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Effect of specific drills on skill performance variables of women volleyball players

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Abstract

This study was investigated the impact of specific drills training on skill performance variables of women volleyball players. To achieve the purpose of the study 40 women volleyball players were selected from Navarasam college. The subjects was randomly assigned to two equal groups (n=20). Group- I underwent specific drills training (SD) and group - II was acted as control group (CG). The sports specific drills training was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of twelve weeks. The control group was not given any sort of training except their routine work. The selected parameters of passing (wall volley skill test) before and after training period. The data collected from the subjects was statistically analysed with 't' test to find out significant improvement if any at 0.05 level of confidence. The result of the present specific drills training significantly improved passing of women volleyball players.

Keywords: Specific drills training, passing and women volleyball players

Introduction

Most games, the rules are more significant than the components. But there are games where these roles are reversed: where the components are significant and the rules not very important at all. Usually, these are action games like Looping Louie The components are the hardware, the rules are the software. Both define the game. Both can exist independently from each other, but separately are not a game. Archeology finds ancient game boards and game pieces, but no one knows what rules these ancients used to play their games. We will never know how these games were played. Volleyball is a played by two teams consisting of 12 players each on a playing court, divided by a net. The object of the game is to send the ball over the net in order to ground it on the opponent's court and to prevent the same effort by the opponent. The team has been three hits or contacts to return the ball. To play volleyball one has to be good at vertical jump, known as explosive power. A volley match can we played for five sets which means a match can last about 90 minutes, during which a player can perform 250-300 actions dominated by the explosive type of strength of the leg muscles. The total number of action as jumps takes up around 50-60% high speed movements and change of direction in space about 30% and as falls about 15% the spike and block action are dominated by the corresponding explosive type of strength which is referred to as a player's vertical jump which is usually the key to winning points. Volleyball is a dynamic, fast-paced game. The purpose of strength training for volleyball is not to develop the physical attributes necessary to improve a player's performance. Strength training is very important to volleyball and should not be developed independently of other abilities such as agility, quickness and endurance. When watching a great volleyball player, the one word that comes to the mind is "quick" everything the player does is short and quick. There are no long drawn out motions like sprinting in other sports, volleyball players must be able to quickly change direction from the upward motion of a vertical jump to the downward motion of a point-saving dig. One of the most crucial phases of volleyball is how players perform at the net. To be successful, terms must be able to control play at the both offensively and defensively. Since this is the case, two of the most valued traits in a volleyball player are height and jumping ability. Both of these traits allow players to greatly influence the game because they height, the focus of training falls squarely on jumping ability.

It includes beginner's program as well as all the necessary drills and exercise to improve strength, speed, agility, explosive power, conditioning and much more. Ply metrics are include as your progress through the program so this workout can be incorporated with it or performed during the year.

Methodology

In this study the selected 40 women volleyball players selected from Navarsam College. The subjects were randomly assigned in to two equal groups namely, (SD) (n=20) and Control group (CG) (n=20). The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of twelve weeks. The control group was not given any sort of training except their routine. The evaluated selected parameters were Passing was assessed by Wall volley skill test the unit of measurement in points.

Table 1: Computation of 't' ratio on vo2 max and passing on experimental group and control group (Scores in numbers)

Group	Variables	Mean	N	Std. Deviation Pre	Std. Deviation Post	T ratio	
Passing	Experimental Group	Pre test	23.72	20	0.04	0.02	15.39*
		Post test	23.38	20			
	Control Group	Pre test	23.73	20	1.12	0.89	
		Post test	23.72	20			

*significant level 0.05 level degree of freedom (2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected parameters namely passing experimental group. The obtained 't' ratio on passing were 15.39 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected parameters namely passing control group. The obtained 't' ratio on passing were 1.39 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.



Fig 1: Bar diagram shows the mean values of pre and post test on passing of control and experimental group

Discussion and findings

The present study experimented the effect of specific drills training on selected parameters of women volleyball players. The result of the study shows that the specific drills training improved the passing. The findings of the present study had similarity with the findings of the investigations referred in this study. However, there was a significantly changes of subjects in the present study the passing was significantly

Training programme

The training programme was lasted for 60 minutes for session in a day, 3 days in a week for a period of 12 weeks duration. These 60minutes included 10 minutes warm up, 40 minutes for specific drills training and 10 minutes and warm down. The equivalent in specific drills training is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday).

Statistical analysis

The collected data before and after training period of 12 weeks on the above said variables due to the effect of specific drills training was statistically analyzed with 't' test to find out the significant improvement between pre and posttest. In all cases the criterion for statistical significance was set at 0.05 level of confidence. ($p < 0.05$)

improved of subject in the group may be due to the in specific drills training.

Ozmen *et al.*, (2016) [10] showed significantly higher increases in speed and passing performance ($p \leq 0.05$). A short-duration (i.e. 6-week) explosive strength training programme in wheelchair volleyball athletes results in significant improvements in sprint and agility performance. The result of the present study indicates that the specific drills training programme is effective method to improve passing of women volleyball players.

Conclusions

It was concluded that 12 weeks of specific drills training significantly improved the passing of women volleyball players.

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