



THE EFFECT OF PLAYOMETRIC TRAINING PROGRAMME ON LAGS EXPLOSIVE STRENGTH OF CRICKET PLAYER

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Abstract: To evaluate the effectiveness of 12 weeks Plyometric Training Programme on Lags Explosive Strength of cricket Player. pre-test and post- test randomized group design were undertaken for the present study which consist of an Experimental group and control group. Equal number of subjects (N=25) were assigned randomly to both groups. The experimental group was exposed to 12 weeks Plyometric Training Programme, whereas, no treatment was given to control group. For the purpose of the present research work a total of 50 Cricket Players were randomly selected for the present research work. The level of significance to test the obtained t-ratio was fixed at 0.05 level of confidence, which was considered to be appropriate in review of the fact that highly sophisticated instruments and devices were not used for more stringent level of significance. By using t-ratio the finding of the study showed that there was a significant difference in the pre-test and post-test scores of experimental group in Standing Broad Jump capacity as a result of 12 weeks plyometric training programme. Whereas the finding of the study reveals that there is significant difference in Lags Explosive Strength in the pre-test and post-test of experimental group and no significant difference in control Group. As a result of 12 Weeks Plyometric training.

Introduction:

Sport today is worldwide phenomena on physical activity participation in sport and competition is a require of present society as a result one section of a society is really engaged in exploring various aspects of sports. Every physical activity has different effect on the individual as a result lead to different type of adaptation different activity of sports there for to develop different physical, physiological, psychological and social capacity and abilities of sportsman.

Cricket is a bat and ball game played between two teams of eleven players on a cricket field, at the centre of which is a rectangular 22 yard-long pitch with a wicket (a set of three wooden stumps) at each end. One team bats, attempting to score as many runs as possible, whilst their opponents field. Each phase of play is called an innings. After either ten batsmen have been dismissed or a fixed number of overs have been completed, the innings ends and the two teams then swap roles. The winning team is the one that scores the most runs, including any extras gained, during their innings.

At the start of each game, two batsmen and eleven fielders enter the field of play. The play begins when a member of the fielding team, known as the bowler, delivers the ball from one end of the pitch to the other, towards the wicket at that end, in front of which stands one of the batsmen, known as the striker. The striker "takes guard" on a crease drawn on the pitch four feet in front of the wicket. His role is to prevent the ball from hitting the stumps by use of his bat, and simultaneously to strike it well enough to score runs. The other batsman, known as the non-striker, waits at the opposite end of the pitch near the bowler. A dismissed batsman must leave the field, and a teammate replaces him. The bowler's objectives are to prevent the scoring of runs and to dismiss the batsman. An over is a set of six deliveries bowled by the same bowler. The next over is bowled from the other end of the pitch by a different bowler.

Statement of the problem:

The Effect of Specific Training Programme on Lags Explosive Strength of Cricket Player.

Purpose of the study:

1. The purpose of the study is to improve of Lags Explosive strength.
2. The purpose of the study is to find out the level of Lags Explosive strength.
3. To study the importance of Lags Explosive strength.

Significance of the study:

1. The result of the present study would be helpful to the Physical Education Teachers and coaches and other professionals, in order to understand the importance strength.
2. The study will help to know the significance of strength of Time in relation with the performance.
3. The study may provide an opportunity to assess the strength of Cricket Players.

Hypothesis:- On the basis of literature reviewed, available findings, experts opinion and scholar's own understanding of the problem it was hypothesized that there were significant effect of specific training program on Lags Explosive Strength of Cricket Player.

Sub-Hypotheses:- There were significant difference in Standing broad jump of Cricket Players.

Selection of the samples:- Hundred Cricket players was randomly selected as subjects for the purpose of this study all the subjects participated in the regular Cricket activities in the Cricket Interuniversity Tournament. The age of the subjects ranged Above 18 years.

Criterion measure:- Standing broad jump :- Explosive Strength of Legs

Data Collection:- Researcher first Took the Test of Standing Broad Jump for Explosive Strength of Legs then Gave the 12Weeks Specific Plyometric Training to Intercollegiat Cricket players then again took the Test of Standing Broad Jump for Explosive Strength of Legs.

Data Analysis :

Table-1. Comparison Between the means of pre-test and Post Test of Control Group and

Experimental on the basis of 't'-ratio for Standing Broad Jump.

Item	M1	M2	MD	't'-Ration	Required 't'-Ration
Standing Broad Jump Control Group	210.705	210.501	0.204	1.073	1.671
Standing Broad Jump Experimental Group	226.425	251.261	24.836	15.464*	1.671

M_1 = Mean of Pre-Test

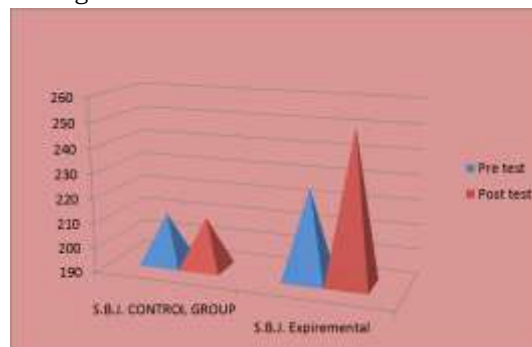
M_2 = Mean of Post Test

Discussion: Table No.1 indicates that the mean for standing Broad jump of pre- test and post- test of control group 210.705 and 210.501 respectively. Similarly, examination of the same table reveals that there is no significant difference in the mean of standing Broad jump of pre- test and post- test scores of control group as the obtained 't'-ratio value 1.073 is much less than the required 't'-ratio value 1.671 at 0.05 level of confidence.

The mean for standing Broad jump of pre- test and post- test of Experimental group 226.425 and 251.261 respectively. Similarly, examination of the same table reveals that there is significant difference in the mean of standing Broad jump of pre- test and post- test scores of Experimental group as the obtained 't'-ratio value 15.464 is much more than the required 't'-ratio value 1.671 at 0.05 level of confidence.

Graph-1 Graphical

Depiction of Comparison Between the Mean of Pre -Test and Post -Test of Experimental Group and Control Group on the basis of 't'-ratio for Standing Broad Jump for Explosive Strength



Conclusion:

- 1) In Standing Broad Jump no significant difference was found between Pre-test and Post- test of Control group.
- 2) significant difference was found in the Standing Broad of experimental group as a result of practices of different Plyometric Training for 06 weeks as the Post-test score were found to be better than that of Pre-test Scores.

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