CHAPTER - II

REVIEW OF RELATED LITERATURE

The researcher has in this chapter quoted some research studies which are important for our understandings about the development of Hockey in India. Basically hockey for men and hockey for women do not differ from each other as items of development. Although there are specific problems which are gender related. The researcher has been confronting problems while collecting the research studies for the review because there are few research studies related to the development of hockey in India, keeping in view these limitations the subjective views of experts published from time to time in different newspapers have also been incorporated as part of the review. These opinions in a way are as sound as research studies because these have been based on the experience of the experts.

A Study was undertaken by Gurcharan Kaur Bindra* (1969) regarding an appraisal of the performance of the Indian Olympic Hockey team in 1968. In her study she concluded that the standard of the game progressively improved in other countries because they studied the technique and tactics of the game scientifically and successfully evolved methods to counteract the Indian strategy, while the Indians continued to play with their own pattern of the game. The performance has been found to be unsatisfactory.

She also pointed out that the team could not probably adjust to the type of umpiring at the Olympic games, because some of the important rules

of the game such as sticks and obstructions are differently applied in India.

On the basis of this study she recommended the following :-

1. Studying the techniques and tactics of the game scientifically and systematically.

2. Hockey should be encouraged to be played by a large number of people.

3. There should be an agency to locate young talent and to train them up.

4. The country should appoint the national coach responsible for evolving latest training and coaching programs at all levels and for the selection of the players to the senior teams.

5. The officials of the national teams should have knowledge and understanding of the theory and practice of the game.

Former president of Indian Hockey Federation and Vice President of IOC, Ashwani Kumar* (1995) stressed the need for foreign coaches to train the Indian hockey team. According to him our players are artistic but lack physical strength. Our forwards should not lack in sprinting ability and at the same time they should not run aimlessly. For stamina building only running is not enough. Development of muscles is most essential. It should be backed up by a medical team. Foreign coaches can help our players in physical fitness. They will make the players rough and tough. Our coaches are capable of imparting technical aspect of the discipline. This combination of foreign and Indian coaches will make a lot of difference to our players. He quoted the example of Pakistan. They have foreign as well as their own coaches. The

outcome is that they have everything.

Mr. Sharma J.L.* (a former Olympian) 1995 expressed his views on development of hockey in India. "until the Indian team has players of International calibre hunt for Gold medal will remain elusive". He regretted that the stress of the Indian Hockey Federation continued to be only on the national team. He felt the real solution of the problem would be in paying special attention to the Juniors and sub-juniors so that the flow of talent from the bottom to the top was maintained.

He further stated that the coaches must get at least a four year term and should be of high calibre and they should concentrate on grooming players for specific positions.

Balbir Singh** (1996) stresses the need for improving skills. He says that unless you have skills you can't work out good combinations, you can't retain your hold on the ball for long. In his views our trapping, hitting and stopping is much below standard. He suggests that prize money competitions be introduced in hitting, stopping, pushing and trapping. Practising skills individually may be monotonous. But once we make them competitive with prize money this will help in building the skills because of which we dominated the hockey scenario for almost four decades.

Col. Balbir Singh*** the Chief Coach of the Indian Women hockey team (1996) of the Pre-qualifying world cup tournament discussed about improving the performance and technique of the team. Before starting the training

program he suggested mental preparation of the girls, competitions for the team structured fixtures against the boys who should be rough and tough against the girls. This might help the girls to prepare themselves for the uphill task they would be facing while playing against the robust foreign teams.

According to Vohra* (1997). “After every debacle, the mandarins of Indian hockey have routinely talked of "Soul searching" only to forget it promptly once the team returns home. Indian hockey still lacks the consistency associated with true champions. The reasons for our abysmal performance are many. We have talked about revamping the whole system, providing better facilities to the players, appointing dedicated coaches and improving the environment with greater incentives. But to be honest we have done very little over the past three decades or so. It appears that the “think tanks” of Indian hockey continue to drift like rudderless boat falling back upon the same set of coaches and managers, who have done little to justify the confidence reposed in them time and again”

Vohra further adds that Hockey is no more a game of the masses, in partly due to lopsided media coverage and sponsorship and partly due to mismanagement. Other games like cricket and of late football, have replaced it as the premier sports of the country.

A lot will need to be done to revive Indian Hockey. In reality we may have no alternative but to go back to the "grass roots" approach in the true sense of the team and take the game back to masses. It should be revived

* Pradeep Vohra (1997), "Going back to grass roots", Chadigarh Newsline Feb. 27.
at the village, mohallas and school levels."

Vohra* (1997) writes : Much has been said about the synthetic surface in the past. But there are no two thoughts about it now. This is the officially accepted surface now. Playing on the turf does effect the performance. The level of physical fitness is required to be much more than the grassy ground. The players can manage with 70-80% fitness level on grassy ground but synthetic surface requires nothing less than cent percent if not more to last a gruelling encounter."

