

The effect of imagery training on the skills of the basket ball players

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■ ABSTRACT

The purpose of this study was to compare skill performance of soccer players in outdoor and indoor situation. For the purpose of this study, 25 female soccer players from the Department of Physical Education, University of Allahabad were selected as subjects who had adapted soccer as their match practices. The selected objective skill tests for the presented was McDonald Soccer Test. Pertaining to the selected objective, skill test of soccer was collected in the football field and gymnasium hall, University of Allahabad. For the purpose of study, the test was administered to all the subjects as per prescribed procedure. To compare the rating on the selected test “t” test was applied on the level of significance set at 0.05 levels. The findings of the study showed significant difference of McDonald in the indoor and outdoor conditions.

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Basket ball was invented in December 1891 by the Canadian Clergyman, educator and James Naismith. Naismith introduced the game when he was an instructor at the Yong Men's Christian Association Training School (Now Springfield College) in Springfield, Massachusetts. The basket ball spread over all the world and it is a Olympic discipline now. All most all the countries of the world play basket ball.

The basket ball game includes the skills like dribbling, passing and shooting the ball in the basket. For shooting the ball, the concentration is required and accuracy to the ball is also required. The concentration is one of the mental practices which is to be developed as well as strength of shoulders is required to put the ball in the basket.

In game of basket ball, the players adopt various training methods to improve the skills of the game. In modern days the number of new methods of training are developed. The imagery is one of the methods of training that develops the skills of the games and sports. During the 60's and 70's the studies conducted on mental imagery where rather inconsistent due to different unfounds such as lack of subjects and reliable

controls.

The imagery is called the visualization or mental rehearsal. Imagery means using all of your senses (e.g. seeing, feeling, hearing, testing, smelling) to rehearse your sports in your mind.

Why should one use imagery ?

- To help you get the most of training tops athletes use imagery extensively to build on strengths and eliminate their weaknesses. (e.g. Sachin Tendulkar's meditation training is imagery training)
- To compete more effectively.
- To speed up your progress on the road to top.
- To help stay motivated along the way.
- To keep in top from when training is not possible.

Because of many benefits of the imagery training, the investigation decided to undertake the study of effect of imagery training on the skills of basket ball players. The purpose of this study was to see the effect of imagery training on the shooting ability of the basket ball players.

The scholar selected 20 basket ball players of RTM,