A STUDY OF SKILL TEST & ACTUAL MATCH PERFORMANCE OF HANDBALL PLAYERS

ABSTRACT

The present research was conducted to study skill test & actual match performance of handball players and is recognized by the International Olympic Association. For the better performance of the team, the most important factor is selection of the players in the team. When players are selected through proper criteria, it helps team in boosting its performance. As well in Maharashtra also the selection procedure was traditional i.e. a player, who score more was selected. But Dr. Sopan Kangane had worked very hard in this area and developed a new test battery for the selection of Junior Handball players. The relation between the skills performances with actual match performance. It was hypothesized that there is no significant correlation among match performance and performance of skill tests of the players as well as there is significant relation among match performance and performance of skill tests of the players. The players of different school of under 19 age group playing Handball was the population of the study (N=336) All the layers from participated teams were tested and rated. Thus the incidental sampling method was used for selecting the sample (N=200). Survey method was used for this research. With the help of tools such as skill test battery and rating scale, data was collected. The comparison was done using the Pearson Correlation on collected data. It was found that there was a negative correlation between performance of shoot by rating scale and skill performance of front shoot. There was no correlation between passing ability by rating scale, front shoot (skill Test) and accuracy throw (skill Test). There was no correlation between dribbling ability by rating scale and agility dribble (skill Test). There was no correlation between dodging ability by rating scale and foot work (skill Test). There was no correlation between defense ability by rating scale and footwork (skill Test). There was no correlation between total scores of rating scale and total scores of skill test. After analyzing the data researcher came to the conclusion that there was no significant correlation between the actual match performance and skill tests performance of handball players. Hence researcher accepted null hypothesis. Hence, it is concluded that the method of
using skill test battery for the selection of the player can not replaced with the rating scale method. Thus, it was concluded that the method of using skill test battery for the selection of the player can not replaced with the rating scale method. Further research to find out correlation between performance by rating scale and rank of the players done by experts; to find out the applicability of the rating scale, is recommended. Coaches can use the developed rating scale in order to find out the actual match performance. This rating scale can be use by the experts at the time of selecting the district/ state/ national level team. would be the further topic of research.

**Introduction:**

Handball is played in Olympic Games and has attained an impressive level of popularity in international arena of competitive sports. Its recreational value and state of enjoyment have drawn the attention of both male and female players at the professional as well as collegiate levels. Handball has always been considered as a game of perception, timing, accuracy, and agility along with a high level of fitness. The object of the game is to move the ball down the field by passing, dribbling and throwing the ball into the opponent’s goal. It involves skills like running, dribbling, jumping, passing, catching, throwing, goal tending, and strategies. Handball, with its rules and regulation and playing set up, is being popularly played in India. A number of attempts have been made to determine the physical demand of the players by increasing the work intensity and tactics. Handball game requires individual tactics fitness and other basic requirements. The players are frequently required to work above the dynamic muscular strength of muscles for jumping, running and throwing.

**Statement of the Problem:**

In present investigation the research scholar found out whether there is a difference in actual match performance and skill test performance of handball players.

**Delimitations of the Study:**

The study is confined for the male junior level Handball players, aged between 15 to 19 years (i.e., under 19 years). As the subjects participating in this study belonged
to various districts of Maharashtra, the diet, nutrition etc, may be different and was not controlled. The study was confined to the state level handball players only.

**Limitations of the Study:**

Since the test items were many, the researcher was not able to take all the measurements alone. He therefore took help from some qualified assistants, the researcher therefore considered it as a limitation of this study. Psychological variables and the related factors of the players, which might have been evolved during game situation, were not controlled.

**Objectives of the Study:**

Keeping in view the need, background and purpose of the study, Investigator has listed the following major objectives:-

1. To find out the match performance of the players with the help of rating scale and the skill performance of players with the help of standardized handball skill tests.
2. To compare the skill and match performance (Rating scale) of handball players.
3. To find out the relation among skill performance with match performance.

**Hypotheses:**

On the basis of assumptions made and literature reviewed, the investigator has formulated the following hypotheses.

\( H_0: \) There is no significant relation among match performance and performance of skill tests of the players.

\( H_1: \) There is significant relation among match performance and performance of skill tests of the players.

**Significance of the Study:**

Therefore, selection of the player plays an important role. Standardized test battery, developed by experts helps the selectors to select the players. With this battery one can check only the fitness level and skill talent of the players.
The present study will prove beneficial for the Selection Committee members for objective assessment and evaluation of the performance ability of Handball players so as to form a standard Handball team. This study will be helpful to Handball coaches and physical education teachers for assessing and evaluating their players. This study may provide an opportunity and encouragement to the sports talents in Handball. This study will provide standard norms in favor of selection, assessment, and evaluation of selected performance variables of junior Handball players in Maharashtra State. To avoid dirty politics involving in selection of players, the development of such norms has profound importance. The norms will help to discriminate the players having excellent potential and talent. Fair selection system will be set up

Methodology:

The present investigation was carried out on 200 handball players in the age group 15-19 years from Maharashtra therefore all the players of different districts of this age group playing Handball was the population of the study. The cluster sampling method was used for selecting the sample

Research Method:

The present research was a survey study. The Study was about to compare the skill performance of Handball players measured by standardized handball test battery (Kangane 2000) with the skill performance measured by rating scale.

The Standardized handball test battery and norms developed by Dr. Sopan Kangane were used to measure skill performance. Rating scale was used to measure skill performance during match.

Procedure of Data collection:

Front Shoot, Speed Pass, Accuracy Throw, Foot Work & Agility Dribble were measured Standardized handball test battery and norms developed by Dr. Sopan Kangane whereas Shoot, Pass, Dribble, Dodge & Defense were measure by rating scale (observations of experts). Standard tests were administered to measure the items of each dimension for the collection of data. Equipments used in the study were
thoroughly checked and their functional status was verified to ensure accuracy in data collection.

**Presentation of data:**

The primary data was represented in appropriate tabular and graphical form.

**Statistical analysis:**

To find out the correlation between skill test scores and rating scale performance scores, all scores were converted in the standard scores and then correlation was found. Comparison was done by using Pearson Product Method. Descriptive statistics, inferential statistics and the correlation between different variables were calculated.

**Results and Discussion:**

Negative correlation was found between performance of shoot by rating scale and skill performance of front shoot. There was no correlation between passing ability by rating scale, front shoot (skill Test) and accuracy throw (skill Test). There was no correlation between dribbling ability by rating scale and agility dribble (skill Test). There was no correlation between dodging ability by rating scale and footwork (skill Test). There was no correlation between defense ability by rating scale and footwork (skill Test). There was no correlation between total scores of rating scale and total scores of skill Test.

**Conclusions:**

After analyzing the data researcher came to the conclusion that there was no significant correlation between the actual match performance and skill tests performance of handball players. Hence researcher accepted null hypothesis. Hence, it is concluded that the method of using skill test battery for the selection of the player cannot be replaced with the rating scale method.
**Recommendations:**

One can conduct further research to find out correlation between performance by rating scale and rank of the players done by experts. Coaches can use the developed rating scale in order to find out the actual match performance. This rating scale can be used by the experts at the time of selecting the district/ state/ national level team. To find out the applicability of the rating scale, would be the further topic of research.