

A STUDY ON THE FACTORS AFFECTING LOW NATIONAL LEVEL MATCH WINNING PERFORMANCE AMONG UVA PROVINCE NETBALL POOL

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Netball is one of the most competitive worldwide games in Sri Lanka. The provincial level Netball provides a good foundation to Sri Lankan Netball. The purpose of this research was to identify the factors affecting low National level matches winning among Uva province Netball pool. Thirty Netball players were selected as the sample of the research and 8 weeks training program was applied by the researcher to practice for developed speed, strength and endurance performance training 4 times a week for 8 weeks. The research was based on the mixed mode method. The researcher experience for analyzed, pretest and posttest of the per-experimental design has been selected in this research. Interviews of close format questions, test battery, Competitive State Anxiety questionnaires, observations, field notes, photographs, were used to gather data. Such as through the interview detected 63% lack of physical performance, 90% low level of facilities during the outstation matches, 80% Low level participation of practices and practice matches. And Competitive Anxiety level detected 76% enhance heart racing level, 66% increase nervous level have been effected to low National level matches winning among the Uva province Netball pool. Therefore, the research group to enhanced strength, speed and endurance performance used training program. Minitab 17 software (version- 6.1.7600 Build 7600) and Microsoft excel 2007 were used to analyze pretest, posttest and questionnaires to get the progress of the research. According to the calculation the p-value of treatment group is <0.05 and therefore, there is a significant difference between pretest and posttest of treatment group. The researcher found that the implemented action plan helps to answer the research questions. This type of research can be utilized in the future in same context. According to overall analyzed data positive influences of speed, strength and endurance practice greatly affected on high level performances of Uva province Netball pool.

Keywords: *Netball, Uva province Netball pool, Strength, Speed, Endurance*