

Specific Skills Profile of Male Handball Players

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Abstract

The purpose of this study is to prepare the 'norms profile' of specific skills of handball players with a view to compare and evaluate further planning of handball game as it's not being practiced in our country at present. So, an objective was set by the researchers to prepare the norms for each important specific skill of handball game at school, university and senior level of performance. Total of five hundred eighty six (N=586) players of handball were examined during School National championship (N=200), All India Inter University championship (N=195) and Senior National championship (N=191). The tests of specific skills of Handball, standardized by Singh (2007) were used to record the specific skills of handball players. The percentile values were distributed through SPSS. These prepared norms are presented in tabular form. The research evaluation highlights that there is an increase of specific skills with participation level of handball players. Speaking specifically, the 'different levels' include the level of school to university and then from university to senior level. The implicational interpretation will result in the form of an increased competitive ability of the players.

Key words: Skills, Norms, Profile and Handball Players.

Introduction

Specific skills are always considered as the fundamental and important aspects of the game. *Neil and Mezey (1981)* believe that, "first consideration in the training programme in handball must be given to skills". *AAHPER (1969)* concluded, "skill tests and norms always help the students to evaluate their performance in the game and to provide an impetus to improvement". In field hockey *Brar (1975)* prepared the norms of hockey players, *Subramaniam (1981)* in basketball and *Kumar (2002)* standardized the test and prepared the norms of each skill of soccer players. *Dey and Parthasarthy (1998)* prepared the percentile norms of Eastern Region and North-Eastern Region children for comparison with

SAI manual and they found the norms have a great importance particularly in talent spotting in these regions. *Bosen et al (1984)* compared the physical fitness level of Indian javelin throwers with international norms and found, our throwers are poor in fitness level. But norms of specific skills, especially of handball players for the purpose of comparison and evaluation for further planning of handball game, are yet not available in our country. So the objective was set by the researchers to prepare the norms for each important specific skill of handball game i.e. catching, passing, shooting, throwing, footwork and dribbling at school, university and senior level.

Material and Methods