ABSTRACTS

AIMS AND OBJECTIVES

The objectives of the study were to see the effect of implicit and explicit instructional techniques in learning different skills of hockey on novice players.

METHODS

For fulfilling the purpose of the study total 64 male subjects were selected from the Lakshmibai National Institute of Physical Education. The age range between the 19-24 years with (Mean ± SD: Age 21.18 ± 1.62 year). The subjects were kept into different group. As group ‘A’ is implicit instructional group, group ‘B’ is explicit instructional group and group ‘C’ is mixed instructional group i.e. implicit and explicit and group ‘D’ is kept as a control group. Before starting of the training protocol the researcher has taken the pre-test data and after the successful completion of training protocol for eight weeks (thrice in a week) the post-test has been taken. In order to study to see the difference between the pre-test and post-test, t-test was employed and to see the impact of the different instructional training ANCOVA was employed at level of significance 0.05.

RESULT AND CONCLUSION:

Findings of the study showed significant difference between pre test and post test scores in all the variables. Variables for implicit training group, explicit training group and mixed training group and control group was found insignificant group. Findings also showed significant difference between the effects of implicit, explicit and mixed instructional techniques on learning different skills of hockey on novice player.

Keywords: hockey, implicit, explicit, novice player