Chapter V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The purpose of the study was to find out the comparative effectiveness of specific circuit training, specific weight training and combination (specific circuit training and specific weight training) training on selected skills among basketball players. Ninety six male students in the age groups 14 to 16 years, studying in standard nine of the Kendriya Vidyalaya No. 1, Gwalior, were selected as subjects for the study. The subjects, ninety six in number were equally and randomly divided into three experimental groups (specific circuit training group, specific weight training group and combination training group) and one control group, each consisting of twenty four subjects.

The subjects were tested in Front Shot, Side Shot, Foul Shot, Under the Basket Shot, Speed Pass, Jump and Reach, Over Arm Pass for Accuracy, Push Pass for Accuracy and Dribbling. For analysing and interpretation of data the paired 't' test (one tailed) was applied between the pre-test and post-test means of each group. The analysis of variance and covariance was applied to find out which training programme was best among the three experimental groups for each of the nine test items. The least significant difference method of post hoc test was applied where applicable.
Combination Training Method was found to be the most effective and significantly better training method to improve performance in front shot, side shot, foul shot, speed pass, jump and reach, over arm pass for accuracy, push pass and dribble. All the three training methods (specific circuit training, specific weight training and combination training) were found to be equally effective in the improvement of performance in under the basket shot test item. However, the combination training method had a higher mean value compared to the two methods of training namely, specific circuit training method and specific weight training method.

Specific circuit training method and specific weight training method were found to be equally effective in the significant improvement of performance in comparison to control group in front shot, side shot, speed pass, dribble and push pass. Though both the training methods were equally effective in the improvement of performance in the above mentioned test items, the specific circuit training method had a better mean value than specific weight training method in front shot, side shot, speed pass, dribble, while specific weight training method had a better mean value than specific circuit training method in the case of push pass.
Specific circuit training and specific weight training methods were found to be significantly better than control group in the improvement of performance in foul shot and jump and reach test in basketball. However, specific circuit training method was significantly better than specific weight training method in the case of foul shot and specific weight training was significantly better than specific circuit training method in the case of jump and reach in basketball.

Specific weight training method was found to be an effective and significantly better method than specific circuit training method and control group in the betterment of performance in over arm pass for accuracy test.

Combination training method, specific circuit training method and specific weight training method were found to be equally effective in the improvement of performance scores in under the basket shot test in basketball. Though all the three methods were found to be equally significant, combination training method had a superior mean followed by specific circuit training method and then specific weight training method. The difference of mean values among the three experimental methods were not significant.

Conclusions

With in the limitations of the present study the following
conclusions may be drawn:

1. The three experimental training methods - specific circuit training method, specific weight training method and combination training method were found to be significantly better training methods than the control group in the enhancement of performance scores in all the variables (front shot, side shot, foul shot, under the basket shot, speed pass, jump and reach, over arm pass for accuracy, push pass and dribble) except in over arm pass for accuracy where specific circuit training method was found to be ineffective along with the control group.

2. The combination training method was found to be significantly superior to the other two training methods in all the above mentioned variables except in under the basket shot in which all the three training methods were found to be equally effective.

3. The specific circuit training method and the specific weight training method were found to be equally effective in the improvement of performance scores in front shot, side shot, speed pass, push pass and dribble.

4. The specific circuit training method was found to be significantly superior training method than specific weight.
training method in the improvement of performance scores in foul shot.

5. The specific weight training method was found to be a significantly superior training method than specific circuit training method in the improvement of performance scores in jump and reach test and over arm pass for accuracy test.

**Recommendations**

1. A combination method of training (circuit training and weight training) should be used for significant improvement in skill performance in basketball.

2. The same study may be conducted with subjects of a different sex, age group and performance level.

3. The same study with varied intensity and duration may be conducted.

4. An experimental programme of varying intensities and durations may be derived and used.