Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to analyse and compare the effects of implicit and explicit instructional techniques in learning different skills of hockey on novice players. Total sixty four students were randomly selected from the course bachelor of physical education from the Lakshmibai National University of Physical Education. The age of the subject was between 19 to 24 years with Mean and S.D of $21.18 \pm 1.64$.

The variables selected for the study are the basic skills of hockey. They are push, hit, rolling and dribbling.

The subjects were randomly divided into four group's i.e. implicit instructional group, explicit instructional group, mixed instructional group and control group. The training was given for 8 weeks, thrice a week for experimental groups. Prior to the administration of training the data was collected on the selected variables. After the completion of the training, post data was collected on the similar conditions.

Further the data were analyzed to find out the significant differences among the groups. To find out the difference between pre test and post test, t-test was employed. One way analysis of co-variance (ANCOVA) statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 for testing the hypothesis.

The results revealed that all the instructional groups, i.e. implicit, explicit and mixed, can enhance the performance for the different skills of hockey i.e. push, hit, rolling and dribbling.
Conclusions

On the basis of result obtained from the study following conclusion were drawn:

1. The significant differences found among the group after 8 week of different instructional training among the groups on different skills of hockey (push, hit, dribble and rolling).

2. The explicit instructional training group and the mixed instructional training group were found to be the best among all the instructional techniques for the basic skill i.e. push for the novice player.

3. Mixed instructional training was found the best one among all the instructional training followed by the explicit and implicit for the basic skill i.e. rolling for the novice player.

4. For the basic skill hit mixed instructional training group was found to be the best one among all the instructional training which is followed by the explicit and implicit for the novice players of hockey.

5. Mixed of instructional training was found the best one among all the instructional training followed by the implicit and explicit for the basic skills i.e. dribble for the novice player.
Recommendations

In the light of conclusions drawn, the following recommendations may be made:

1. A similar study may be undertaken by selecting a large sample of different instructional training groups other than that employed in the study.
2. An identical study also may be taken in the other games and sports.
3. Studies in the same line may be conducted with more number of subjects and on various age groups.
4. Studies may be replicated with female hockey players to find out the effect of different instructional trainings on different skills of hockey.
5. It is also recommended that a similar type of study can be done on other skills of hockey.