

## **THE EFFECT OF A SPORT DEVELOPMENT PROGRAMME ON SPRINTING AND LONG JUMP ABILITIES IN 10-15 YEAR OLD BOYS FROM DISADVANTAGED COMMUNITIES IN SOUTH AFRICA**

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### **ABSTRACT**

*Sixty-two (N=62) boys between the age of 10 and 15 years from two different farm schools in the Potchefstroom district were subjected to a Talent Search testing protocol. Potentially talented athletes (n=21), with a mean age of  $12.0 \pm 1.67$  years, at one of the farm schools were randomly assigned to the experimental group. A control group was selected in the same way consisting of equally talented boys from the other farm school, with an average age of  $12.1 \pm 1.26$  years. The talented children in both groups then underwent a specific test battery designed for sprinting and long jump. Maturity was determined by means of a maturity questionnaire. The development programme contributed statistically significant to the improvement in flexibility, muscle endurance, 0-40 meter speed and long-jump ability. Explosive power, reaction time, speed endurance, acceleration and stride length did not improve. The results revealed that a development programme of 10 weeks had a positive effect on the conditioning of motor and physical abilities and skills for sprinting and long-jump in talented 10 to 15 year old boys, regardless of poor socio-economic circumstances and a restricted environment.*

**Key words:** Performance; Sprint; Long jump; Motor development; Talent identification.