Chapter-V
Summary and Conclusion of the study

5.1. Summary
Handball is second fastest game in the world, played popularly in world-wide nations and got place in Olympics games. It is also played professionally in many counties. In India handball has been most popular game considerable to other game. In India many states participated in national competitions and professional teams dominated the others. The main reasons of domination are lack of scientific training, coaching programme and quota system. In, Maharashtra many teams participate at senior handball state championship and all the matches are challenging, but after long experience as player the researcher noticed selection affect the team performance of handball players. The performance status of handball players of Maharashtra in this game seems to be questionable at the national level.

Presently after the study of previous research the investigators opined that selection of proper player as per the ability is the key of success. After the study of various research reviews in the field of physical education and sports many sports scientist the researcher understands the importance of standard criteria for evaluation the players. In Maharashtra no such selection criteria is available for evaluate the senior player. In Maharashtra no study has been done to know the physical fitness and skill status for senior handball players. The researcher played at national level and is interested in the field of handball, he also find out very little study has been done in handball in Maharashtra so the researcher decided to conduct the study.

The researcher find out by discuss with many physical educators, national, international players, officials, fitness trainer and reviewed of related literature that unavailability of proper norms for selection of senior handball players in Maharashtra and in India hampers the team performance and so the researcher had decided to conduct the study entitled “Development of Norms for Selection of Senior Male Maharashtra State Handball Players”
The objective of present study was to prepared physical fitness and skill “norms” for the selection of Maharashtra state handball players for national championship and to find out the physical fitness and skill status of players. The study was restricted for senior handball player of Maharashtra state only. The same norms with possible modification could be applied for selecting players of other levels, as the results are
promising. The researcher tested players at senior state championship who were from various districts gathered for the handball state championship. The requests to conduct the test were sent to Maharashtra state handball association secretary. The tests conducted for the senior handball players were selected on the basis of the research review. Standard instruments and appropriate procedure were used for the testing the above variables and accordingly data on each test-item were collected. For the current study population from two consecutive year was considered and the subjects were tested at Maharashtra state handball championship organized by Ahamadpur (Latur) and Pune district handball association in (2010 – 2011) total 982 subjects were tested. The physical fitness and skill scores were analysed and percentile norms were prepared.

The normative study was conducted under descriptive research. Standard procedures were followed to conduct this research project. The researcher followed step-wise methods of developing and establishing standard norms for senior male handball players of Maharashtra state. The step-wise methods that include research design and subjects as followed are as under.

- Review of related literature
- Identification of dimension representing handball performance variables.
- Selection of the performance variables for each dimension.
- Administration of test items on try-out basis (n=20).
- Administration of test items on large sample nine hundred eighty two samples has been covered. N= (982).
- Statistical analysis
- Establishing Norms.
- Gradation
- Handball players Status

5.2. Major Findings

The percentile norms of 14 finally selected tests items indicate that the distribution of scores of almost all the test-items resides in the normal range of the probability curve. 5.2.1 The norms of each item were graded as poor fair average good and excellent on the basis of criterion reference grading percentage methods. These findings
indicate that the handball players must be selected on the basis of following criteria.

5.2.2. To find out the handball players status, they were categorize according to points obtained by players as less than five points as poor, six to twenty five as fair, twenty six to fifty as average, fifty one to seventy five as good and seventy six above as a excellent.

5.2.3. The handball players must develop their physical fitness for better performance.

5.2.4. The handball players must develop their skills for better performance.

5.3. Conclusions

Within limitation, the results of the present study helped to warrant the following conclusion.

5.2.1. The performance variables for handball players are morphological, physical fitness and skill. Table 3.2 show performance variables of handball player.

5.2.2. The morphological performance variables are standing height, body weight, waist hip ratio. Table 3.2 show performance variables of handball player.

5.2.3. The physical fitness performance variables are 12 min run/walk, 50 meters run, shuttle run, standing broad jump , sit and reach , vertical jump, sit ups, push ups and hand grip strength. Table 3.2 show morphological performance variables of handball player.

5.2.4. The skill performance variables are front shoot, accuracy throw, speed pass, agility dribbling, and footwork. Table 3.2 show skill physical fitness performance variables of handball player.

5.2.5. The Norms are developed for the selected performance variable (i.e. Physical fitness and Skill only). Table 4.35 and 4.36 shows norms for the senior handball players.

5.2.6. The norms can be used as criteria for selection of senior male handball player to form a state and university team for the state of Maharashtra.

5.2.7. The handball players graded as poor, fair, average, good and excellent. Table 4.37 shows grading for the senior handball players.

5.2.8. The status of handball players has been found using develops norms and status has been contagious in to five groups. Table 4.38 to 4.51 shows the physical fitness and skill status of senior handball players of Maharashtra state.
5.4. Recommendations
The researcher gives following recommendations for further study and to other fellow researcher with similar interests.

5.4.1. Handball Clubs and teams
- Handball coaches and P.E teacher’s can use the criterion available from the norms developed for assessment and appraise the players.
- Training of the players can be evaluated and their improvement can be checked time to time.
- Pointer from testing and evaluation can help coaches to know the status of the player which will help to plan training accordingly.

5.4.2. Selection Committee
- Norms can be used as one of the selection criteria by committee and coaches for the Selection of handball team.
- The norms can be used as measurement means to know the efficiency of players.
- Selection Committee can set “selection criteria” using norms and grading system for the team selection process.

5.4.3. Players
- Players can set themselves target and aim using the selection criterions.
- The selection process could become plainer and clear as crystal.
- The players also use these norms and grading scale to develop their own performance.
- The players know their performance status and that can be used to improve performance.