

## The Effectiveness of Teaching Games for Understanding in Improving the Hockey Tactical Skills and State Self-Confidence among 16 Years Old Students

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**Abstract :** This study was conducted to examine the effectiveness of Teaching Games For Understanding (TGFU) in improving the hockey tactical skills and state self-confidence among 16-year-old students. Two hundred fifty nine (259) school students were selected for the study based on the intact sampling method. One class was used as the control group (Boys=60, Girls=70), while another as the treatment group (Boys=60, Girls=69) underwent intervention with TGFU in physical education class conducted twice a week for four weeks. The Games Performance Assessment Instrument was used to observe the hockey tactical skills and The State Self-Confidence Inventory was used to determine the state of self-confidence among the students. After four weeks, ANCOVA analysis indicated the treatment groups had significant improvement in hockey tactical skills with  $F(1, 118) = 313.37, p < .05$  for school boys, and  $F(1, 136) = 92.62, p < .05$  for school girls. The Mann Whitney U test also showed the treatment groups had significant improvement in state self-confidence with  $U=428.50, z = -7.22, p < .05, r = .06$  for school boys. ANCOVA analysis also showed the treatment group had significant improvement in state self-confidence with  $F(1, 136) = 74.40, p < .05$  for school girls. This indicates that TGFU in a 40 minute physical education class conducted twice a week for four weeks can significantly improve the hockey tactical skills and state self-confidence among 16-year-old students. The findings give new knowledge to PE teachers to implement the TGFU method as it enhances the hockey tactical skills and state self-confidence among 16-year-old students. Some recommendation was suggested for future research.

**Keywords :** Teaching Games For Understanding (TGFU), traditional teaching, hockey tactical skills, state self-confidence

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