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INFLUENCE OF SAQ TRAINING ON SPEED AND AGILITY AMONG COLLEGE MEN KABADDI PLAYERS

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Abstract:

The purpose of the study was designed to examine the effect of SAQ training on speed and agility of college men kabaddi players. For the purpose of the study, thirty men kabaddi players from the Colleges in Nalgonda District, Telangana State, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent SAQ training for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shullte run respectively at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between SAQ training group and control group on speed and agility. And also it was found that there was a significant improvement on speed and agility due to twelve weeks of SAQ training.

Key Words: Saq Training, Speed, Agility, College Men Kabaddi Players

Introduction:

In the realm of sports and fitness, enhancing athletic performance goes far beyond traditional exercises. Two innovative training methods, SAQ (Speed, Agility, Quickness) training and Super Circuit training, have emerged as powerful tools for athletes and fitness enthusiasts alike. SAQ training is a specialized regimen designed to enhance an individual's speed, agility, and quickness. It focuses on improving an athlete's ability to accelerate, decelerate, change direction swiftly, and react rapidly to varying situations on the field or court. Enhancing raw speed, especially in straight-line sprints, is fundamental in many sports. SAQ training incorporates techniques to improve sprinting mechanics, stride length, and explosive acceleration. Agility involves the ability to change direction rapidly while maintaining balance and control. SAQ drills emphasize lateral movements, pivots, and multidirectional footwork to enhance agility. Quickness refers to the rapid reaction time and explosiveness necessary for effective gameplay. SAQ training sharpens reflexes, allowing athletes to respond swiftly to opponents' actions and game dynamics. SAQ training enhances overall athletic performance by boosting speed, agility, and quickness, giving athletes a competitive edge. Enhanced agility and body control reduce the risk of injuries by teaching athletes to move efficiently and avoid sudden twists or turns. SAQ drills can be tailored to mimic movements in specific sports, making it a valuable training tool for athletes preparing for competitions SAQ training sharpens the agility and quickness crucial for athletic performance, while Super Circuit training offers a potent blend of cardio and strength exercises in a time-efficient manner. Whether you're an athlete aiming to excel in one's sport or a fitness enthusiast seeking a challenging workout, integrating these methodologies into your training routine can unleash one's full physical potential, ensuring that always at the top of the game.

Methodology:

The purpose of the study was designed to examine the effect of SAQ training on speed and agility of college men kabaddi players. For the purpose of the study, thirty men kabaddi players from the Colleges in Nalgonda District, Telangana State, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent SAQ training for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shullte run respectively at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

Analysis of the Data:

Speed:

The analysis of covariance on speed of the pre and post test scores of SAQ training group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Speed of Pre and Post Tests Scores of SAQ Training and Control Groups

TEST	SAQ Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	7.49	7.47	Between	0.003	1	0.003	0.16
S.D.	0.13	0.1	Within	0.5387	28	0.0192	
Post Test							
Mean	7.31	7.46	Between	0.1703	1	0.1703	8.32*
S.D.	0.13	0.13	Within	0.5731	28	0.0205	
Adjusted Post Test							
Mean	7.3	7.46	Between	0.2001	1	0.2001	31.65*
			Within	0.1707	27	0.0063	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 1 shows that the adjusted post-test means of SAQ training group and control group are 7.30 and 7.46 respectively on speed. The obtained "F" ratio of 31.65 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on speed. The results of the study indicated that there was a significant difference between the adjusted post-test means of SAQ training group and control group on speed.

Agility:

The analysis of covariance on agility of the pre and post test scores of SAQ training group and control group have been analyzed and presented in table 2

Table 2: Analysis of Covariance of the Data on Agility of Pre and Post Tests Scores of SAQ Training and Control Groups

Test	SAQ Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	8.33	8.35	Between	0.003	1	0.003	0.27
S.D.	0.11	0.09	Within	0.307	28	0.011	
Post Test							
Mean	8.19	8.33	Between	0.147	1	0.147	10.56*
S.D.	0.10	0.09	Within	0.390	28	0.014	
Adjusted Post Test							
Mean	8.20	8.33	Between	0.115	1	0.115	55.53*
			Within	0.056	27	0.002	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 2 shows that the adjusted post-test means of SAQ training group and control group are 8.20 and 8.33 respectively on agility. The obtained "F" ratio of 55.53 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on agility. The results of the study indicated that there was a significant difference between the adjusted post-test means of SAQ training group and control group on agility.

Conclusions:

- There was a significant difference between SAQ training group and control group on speed and agility.
- And also it was found that there was a significant improvement on selected criterion variables such as speed and agility due to SAQ training.

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