He further states : Hitting the ball is also different on this surface. While playing on the grassy ground, players will require to develop strong wrists to be able to hit the ball cleanly. Now hitting the ball is like taking a swing in golf or going through the motions of a forehead shot in tennis. The entire shoulder and forearm come into play with a proper follow through to impart the necessary force."

"There is no getting away from a regimen of acquiring sturdiness, speed and stamina, to be able to last longer on this surface. Being spongy, once it has been watered before the start of play, the foot sinks into the turf slightly like running on heavy sand after a sharp shower. Consequently, the lower calf-muscles take the maximum strain. Evidently these parts of the body need to be strengthened more than others."

In fact, special equipment has been designed abroad for the purpose. One such machine called "Cybex Eagle 840" has been installed at NIS Patiala. But

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this one machine is not enough. We need many more machines across the country.

While stressing the need for high fitness level, Vohra* (1997) in another article states: “With the advent of Astroturf, the required levels of physical fitness have reached new heights. It calls for specialised stress and weight training, toning up of particular muscles and sustenance level much higher than required previously to last a full seventy minutes as the synthetic surface saps energy much faster than the natural grass surface.

As Indians, we are placed at a disadvantage compared to the Europeans for not being endowed with a strong physique by nature. On top of that lack of availability of sufficient synthetic surfaces to practice upon and the absence of specialised training necessary from the very beginning in a player’s carrier, make things more difficult, especially when we compete at the international levels. Added to this is a general lack of consciousness on the part of the players regarding the necessity of keeping fit, not only around the major tournament, but in the off season as well.

In fact the concept of "keeping fit and keeping in shape" in the off-season, an important part of overseas players regimen, is by and large alien to our players, with few exceptions. If the players report to camp fully fit, the time available would be utilized for sharpening the skills, developing better co-ordination with each other, chalking out strategies and overcoming basic deficiencies. As a result players would peak just on the eve of big tournament rather than turning stale as of now at the end of long fitness camp. In fact,

★ Pradeep Vohra (1997), "Need for high fitness level". Chandigarh Newsline May 27.
very often such camps end up achieving exactly the opposite of what they are meant for. An equally vital aspect of fitness is the progress made by the leading nations of the world in the area of sports medicine. This will help the players to recover fast from injury and to remain fit. It will also save the carrier of many players from coming to an abrupt end. Unfortunately this aspect is neglected in our country. Lack of timely medical help and attention coupled with the callous attitude of our sports administrators have brought a premature end to many potentially bright careers of many players. Names of Charles Cornelius (G.K.) and Rajinder Singh (F.B.) immediately come to our mind. In fact this phenomenon is not restricted to hockey only. Sri Nath episode being too recent to be forgotten.

The writer has also gone through a few similar studies conducted by various researchers. On the evaluation or appraisal of the performance in various sports discipline.

Malkiat Singh's* (1965) study confines itself to the examination of the performance of a twelve member athletic team (ten men and two women) that toured west Germany and other European countries. Its scope is not as restricted as it may appear, as performance of the individual member in India, before the tour, is also taken into account for purposes of comparison and assessment. As such the study gives a glimpse into the performance of these athletes over a longer period. Again their performances are compared with those of the German athletes. In athletics it is easier to compare the standards

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★ Malkiat Singh's (1965) study of a twelve member Athletic team, Aug. 1964 Master's dissertation, Deptt. of Physical Education, Panjab University, Chandigarh
as the performances are mathematically comparable. Such comparisons are a fair index to judge whether the performance of our athletes has been steady or has improved or gone down and where they stand in respect to International standards.

Such an appraisal is necessary for future progress and particularly in the context of a general impression in the country that the performance of Indian teams in International competitions is not as satisfactory as it should be while it has been found that our present athletic performances are an improvement on the past. This study should provide an indication within the orbit of its jurisdiction, whether the result achieved have been in proportion to the amount of organised efforts which include the facilities and opportunities offered to and availed of by the athletes.

Jasbir Singh* (1968) undertook a project work “suggesting conditioning exercises for hockey players” for the reason that almost in all schools and colleges little or no consideration was being given to conditioning the sportsmen, which is basic to the acquisition and perfection of skills of any game yet another reason was that while India is trying to regain supremacy in the game of hockey, the hockey players are not given any conditioning programme as a result of which there seems to be no further improvement in the standard of our performance and other countries are making rapid strides to attain the Indian standard of the game at hockey. These countries have come up because they have evolved scientific methods of conditioning exercises, training and coaching after experiment and research. He was.

* Jasbir Singh (1968) Suggesting conditioning exercises for Hockey Players, Masters dissertation of Physical Education, Panjab University, Chandigarh
therefore, impelled by these circumstances to undertake this study and to suggest a suitable programme of conditioning exercises. On the basis of his findings he has classified the conditioning exercises under the following heads:

1. Circuit training exercises.
2. Specific weight training exercises
3. Exercises for Cardio-Vascular Endurance
4. General flexibility exercises.

