and agility were improved significantly due to influence of SAQ training.

Keywords: SAQ Training, Speed, Agility and Kabaddi Players.

INTRODUCTION

In the modern competitive sports, seriousness towards work and workouts plays important role in achieving high performance in competitions. Outstanding players have been found to be more sober, disciplined, practical, and tough-minded. Competitions now a day are so tough that only those achieve high performance who trains for long hours. Kabaddi is although game requiring high physical fitness and quick reflexes, one has to work hard and tolerate mental strain besides physical stress of training. There is no place for a tender minded person in competitive Kabaddi. Self-discipline and confidence are other qualities that are required to obtain high performance in Kabaddi. The Kabaddi players face more man-to-man combats and hence require physical and mental toughness. (Tamilselvan and Hassan, 2022).

SAQ TRAINING

Speed, Agility and Quickness training also known as SAQ training is a system of dynamic movement and guidelines when create the important of motor abilities to enhance the ability of the individual to be more skillful in faster movement. SAQ training may be used physical training to increase the speed, strength or the ability to apply the maximal force during the fast movements. A few benefits of SAQ training consist of increases in muscular power in linear, horizontal and multiple movements. It also increased the body spatial awareness, motor skills and reaction of time (Mahaboobjan and Viswejan, 2013).

The elite players, but not amateurs, were able to adapt their body positions as a result of SAQ training such that they could perform soccer movements with better balance, strength and control without any loss of speed. In order to enhance abilities of speed and explosiveness we use speed, agility, and quickness training (SAQ). At present, there is a huge amount of information that showed that the SAQ training significantly enhances explosive properties such as sprinting, agility, coordination, reaction speed, and maximum explosive power, acceleration, maximum speed, vertical jumping ability, quantitative and qualitative activation of the knee extensor muscle, and even situational effectiveness of players (Rosch et. al., 2000).

KABADDI

Legend has it that Kabaddi originated in Tamil Nadu over 4,000 years ago. Past fans include the Buddha, and the princes who played to display their strength and win their brides. Kabaddi was being played at a competitive level internationally. Kabaddi is a contact team sport that originated in the Indian subcontinent. Kabaddi is derived from Kannada word kaihidi which means to hold hands. Two teams compete, each occupying its own half of the court. They take turns sending a “raider” into the opposing team’s half and earn points if the raider manages to touch opposing team members and return to the home half, all while chanting word “kabaddi”. However, if the raider is tackled and prevented from returning, the opposing team gets the point. The modern Kabaddi game played all over India and some parts of South Asia from 1930. The first known framework of the rulls of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for Kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. There after a committee constituted in the year 1923, which amended rules were applied during the all India Kabaddi Tournaments organized in 1923. (Mahaboobjan et. al., 2022).

METHODOLOGY

The rationale of this study was to discover the effects of SAQ training on selected physical fitness parameters of Kabaddi Players. To achieve this justification to the study thirty college level men students from affiliated colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu, India were randomly selected as subjects. Their age ranged in between 17 and 22 years. The subjects were separated into two groups namely experimental group and control group. The physical fitness parameters speed and agility were selected as dependent variable and it was measured by 50 m dash and 10x4 shuttle run respectively in seconds.

TRAINING PROGRAMME

The experimental group was subjected to SAQ training for weekly six days (Monday, Tuesday, Wednesday, Thursday, Friday and Saturday) at evening session for six weeks. Training was given in the evening session. The training session includes warming up and cool down. All day the workout lasted for 50 to 60 minutes approximately. These 60 minutes included 10 minutes warm up, 30 minutes SAQ training and 10 minutes warm down. Every two weeks of training 5% of intensity of load was increased from 65% to 80% of work load. The volume of SAQ training is prescribed based on the number of sets and repetition. The equivalent in SAQ training is the length of the time each action is held for and the number action in total 3 days per weeks (Monday, Wednesday and Friday) the selected subjects underwent regular physical exercise on other 3 days (Tuesday, Thursday, Saturday) straight leg run, Double leg hops, Alternate leg bound, Single leg hops right and left, wall pass and 1 vs 1 passing in a week.

During experimental period control group did not contribute in any of the exceptional training. Pre and post test were taken before and after the training period. After the compilation of proper data, it was statistically analyzed by using paired 't' test. The level of significance was set at 0.05 for all the cases. The mean, standard deviation and 't' ratio on speed and agility of SAQ training and control group were shown in table I.

