

5.2 CONCLUSIONS

1. Results of the present study explain clearly that in case of bio-motor, physiological and performance variables, the observed results significantly favoured the experimental groups namely anaerobic interval training and complex training as compared to control group.
2. The complex training showed superior performance on speed and endurance than the other two groups.
3. Similarly the impact of experimental groups were found as significantly higher than control group on speed, strength, endurance, endurance, resting heart rate, breath holding time, forced vital capacity, dribbling, push, hit and scoop.
4. It was concluded that men hockey players should practice anaerobic interval training and complex training for better performance.
5. Thus based on the result, it was concluded that all the training methods would provide better means and methods for developing the bio-motor, physiological and performance variables which are needed for men hockey players.

5.3 RECOMMENDATIONS

1. Similar study may be conducted on women hockey players.
2. In addition to the selected variables, the present study can be added with psychological, bio-chemical and performance variables.
3. A similar study may be conducted on players of various games and sports.
4. A similar study may be conducted for various age groups.