



## IMPACT OF TWO DIFFERENT TRAINING PACKAGES ON SKILL ACQUISITION OF SERVICE AMONG VOLLEY BALL WOMEN PLAYERS

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### ABSTRACT:

The purpose of the study was to investigate the impact of two different training packages on skill acquisition of under arm service among volley ball women players. Subjects for this study were selected from the Tagore Arts and science college, Chennai, Tamil Nadu, India. The investigator met the players and explained to them about the purpose and nature of the study. Around fifty players gave their voluntary consent to work as subjects for the study out of those volunteers ten of them who were above 17 years of age and beyond the age of 22 years were excluded from the study, because the subjects for investigation are to be of 17-22 years. Among fifty, forty-five were selected as subjects and were divided random by using the table of random as suggested by Clarke and Clarke (1972), they were divided randomly in to three groups as Group-I acted as control, Group-II strength training, Group-III ladder and medicine ball training groups. In this research volleyball selected under arm service, over head pass service variable only. it was assessed by Brady volleyball test Russell lunge volley test. standardized test. The subjects were involved with their respective training for a period of eight weeks. At the end of the eight weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 'F' ratio and ANCOVA. The level of significance was fixed at 0.05 level of confidence for the degree of freedom. The strength training and ladder and medicine ball training group produced significant improvement in self and back foot defense. The 'F' values of the selected variable have reached the significant level, In the control group the obtained 'F' value on under hand pass and over head pass service were succeeded to reach the significant level.

### KEYWORDS:

**UNDER ARM PASS, OVER HEAD PASS SERVICE, STRENGTH, LADDER AND MEDICINE BALL TRAINING.**

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### STATEMENT OF THE PROBLEM

The purpose of the study is to find out the effect of two different training on skill acquisition among volley ball women players. (Serving, passing, spiking, blocking, play game activity, strength, power and coordination )

### DELIMITATIONS

The following delimitations were set for the present study.

- 1) For this study healthy forty five subjects were selected for this study.
- 2) The subjects were selected from Tagore Arts and science college, chennai, Tamilnadu.
- 3) The subjects age ranges between 17-22 years
- 4) The selected subjects were divided in to three equal groups of fifteen each. Subjects acted as namely group - I control group (CG), group-II Strength training group (STG), and group-III Ladder and Medicine ball training (LAMTG).
- 5) The selected upper body, lower body and core

exercises were given to respected oriented group.

- 6) The duration of the training period was stipulated to 8 weeks for 3 days per week (45 minutes).
- 7) Skill acquisition - serving, passing, setting, blocking attacking and playing variables were measured by expert rating standard method tests.
- 8) Physical fitness variable- strength, explosive power and co-ordination.
- 9) The study was confined to the independent and dependent variables.

### LIMITATIONS

The following measures were set for this present study.

1. The hereditary and environmental factors which would influence the criterion variables were recognized as limitation.

2. Methodological variations air, temperature, atmospheric pressures relative humidity etc., during testing periods could not be controlled and the possibility influence on the result.
3. Day to day activity, food habits, resting period life style could not be controlled.

### OBJECTIVES OF THE STUDY

The objectives were set for this study.

- 1) To analyse the selected skill acquisition and physical fitness of volleyball variables through control Group (CG), Strength Training Group (STG), Ladder and Medicine Ball Training Group (LAMTG).
- 2) To compare the effects of Strength training, ladder and medicine ball training on selected dependent variable. In and which experimental group improvement differences on selected skill acquisition and physical fitness among volleyball women variables.
- 3) To analyse the experimental group, maintain in selected variables applied, for longer period of duration of training time.
- 4) To analyse the changes are in selected skill acquisition selected variables among volley ball women players in college students due to the effect of significant different training programmes.

### HYPOTHESES OF THE STUDY

The following research hypotheses were formulated and it was tested at 0.05 level of confidence.

1. It would be hypothesized that the effect of two different packages of trainings on selected skill acquisition variables among volleyball women college players will be significantly increase when compared the control group.
2. There would be significant improvement on selected variables of due to the effect of strength training, ladder and medicine ball training groups.

### METHODOLOGY

The subjects for this study were selected from the Tagore Arts and science college, Chennai, Tamil Nadu, India. The investigator met the players and explained to them about the purpose and nature of the study. Around fifty players gave their voluntary consent to work as subjects for the study out of those volunteers ten of them who were above 17 years of age and beyond the age of 22 years were excluded from the study, because the subjects for investigation are to be of 17-22 years. Among fifty, forty-five were selected as subjects and were divided random by using the table of random as suggested by Clarke and Clarke (1972), they were divided randomly in to three groups as Group-I acted as control, Group-II strength training, Group-III ladder and medicine ball training groups. Their written voluntary consent was obtained after clearly explaining the nature of the study,

the training programme for the respective training groups and variables in which they will be tested. They were also informed that they were free to opt out of the study at any time if they feel any discomfort or any difficulty in continuing the training programme, but there was no dropout throughout the period of the study.

