

INFLUENCE OF SPECIFIC DRILLS TRAINING AND SPECIFIC DRILLS WITH VISUAL AIDS TRAINING PROGRAMME ON OVER ALL PLAYING ABILITY OF PRE-ADOLESCENCE TENNIS LEARNERS

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ABSTRACT:

To achieve the purpose of the present study forty five pre adolescence tennis learners were purposively selected from Sri Ramakrishna Mission Vidyalaya Maruthi Sports academy, Coimbatore and SCAD International School, Palladam, Coimbatore, Tamil Nadu. Their age ranged from 11 to 13 years. They were assigned to three groups namely specific drills training group-I with (n=15) and specific drills with visual aids training group-II with (n= 15) and control group =(n=15) acted as control group. The experimental groups under gone were given specific drill training and specific drills with visual aids for 12 weeks 5 days a week and other group-III with (n=15) acted as control group. The experimental group was tested on over all playing ability. The selected criterion variable over all playing ability was scored on subjective rating with expert coaches. The prior and after test data were collected pre and post test scores treated with dependent 't' test. The level of confidence was fixed at 0.05. The pre and post test scores analyzed with analysis of covariance (ANCOVA). If obtained 'F' ratio was significant Scheffe's post hoc test was used. The study results showed that the experimental group on significantly improved on overall playing ability was due to the impact of specific drills with visual aids training programme. The control group did not improve on selected overall playing ability of pre adolescence tennis learners.

KEYWORDS:

Specific Drills, Visual Aids and Specific Drills With Visual AIDS Training.

INTRODUCTION

SPORTS SPECIFIC DRILLS TRAINING

Many experts' states that sports specific training must fulfill one or more of the following criteria i.e, the exercise must duplicate the exact movement witnessed in a certain segment of the sports skill. The skills are involved directly to game that leads to enhance the performance. The specific drills training related to bio motor, physiology, movement related skills that leads to increase the performance of playing ability. The focus of training should be the quality of movement needed to improve the performance.

VISUAL AIDS TRAINING

The Sports visual aids training is an upcoming field of sports training in India. The major advantage of sports visual training is, it can easily be understood. A study conducted by Maaman Paul et al. (2010) stated that the batting performance of cricket players can be improved through visual aids training. All the modern equipments can be used to improve the skills of all the sports and games.

IMPORTANCE OF VISUAL SKILLS IN SPORTS

Better visual skills in sports play a major role in the performance of the sports person. Vision is most typically defined as a process through which data are received and integrated with other input into the brain and with the stored information, the meaning is abstracted and the organism institutes an appropriate output. The previous studies have proved that the psychomotor skills could be improved through visual aids training. There are evidences which support the claim of vision, playing an important role in the perceptual ability of an athlete related to performance would be increased (Sandhu (2008). Visual video clippings are supported to impact sports performance and the acquisition of motor skills, which can be improved with training. (Quevedo et al. 1999); sports vision training is conceived as a group of techniques directed to preserve and improve the grasping ability of individuals and sports performance through a process that involves teaching the visual behaviour required in the practice of different sporting activities (West & Bresson 1996). The purpose the study was to find out the impact of specific drills training and specific drills with visual aids training programme on speed strength and over all playing ability of pre-adolescence tennis learners

METHODOLOGY

To achieve the purpose of the present study forty five pre adolescence tennis learners were purposively selected from Sri Ramakrishna Mission Vidyalaya Maruthi Sports academy, Coimbatore and SCAD International School, Palladam, Coimbatore, Tamil Nadu. Their age ranged from 11 to 13 years. They were assigned to three groups namely specific drills training group-I with (n=15) and specific drills with visual aids training group-II with (n= 15) and control group = (n=15) acted as control group. The experimental groups under gone were given specific drill training and specific drills with visual aids for 12 weeks 5 days a week and other group-III with (n=15) acted as control group. The selected criterion variable over all playing ability was scored on subjective rating with expert coaches. The prior and after test data were collected pre and post test scores treated with dependent 't' test. The level of confidence was fixed at 0.05. The pre and post test scores analyzed with analysis of covariance (ANCOVA). If obtained 'F' ratio was significant Scheffe's post hoc test was used. Specific drills were given to tennis learners i.e cross court drills, down the line shots, forehand drive, back drive and service and visual aids training to skills slow motion pictures, full match videos shown to tennis learners.

