Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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5.1 SUMMARY
The purpose of the study is to find out the effect of resistance and plyometric training on selected physical, physiological and skill performance variables of female hockey players. To achieve this purpose, forty five female hockey players from PKR College of Arts and Science for Women and Gobi Arts and Science College, Gobichettipalayam, Erode district, Tamilnadu, India were randomly selected and their age ranged from 18 to 21 years. The selected subjects were divided into three groups of fifteen subjects each. Group I acted as experimental group I (Resistance Training), group II acted as experimental group II (Plyometric Training) and group III acted as control group. The requirement of the experiment procedures, testing as well as exercise schedule were explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

The study consist of pre-test and post-test which comes under randomized group design of the three groups. The selected physical, physiological and skill performance variables were tested twice. Thus the initial test scores was considered as pre test scores of the subjects. Then the training programme were administered to the subjects. Experimental group I underwent resistance training, experimental group II underwent plyometric training and control group has not been exposed to any experimental training other than their regular daily activities. The duration of experimental period is 12 weeks. After the experimental treatment, all the forty five subjects were tested on selected variables and this final test score is considered as post test scores. The collected data are analysed using paired ‘t’ test and ANCOVA to find out the significance among the mean differences. If the obtained ‘F’ ratio for adjusted post test is found to be significant, Scheffe’s post hoc test has been used. For this present investigation 0.05 level of confidence is fixed.
5.2 CONCLUSIONS

From the analysis of the data, the following conclusions are drawn:

1. The resistance training has shown significant improvement in all the selected physical, physiological and skill performance variables, when compared to the control group.
   
   a. The plyometric training has shown significant improvement in all the selected physical, physiological and skill performance variables, when compared to the control group.
   
   b. The resistance training group shows better improvement on endurance, vital capacity, systolic blood pressure, diastolic blood pressure and dribbling than the plyometric training group.

2. The plyometric training group shows better improvement on speed, agility, strength, flexibility, resting pulse rate, hitting and scooping than the resistance training group.

5.3 RECOMMENDATIONS

5.3.1 Recommendations for implication

1. The results of this study clearly indicates that the resistance training and plyometric has enhanced the performance of the subjects in almost all the selected physical, physiological and skill performance. Hence it is recommended that coaches and physical educators in the game of hockey should give due importance to include resistance training and plyometric in their training schedules.

2. It is also recommended that a hockey team at any level should have knowledge about resistance training and plyometric training for enhancing their performance.
5.3.2 Recommendations for future research

1. A similar study may be conducted on men hockey players.
2. A similar study may be conducted on different sports and games.
3. Study may be conducted on different sports at different age level and also on variables which are not considered in this study.
4. To find out the improvement on criterion measures periodically, the same study may be designed with repeated measures