

EFFECT OF DIFFERENT SHORT TERM RESISTANCE TRAINING MODULES ON SHOOTING ABILITY OF MALE BASKETBALL PLAYERS

MUNIRAJU M G¹, Dr. SUTHAKAR²

¹Research Scholar, Department of Physical Education, Karpagam University, Karpagam Academy of Higher Education, Coimbatore

²Head (i/c), Department of Physical Education, Karpagam University Karpagam Academy of Higher Education Coimbatore

Abstract - This research study is to find out the level of sixty intercollegiate male basketball players were selected from St. Claret College Jalahalli, Bangalore. The subjects' age ranged from 18-23 years. They were divided in three equal groups in to each 20 players. The first group underwent (short term training and skill training group) N-20, the second group underwent (regular resistance training and skill training group) N-20, the third group act as control group (N-20) and they did not perform any specific trainings. The subject was assessed by flexibility (sit and reach test), leg explosive power (vertical jump test) and dribbling ability (Knox basketball test). Analysis of variance was used to analyze the data. The result shows that all the training treatments elicited significant improvement in all variables. The short term and skill training group show significantly greater improvement in all the variables than the other two groups of short term skill training group and the control group.

1. INTRODUCTION:

It is tended to lose lean muscle mass which is a condition known as sarcopenia. Resistance training helps to maintain and combat the lose of muscle mass by increasing muscular fitness. This form of training can also prevent osteoporosis by augmenting bone mineral density. What's more? Regular resistance training can decrease the risk of heart disease by reducing body fat, decreasing blood pressure, improving cholesterol, and lowering the stress placed on the heart while lifting a particular load. Improving muscular fitness is very important for enhancing quality of life.

The benefits of resistance exercise are well documented, and the present research continues to prove that it is an important activity for Americans are engaged in. Long ago in hunter-gatherer societies, human muscles got workout by building shelter, hunting, farming, and all the other manual chores necessary to live. Today, however, the activity is engineered into routine life with labor-saving devices to the extent that the muscles rarely need to be pushed very hard.

Planning for competition is not a haphazard process but one must be based on certain established scientific principles and procedures, constantly review by the sport science community and the coaching faculty. Planning has continuity in time and space. It hey to be pragmatic, concrete

and realistic, planning must invariably take cognizance of such important factors as time span available for training, athlete's state of mind and physical condition, dynamics and the requirements of performance during the particular competition, competition dates, facilities for training, recovery, rehabilitation, load structure and dynamics and athlete's capacity to tolerate load, scientific support for training, so on and As in life and so in sport, the plans are always formulated on both long term and short term bases.

Following this dictum, athletic training plan can be classified by two criteria: (a) the duration, and (b) number of sports persons the plan will serve.

2. METHODOLOGY:

The study was formulated as pre and posttest random group design, in which sixty subjects were divided into three in each group. The subjects were randomly assigned to one of the three groups, in which the first group (N-20, STT group) performed the short term training with skill training, the second group (N-20, RRT group) performed the regular resistance training with skill training and third group (N-20, control group) they did not perform any specific trainings. The variables such as shooting ability were measured by Knox Basketball Test. The test was occurred before and after 12 weeks regimen.

3. RESULT OF THE STUDY:

Test	STRRTSTG	STRTSTG	RRTSTG	CG	SOV	SOS	df	MS	'F' ratio
Pre-test	18.15	18.10	17.70	18.25	BG	3.50	3	1.16	0.43
Mean					WG	206.30	76	2.71	
Post-test	24.00	23.75	22.80	18.35	BG	416.45	3	138.81	92.95
Mean					WG	113.50	76	1.49	
Adjusted	23.98	23.74	22.83	18.32	BG	418.60	3	139.53	94.25
Post-test Mean					WG	111.03	75	1.48	

The obtained 'F' ratio value is 92.95* of Goal shooting ability is greater than the required table value of 2.73 for the degrees of freedom 3 and 7 at 0.05 level of confidence. The obtained 'F' ratio for the adjusted post-test means 94.25* is higher than the required table value of 2.73 for the degrees of freedom 3 and 75. Hence, it is concluded that due to the effect of twelve weeks of the short term resistance and regular resistance training with skill training, the short term resistance training with skill training and the regular resistance training with skill training of Goal shooting ability of the subjects were significantly improved.

SCHIFFE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN THE ADJUSTED MEANS OF STRRST, STRST, RRST AND CONTROL GROUP ON GOAL SHOOTING ABILITY

STRRST	STRST	RRST	CG	Mean Difference	Confidence Interval
23.98	23.74			0.24	1.09
23.98		22.83		1.15*	
23.98			18.32	5.66*	
	23.74	22.83		0.91	
	23.74		18.32	5.42*	
		22.83	18.32	4.51*	

3.1.DISCUSSION ON GOAL SHOOTING ABILITY

The short term resistance training and regular resistance training with skill training, short term resistance training with skill training and regular resistance training with skill training groups were significantly improved by the Goal shooting ability from Pre-test to Post-test. The Goal shooting ability increased in the short term resistance training and regular resistance training with skill training group from Pre-test (18.15) to Post-test (24.00); short term resistance training with skill training group from Pre-test (18.10) to Post-test (23.75); regular resistance training with skill training group from Pre-test (17.70) to Post-test (22.80). The Goal shooting ability significantly improved from Pre-test to Post-test in all the three experimental groups with no changes in the control group.

The present study demonstrates that an increase in Goal shooting ability estimated with Goal shooting ability t-test short term resistance training and regular resistance training with skill training, short term resistance training with skill training and regular resistance training with skill

training groups respectively, whereas the control group did not show any significant improvements.

The results of the analysis of covariance reveal that there is no significant difference in Pre-test of short term resistance training and regular resistance training with skill training, short term resistance training with skill training, regular resistance training with skill training group and the control group. But there is a significant difference in Post-test and the adjusted Post-test of short term resistance training, regular resistance training with skill training, short term resistance training with skill training and regular resistance training with skill training group on Goal shooting ability.

However, the results of the Scheffe's post hoc test indicate that short term resistance training and regular resistance training with skill training group produce more significant improvement on Goal shooting ability than the short term resistance training with Skill training group, regular resistance training with skill training group and the control group.

4.CONCLUSION:

The short term resistance training with skill training group produces more significant improvement on Goal shooting ability than the regular resistance training with skill training group and the control group. The short term resistance training with skill training group produces more significant improvement on Goal shooting ability than the regular resistance training with skill training group and the control group.

REFERENCES:

- [1] See Chu, 1998; Fleck and Kraemer, 2004). (Adams et al., 1992; Fatouros et al., 2000; Polhemus et al., 1981)
- [2] Faigenbaum et al., 1996; Falk and Tenenbaum, 1996
- [3] Chu et al. , 2006; Marginson et al., 2005). For example, Matavulj et al., 2001 found that plyometric training improved jumping performance in teenage basketball players and Kotzamanidis, 2006
- [4] (Adams et al., 1992; Fatouros et al., 2000; Polhemus et al., 1981).
- [5] Westcott, W. (1999). The scoop on super slow strength training. Idea Personal Trainer, Nov-Dec, 37-42.