RESULTS

**TABLE-I
SIGNIFICANCE OF MEAN GAINS / LOSSES BETWEEN PRE TEST AND
POST TEST OF OVER ALL PLAYING ABILITY EXPERIMENTAL
AND CONTROL GROUP**

S.No	Variables	Pre test Mean (±SD)	Post test Mean (±SD)	MD	SE	't' value	't' ratio
SPECIFIC DRILLS TRAINING GROUP							
1	Over All Playing Ability	12.73±1.16	18.80±2.27	6.07	0.64	0.086	9.53*
SPECIFIC DRILLS WITH VISUAL AIDS TRAINING GROUP							
2	Over All Playing Ability	12.86±1.40	17.80±1.74	4.94	0.13	0.76	8.04*
CONTROL GROUP							
3	Over All Playing Ability	11.93±1.38	11.40±1.05	0.53	0.306	0.556	1.74

*significant at 0.05 level ('t' value 2.14)

Table-I shows that the pre and post mean values of experimental and control group of overall playing ability. The obtained 't' value of 9.53 specific drill training group is greater than table value of 2.14 with df 14. The specific drills with visual aids training group obtained 't' value of 8.04 which is greater than table value 2.14 with df 14. The obtained 't' value of the control group is 1.74 lesser than which is the table value of 2.14 and is insignificant.

**TABLE - II
COMPUTATION OF ANALYSIS OF COVARIANCE RESULTS ON OVERALL PLAYING ABILITY AMONG
EXPERIMENTAL AND CONTROL GROUP**

Test	Specific Drills Training Group	specific drills with visual aids Training Group	Control Group	Source of Variances	Sum of Squares	df	Mean Squares	Obtained 'F' ratio
Pre Test Mean	12.73	12.86	11.93	Between	7.644	2	3.822	2.18
SD	1.16	1.40	1.38	Within	73.600	42	1.752	
Post Test Mean	18.80	17.80	11.40	Between	483.60	2	241.8	77.88*
SD	2.27	1.74	1.05	Within	130.4	42	3.105	
Adjusted Post Test Mean	18.77	17.75	11.48	Between	426.413	2	213.206	67.77*
				Within	128.986	41	3.146	

* Significant at 0.05 level of confidence.

(The table value required for significance at 0.05 level of confidence with df 2 and 42 and 2 and 41 were 3.22 and 3.23 respectively).

It is clear from the table- II that the pre test ($F = 2.18, p > 0.05$) showed no significant difference in overall playing ability. However, post ($F = 77.88, p < 0.05$) and adjusted post test mean ($F = 67.77, p < 0.05$) value showed significant difference. The covariate is significant, indicating that overall playing ability before training had a significant improved after 12 weeks of training due to impact of specific drills training with overall playing ability. Since, adjusted post test mean is significant.