### RESULTS AND DISCUSSION

**Sathish 2023** to achieve the purpose of the present study thirty subjects were selected from Central University of Tamil Nadu Thiruvavur. Their age ranged from 19 to 21 years. They were assigned to two group namely experimental group-I with fifteen boys who were given medicine ball exercises for 12 weeks five days a week and from 5 pm to 6 pm and other group-II with fifteen boys acted as control group. The experimental group was tested on explosive power and serving ability. The selected criterion variables explosive power was tested with vertical jump test and serving ability was tested with Russell Lange service test. After twelve weeks medicine ball exercise training post test data were collected and treated with ANCOVA. The level of confidence was fixed at 0.05. The study result showed that the experimental group had significantly altered selected variables explosive power and serving ability which was due to the effect of medicine ball exercise training programme. The control group did not improve on selected criterion variables.

**Mala and Dr. P Manju Pushpa 2022** this study analysed was to find out the effect of skill training with yoga practice on skill performance variables of school level volleyball players. To achieve the purpose of this study, thirty players were randomly selected from Sri Ramakrishna Matriculation Higher Secondary School, Coimbatore and their ages were ranged between 13 and 17 years. All the subjects were divided into two groups with 15 subjects each as experimental (Group-I) and control group (Group- II). Group-I underwent specific skill training with yoga practices for a period of eight weeks and group-II acted as control who did not participate in any special training other than the routine. The fitness variables such as serving ability and spiking ability were selected as dependent variables. Pre and post-test random group design was used for this study. The data were collected before and after the training period of 12 weeks and the data collected were statically analyzed by 't' test, which was used to find out the significant improvement from pre to post test on selected parameters of experimental and control group on each parameters separately. The result shows that there was a significant improvement in the serving ability and spiking ability.

**Sudhir Kumar et.al., 2016** examined this study was to find out effect of training program on volleyball skills of inter-university level volleyball Players. The participants for the study were 30 inter-university level male volleyball players whose age ranged between 18-23 years and were training thrice a week at SU block volleyball coaching center, pitampura new delhi. The players for the study were selected using the purposive sampling design. All the subjects attended a single training unit thrice a week i.e. on

mondays, wednesday and fridays. The effectiveness of training is evident in the improvement of performance which is clearly indicated by positive change in the mean

scores of Brady's volleyball test & volleyball skills chosen in the study.

**ANALYSIS OF COVARIANCE ON VOLLEYBALL UNDER ARM SERVICE BETWEEN PRE AND POST-TEST CG PTG AND SSTG GROUPS**

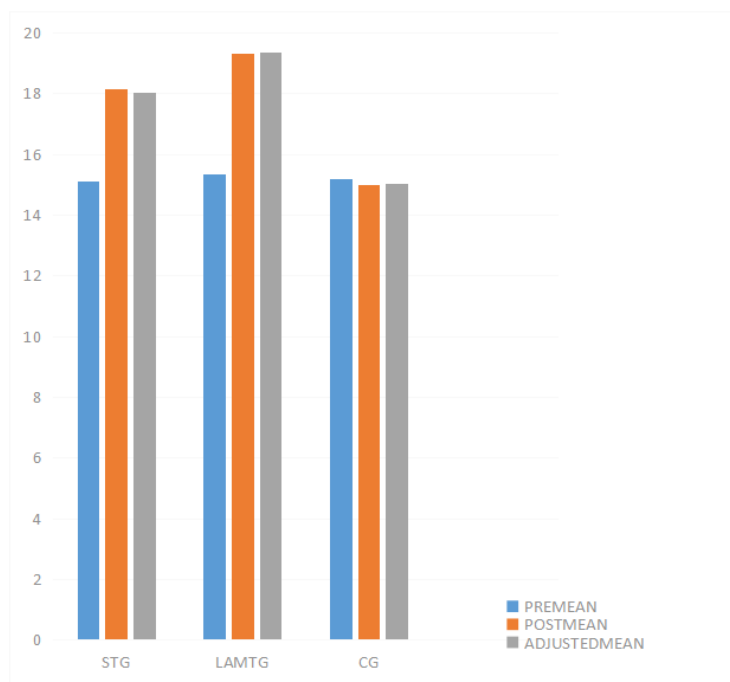
Test	STG	LAMB TG	CG	SOV	Sos	df	MS	Obtained 'F' ratio
Pre test Mean SD	15.11.	15.33	15.19	B	0.98	2	0.49	0.43
	1.07	0.98	1.15	W	46.60	42	1.14	
Post test Mean SD	18.14	19.33	15.00	B	151.51	2	75.76	14.35*
	2.10	3.15	1.25	W	221.73	42	5.28	
Adjusted post-test mean	18.20	19.36	15.03	B	149.76	2	74.88	14.47*
				W	212.23	41	5.18	

**SCHEFEE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN THREE PAIRED ADJUSTED POSTTEST MEANS OF UNDER ARM SERVICE**

Adjusted Post Mean Test			Mean Difference	Confidence Interval
STG	LAMTG	CG	-	
18.20	19.36	-	1.16	2.37
18.20	-	15.03	3.17	2.37
-	19.36	15.03	4.33	2.37

**PRE-POST AND ADJUSTED POSTTESTS MEANS VALUES ON UNDER ARM SERVICE FOR ALL THE GROUPS**

**FIGURE**



**CONCLUSION**

The research revealed that there was a significant improvement in service: under arm skill of volleyball among volleyball girls players due to the strength training

group, ladder and medicine ball group training.

## REFERENCES

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