The studies referred to above have been of great help to the present investigator in developing her study.

Mrs. Madhu Mathur* (1975) describe some of the reasons for the low performance of women in sports. She describes in her article some of the physical, physiological, psychological attributes which impede sports performances of Indian Women. She also advocated that there has been a lack of mass participation by women in competitive sports.

She stressed the need of educating females that sports participation does not lead them to masculine and their feminity is not lost due to participation in sports.

Mr. R.L. Anand** (1980) wrote in his editorial on the title of Indian Hockey, giving the description of Indian Hockey team at the champions cup Hockey at Karachi. He made a mention of Astroturf which requires a lot of speed and stamina. He praised the Pakistani team which took quick note of the requirement for the Montreal Olympics. He also explained that

* Mrs. Madhu Mathur (1975) "Some Reasons for Lower Performance of Women In Sports" : N.I.S. Journal Volume 9 No. 3 July
Germany and Pakistan had pressed their players, to long training sessions spread over months to specialize in goal keeping, penalty corners and penalty stroke which are the match winning skills. He advocated that India should also acquire synthetic hockey fields in major cities of India.

Balkishan Singh* (1980) in an article on Indian hockey wrote that there was a time for self analysis. He explained the characteristics of Astroturf and stressed the need of Astroturf for the Indian team which is considered to be the villain of peace. Apart from astroturf he discussed some other factors responsible for dismal performance of Indian hockey players.

Friskin** (1980) wrote about the changing phase of Hockey. He discussed different patterns of Hockey play which has been used from time to time with increasing tendencies of competitions. There was a time when teams used to put their trust in defence to prevent goal at any cost. Later heavy penalties imposed inside 25 yards resulted in providing incentives for attacking games and more goals through penalty corners. Later some other measures were also adopted to speed up the pace of the game. As a result several changes were made in laws and by-laws of the game. At a four nation tournament at Amsterdam in 1977 an agreement was reached that Umpires should disallow shot from penalty corners if they were above the waist level. The objective was to eliminate the element of danger. Introduction of Astroturf at Montreal Olympics was received with much anxiety. He hoped that polygrass and Astroturf pitches are springing up

* Balkishan Singh (1980), Indian Hockey "time for self analysis, SNIPES Journal Vol. 3 No. 1, Jan.
** Friskin (1980), "The changing face of Hockey, SNIPES Journal Vol. 3 No. 1, Jan."
very fast these days. The two types of surfaces has their own merits and de-merits.

Mr. Balkishan Singh* (1966) has given his observations on techniques of the game, stating that we are drifting towards hit and run strategy of hockey for getting our original style of short passing game which was invented by us out of necessity. He thinks that one strong reason for this change in style is that our players today are weaker in basic skills. Players nowadays do not have perfection of stopping, hitting and dodging as the old players had. A player today does not devote so much time to the mastery of fundamental skills. The scoring capacity of our players is weak. The players get the chances, but they either fumble or do not connect the crosses from the wingers. Also the players, once they get ball in circle, do not pass it on to better placed player. He has also observed that we do not have good leaders in the field. It is the job of the leader to hold the team together and to decide the different tactics to be adopted by the team according to changing situations on the field. It is the leader who makes his team fight as a team. In short, Leader is the coach of the team on the field.

According to G.B. Dangwal, K.S. Bhangu & Balkishan Singh** (1991) if the players are skillful, better will be the team tactics and performance. The players have to have the necessary physical, technical, tactical abilities along with the required psychological attributes for the general and special tasks. They advocate that the players have to do a lot of individual practice for the mastery of skills-

* Balkishan Singh (1966). "National Hockey Championship observations". The sports Journal Volume 1, No. 2 April p. 16
required while attacking or defending. For organising the practice of different strokes, stopping, receiving, interception, clearance, shooting, scooping and taking rebounds one has to have a training partner, but it is not possible to have a training partner, everytime. This problem can be overcome if a wall is used for individual practice, on the basis of this, they organised a test at N.I.S. Patiala in which state level hockey players took part. The test is called Receiving and passing test. On the basis of the study they concluded:-

1. Wall can be used effectively in place of training partner for practice of different skills in hockey.
2. The test under investigation involving hits and pushes is valid for evaluating attacking ability.
3. The test is valid for evaluating the defending ability only, when the push is used.
4. The push is faster than hits for short distance upto eleven meters.

According to Sanjeev Kumar* (1997) in his article "Hockey losing Glamour" the budding players are not getting any financial help from the Government. According to him this is the main reason due to which we lack good players. Another factor hampering the promotion of hockey is the absence of adequate infrastructure. Lack of jobs is another weak area for hockey players. They get a real shock when they have to struggle to get a job and to make both ends meet. He suggests that the Government should make provisions to provide Hockey Stick, Kit as well as infrastructures free

of cost to the players. The schools should have playing facilities. In the end he stressed that the authorities must ensure that the player does not leave the ground owing to frustration rising out of his inability to cope with financial matters.