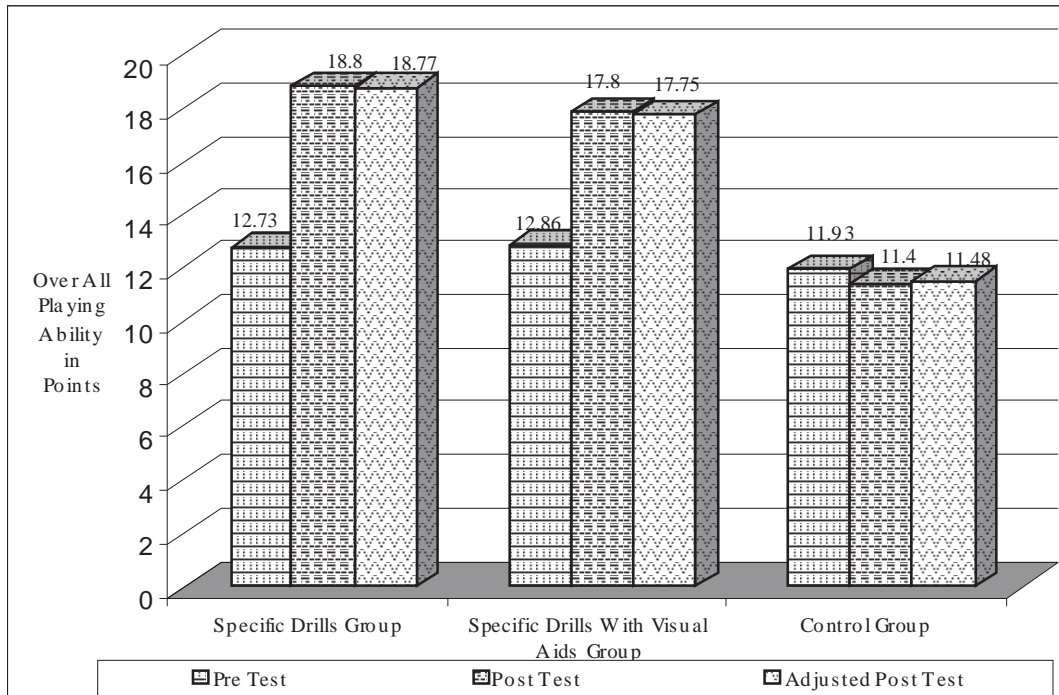
TABLE-III
SCHEFFE’S POST HOC TEST FOR ADJUSTED MEAN VALUES FOR SPECIFIC DRILL SPECIFIC DRILLS WITH VISUAL AIDS AND CONTROL GROUP ON OVER ALL PLAYING ABILITY

S. No.	Adjusted Post-test Means			Mean Difference	Confidence Interval
	Specific Drills Training Group	Specific Drills with Visual Aids Training Group	Control Group		
1.	18.77	17.75	-	1.02	1.62
2.	18.77	-	11.48	7.29*	1.62
3.	-	17.75	11.48	6.27*	1.62

Table-III shows that the adjusted post-test mean difference in overall playing ability between specific drills training group and specific drills with visual aids training group, specific drills training group and control group, specific drills with visual aids training group and control group are, 7.29 and 6.27, which were greater than the confidence interval value of 1.62 at 0.05 level of confidence.

It may be concluded from the results of the study that specific drills training group and specific drills with visual aids training group have significantly improved in the overall playing ability when compared with the control group. Moreover, the specific drills with visual aids training group has improved in the overall playing ability than the specific drills training group. The mean values on overall playing ability of specific drills training group, specific drills with visual aids training group and control group are graphically represented in Figure-3.

FIGURE-1
BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE AND POST AND ADJUSTED POST TEST OF EXPERIMENTAL AND CONTROL GROUP ON OVERALL PLAYING ABILITY



DISCUSSION ON FINDINGS

The prime intention of the researcher is to find out the specific drills, specific drill straining with visual aids training on the over all playing ability of pre adolescence tennis learners. The results of the study indicated that the experimental groups namely specific drills training group, specific drills with visual aids training group, had significantly influenced over all playing ability as all two experimental groups had undergone systematic training over 12 weeks duration.

The results indicate that the improvement in overall playing ability performance is due to the impact of specific drills with visual aids programme. It is concluded that the specific drills with visual aids training group is found to be better overall playing ability than specific drills training group, and control group in improving the overall playing ability of the pre adolescence tennis learners. The results indicate that the improvement in overall playing ability due to the impact of specific drills with visual aids training programme. The results of study consonant with research done by Chris and Groom. (2005). and visual aids training improve the sports performance (Paul., 1989) and Quevedo, L. (1999) and video based training aids training of junior tennis players. After visual video based pre and post test improve the catching ability of after the intervention . (Melissa, J. Hopwood, 2001)

CONCLUSIONS

- The impact of specific drills with visual aids training had significantly improved on overall playing ability of pre adolescence tennis learners.
- The specific drills with visual aids training better training improved on over all playing ability compared with specific drills and control group of pre adolescence tennis learners.

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