ABSTRACT

The objective of this study was to investigate the relative effects of jump rope training, running ABC, and stick drill training followed by speed training on speed parameters such as acceleration, speed, stride length, stride frequency, mobility, explosive power (Vertical and Horizontal) and speed endurance. Sixty men (n=60) students were selected as participants randomly. The selected participants were randomly (Simple Random Sample) assigned to one of four groups of fifteen (n=15) each, such as three experimental groups and a control group. The Group A (n=15) underwent jump rope training followed by speed training, Group B (n=15) underwent running ABC followed by speed training and Group C (n=15) underwent stick drill training followed by speed training for a duration of 12 weeks and the number of sessions per week was confined to three alternative days and Group D (n=15) acted as control. The pre and post tests data were collected on selected criterion variables prior to and immediately after the training programme. The collected data were analysed by univariate ANCOVA. It was found that the Jump rope, running ABC and stick drill training followed by speed training had improved the participants’ speed parameters and the experimental groups had significant difference towards improving the participants’ acceleration, speed, stride length, stride frequency, mobility, explosive power (vertical), explosive power (horizontal), and speed endurance. Stick drill training followed by speed training outperformed than the jump rope training and running ABC followed speed training on acceleration, stride length, stride frequency, and mobility. Jump rope training followed by speed training outperformed than the stick drill training and running ABC followed speed training on explosive power in term of (vertical and horizontal) and speed endurance.