PREFACE

The sports arena at the present stage becomes more competitive and result oriented. The sports administrator, coaches, physical education teachers and competitors thrive themselves to achieve supremacy in their respective game. For this purpose everyone tries to find out new ways and means by utilizing various scientific methods, advanced techniques in the sports, application of new statistical measures in assessing the capacity of the individual.

Today Indian Hockey is passing through a difficult period and requires tremendous amount of hard, sincere, dedicated and systematic work to rejuvenate the minds of youth and to achieve laurels in future. Every Hockey fraternity in the country is eagerly looking forward to the day when out tricolour will soar high in the International Hockey horizon.

To regain the past glory of Indian Hockey performance is not an easy task. It is the responsibility of youth and the sports people of our country. It requires very serious thinking, proper planning, execution and evaluation. This is possible only when national sports bodies, state sports bodies, university sports bodies, coaches, scientists, physical education teachers and sports persons work together as a team.

Hockey is a game, consisting of many skills with lot many variations being executed under constantly changing situations. Therefore performance analysis of physical and performance variables is of great value.

The present investigation is the unique responsibility of the investigator and a long felt need to have a simple and effective test with norms to measure the ability of the physical fitness and fundamental skills in hockey for the boys of age groups between 16 to 19 years.

This study will provide criteria for the selection of potential players in the game of hockey at the young age. This study will also be helpful for the coaches and physical education teachers, to systematize and modify their training programme by giving more importance to physical fitness and the fundamental skills which is influencing the playing ability.

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