Abstract

The purpose of this study is to investigate the effects of skill training with and without visual training on batting performance of Cricket players. To achieve the objective of the study, thirty six (n=36) men Cricket players from Tirunelveli District under 19 team players, Tirunelveli, Tamil Nadu, India were selected as subjects at random and their age is ranged between 16 and 19 years. The selected participants were randomly (simple random sample) assigned to one of three groups of twelve (n=12) each, such as experimental group I, experimental group II and control group. The group I (n=12) underwent skills training with visual training, and group II (n=12) underwent skills training without visual training for a duration of 12 weeks and the number of sessions per week is confined to three days, in addition to the regular schedule and group III (n=12) acted as control, who is asked to refrain from any special training except their leisure time pursuit. Members of these groups will consist of healthy men Cricket players who have represented the inter district cricket tournament. Prior to enrollment in the study, participants were informed of all possible risks involved in this study, and signed an informed consent form previously. Batting skill was selected as dependent variable for this study and it was tested by using expert rating method. Skill training with and without visual training was selected as independent variable for this study. After determining the assumptions for computing ANCOVA have been met with the pre data analysis, the univariate ANCOVA statistical output was examined. Then, providing the ANCOVA result was statistically significant, the univariate results were examined for each dependent variable. For the significant univariate results, the post hoc comparisons were performed to identify where the differences resided. The pairwise comparisons statistic was used for the post hoc results. It was concluded that, the skill training with visual training had significantly improved the participants’ batting performance. Also the skill training without visual training had significantly improved the participants’ batting performance. Also the skill training with visual training and skill training without visual training had significant difference towards improving the participants’ batting performance. Finally skill training with visual training outperformed the skill training without visual training on participants’ batting performance among cricketers aged between 14 and 19 years.