Table I: Computation of 't' Ratio on Selected Physical Fitness Parameters on SAQ Training Group and Control Group of Kabaddi Players

Physical Variables	Group	Test	Mean	S.D	M.D	't' Values
Speed	Experimental	Pre	7.22	0.50	0.20	4.10*
		Post	7.02	0.40		
	Control	Pre	7.33	0.44	0.01	0.20
		Post	7.32	0.45		
Agility	Experimental	Pre	11.24	0.35	0.33	3.80*
		Post	10.91	0.36		
	Control	Pre	11.37	0.38	0.09	1.78
		Post	11.28	0.37		

*Significant level 0.05 level (2.14,1 and 14)

Table I reveals the computation of mean, standard deviation and 't' ratio on speed and agility of SAQ training. The mean values of pre test and post test for speed and agility were 7.22, 7.02 and 11.24, 10.91 respectively. The obtained 't' ratio on speed and agility were 4.10 and 3.80 respectively. The required table value was 2.14 for the degrees of freedom 14 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found statistically significant.

Table I also reveals the computation of mean, standard deviation and 't' ratio on speed and agility of control group. The mean values of pre test and post test for speed and agility were 7.33, 7.32 and 11.37, 11.28 respectively. The obtained 't' ratio on speed and agility were 0.20 and 1.78 respectively. The required table value was 2.14 for the degrees of freedom 14 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found

statistically insignificant. The mean values on SAQ training group and control group are graphically represented in figure-1.

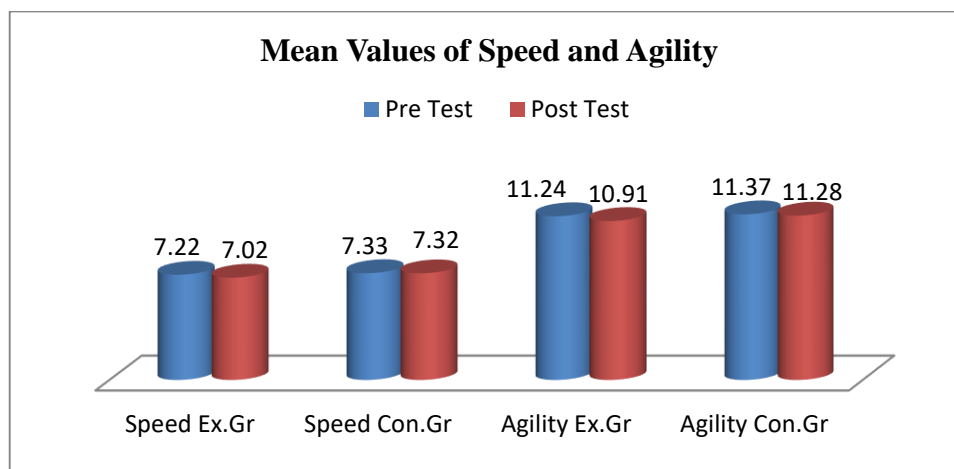


Figure 1: The Mean Values of Speed and Agility on SAQ Training Group and Control Group

DISCUSSION ON FINDINGS

The SAQ are a fantastic training which has been found to be beneficial of the Kabaddi players. It was tested under to difference between SAQ training group and control group. It improves the speed and agility and other physical fitness components. The obtained result of the present study proved positively that the SAQ training significantly improved the speed and agility of Kabaddi players. The result of the present study coincide findings of the investigation don by different experts (Sporis G et. al., 2011) in the field of sports sciences.

The result of the study also showed that the control group was not significantly improved speed and agility of Kabaddi players.

CONCLUSIONS

Based on the findings and within the limitation of the study it is noticed that practice of SAQ training helped to improve speed and agility of Kabaddi players. It was also seen that there is progressive improvement in the selected criterion variables on Kabaddi players after six weeks of SAQ training programme.

1. It was concluded that individualized effect of SAQ training group showed a statistically significant positive sign over the course of the treatment period on speed and agility of college men Kabaddi players.
2. It was concluded that individualized effect of control group showed a statistically insignificant positive sign over the course of the period on speed and agility of college men Kabaddi players.
3. The results of comparative effects lead to conclude that SAQ training had better significant improvement on speed and agility of college men Kabaddi players as compared to their performance with control group.

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