

# A Study on the Effect of Weight Training on Playing Ability of Hockey Players

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**Abstract:** *The purpose of the study was to find out the effect of weight training on playing ability of Hockey players. To achieve this purpose of the study, twenty four (24) Inter-collegiate level Hockey players were selected as subjects by using random sampling technique from R.T.M. Nagpur University, Nagpur. The selected subjects were aged between 18 to 23 years. They were divided into two equal groups of twelve each (6 male and 6 female), Group-I underwent weight training and Group-II acted as control that did not participate in any special training apart from their regular curricular activities. The subjects were tested on a criterion variable i.e. Playing ability performance prior to and immediately after the training period. Playing ability was determined by using Munjal's Hockey skill test having variables: Shooting, Rolling, Push, Shuttle Rolling, Hit, Sprint, Scoop, Pass and Flick. Analysis of Covariance was used to compare the Effect of weight training on playing ability of Hockey players of experimental and control group. Level of significance was fixed at 0.05 level. The result of the present study has revealed that there was no significant effect of 6 weeks weight training on playing ability among the experimental and the control group of hockey players of inter-collegiate level. The findings of the study may be attributed to the fact that the focus of training should not be restricted only on weight training; however, the skill component of training should also be a part of comprehensive training programme for the development of speed with ball and accuracy of the players with the current demand with the game. Consequently, it is considered to be important to include long-term training sessions to make more significant effect on the performance of the Hockey players.*

**Keywords:** Strength training, hockey, playing ability.

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