

EFFECT OF SAQ TRAINING ON SELECTED MOTOR ABILITIES OF SCHOOL BOYS BETWEEN 15– 17

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Abstract:

For this study 15 Government Higher Secondary School from Namakkal District. The subject's age range was 15 to 17. They were randomly divided into two equal groups, one group was considering as experiment group and another as Control group. The subjects were tested in order to find the motor ability variables namely as Speed and Agility. The experiment group is SAQ training was carried out for a period of Six weeks and subjects were trained for three days as week. The data was collected before and after the training for the period of Pre - Test and Post - Test. The statistical tool used for 'T' Test. The level of significant for the study was chosen as 0.05. The experiment group after the six week training significant improvement in all variables chosen.

INTRODUCTION

Human beings by nature are competitive and ambitious for the excellence in all athletes performance, not only every men but also every nation wants to show their supremacy by challenging the other men over nation. This challenge stimulates inspires and motivates the entire nation to sweat and strives to run faster, jump higher, throw further and exhibit greater speed strength, endurance skill in the present competitive scientific, systematic and planned sports training. There is an increasing demand for football player to be not highly skilled and tactically sound but also athletically adept. Speed agility and quickness (SAQ) trainings have become a popular way to train athletes, whether they are school children on a soccer field or professional in a training camp. SAQ

training can cover the complete area of training intensity, from low to high intensity. All individual will come into a training programme at a different level; thus training intensity must coincide with the individual's abilities. According to Jovanovic, et al. (2011) SAQ training remove mental blocks and thresholds and allow the athlete to exert maximal force during controlled and balanced movement patterns, which are specific to their sport . 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. Speed has been long considered as just one single entity: how far an object goes from point A to B early. High-speed actions in soccer have been categorized as requiring

acceleration, maximal speed or agility skills (Gambetta, 1996) whilst Chapman et al. (2008) described speed in soccer as consisting of running speed, reaction speed and acceleration speed during the first steps (referred to as quickness). Agility is closely related to balance because it requires athletes to regulate shifts in the body's centre of gravity while subjecting them to postural deviation and it is very important when it comes to soccer players. Pearson mentions elements of agility such as balance, coordination, programmed and random agility all of which are used on the SAQ continuum with appropriate volume and intensity with regard to athletes' age and level of motor readiness.

METHODOLOGY

The purpose of this study was to investigate the effect of SAQ training on motor abilities. For this 15 Govt. Higher Secondary School, Namakkal Dist, east Kabaddi players of age ranged between 15 to 17 years who were regularly practice at district level were selected. The selected subjects underwent six weeks SAQ training. Pertaining to variables namely speed and agility were assessed using standard test as 50 yards sprint and 6 x 10 meter shuttle run and data were collected prior and after training program. Statistical analysis as descriptive and 't' test was done by using SPSS 16 version and significance difference was observed at $P < 0.05$.

Table – I
Descriptive Analysis on Speed of school Kabaddi Player

	Mean	SD	SEM	Correlation 'r'	Mean difference	't' ratio	Sig.
Pre test	5.74	0.33	0.08	0.99	0.03	4.50*	0.000
Post test	5.71	0.33	0.09				

It is inferred from above table that mean and standard deviation (SD) on speed of SAI east players in pre test is 5.74 ± 0.33 with standard error mean (SEM) 0.08. In post test mean and SD is 5.71 ± 0.33 with

SEM 0.09. The mean difference between pre test and post test is 0.03 and the 't' ratio value is 4.50 which is statistically significant at $P < 0.05$ as the p value is 0.000.

Table – II
Descriptive Analysis on Agility of school Kabaddi Player

	Mean	SD	SEM	Correlation 'r'	Mean difference	't' ratio	Sig.
Pre test	16.38	1.28	0.33	0.95	0.23	2.22*	0.043
Post test	16.14	1.16	0.30				

It is inferred from above table that mean and standard deviation (SD) on agility of SAI east players in pre test is 16.38 ± 1.28 with standard error mean (SEM) 0.33. In post test mean and SD is 16.14 ± 1.16 with SEM 0.30. The mean difference between pre test and post test is 0.23 and the 't' ratio value is 2.22 which is statistically significant at $P < 0.05$ as the p value is 0.043.

DISCUSSION ON FINDINGS

This study has shown that six weeks of SAQ training had positive effects on speed and agility on school level Kabaddi players. All Kabaddi players improved their performance significantly in post test with due respect to pre test on speed and agility. The result revealed that SAQ training is an important tolls for the improvement in soccer players. They also confirm Bloomfield et al.'s (2007) viewpoint that the SAQ regimen is an important training method for the improvement of speed and quickness. Although it is considered that the best period for the development of agility is at the age of 16 (Markovic et al., 2007), this study has shown that agility can also be improved in later years using an appropriate training programme. The SAQ training elements consist of exercises and equipment that evoke neural adaptations in programmed and random conditions with a gradual progression, and thus, both slow and fast SSC performance is enhanced.

CONCLUSIONS

It is concluded that SAQ training have positive effect on Kabaddi players on selected motor abilities (speed and agility). However, a great deal of planning is needed to create an appropriate and effective SAQ program.

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