

Effect of some selected exercises on the hitting performance of college softball players

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■ ABSTRACT

The purpose of the study was to find out the effect of some selected exercises on the hitting performance of college softball players. The Objectives of this study was to find out whether there is any significant difference in the hitting performance of college softball players For this study 40 male softball players (40 Softball Male players of different faculties run by Bharatiya Mahavidyalaya, Amravati) were selected as a sample. The age of the subjects were ranging between 18-25 years to all the subjects and all of them voluntarily agreed to the test and training programme. All these subjects was equally distributed in equal numbers in to homogeneous groups, and named as experimental (A) and control (B) groups the experiment group has under gone the training programme for a period of six weeks. The data on selected criterion based on the test of hitting the ball on pitching on that pitching. On that pitching 3 balls are recommended to each one and longest hit was recorded before and at the end of the six weeks experimental programme. To find out the training effect, t-test was employed to determine the significant mean difference between pre-test and post-test score of both groups. The data was further treated with t-test, to find out the significant difference in between the post-test scores of experimental and control group. The level of significance was set at 0.05 level of confidence. The difference between the pre-test and post-test means of control group did not show any significant difference as the calculated t value of 2.262 at 0.05 level of confidence. The difference between the pre-test and post-test mean of experimental group was significant at 0.05 level. As the calculated t value of 3.051 was greater than the tabulated t 0.05 (9) of 2.262. The finding of the table revealed that there was a significant improvement in experimental group while compared with control group, because the obtained t-ratio value of 2.969 was greater than that of tabulated t value of 2.262 at 0.05 level confidence. The gain in the performance by the selected subjects of experimental group may be due to the nature of training and practice for six weeks which required by the development of hitting performance of college softball players.

■ Key Words : Exercises, Hitting, Performance, Softball

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