Volume : 3 | Issue : 2 | Feb 2014 • ISSN No 2277 - 8160

Research Paper | Physical Education

Effect of Skill Training on Selected Skill Performance Among The Volleyball Palyers

Dr. A.S. Nageswaran

Associate Professor, Department of Physical Education and Centre for Research, H. H. The Rajah's College, Pudukkottai

ABSTRACT

The purpose of the study was to find out the effect of skill training on skill performance among the volleyball players. Twenty four male volleyball players were selected from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur randomly as subjects. The age of the subjects ranged from 21 to 28 years. The selected subjects were divided into two groups. Group I underwent skill training and Group II acted as control. The experimental group was subjected to the skill training for alternative three days per week up to six weeks. The skill training was selected as independent variable and the criterion variables serving and passing were selected as dependent variables and the selected dependent variables were assessed by the standardized test items. Serving and passing were measured by Russell Lange Volleyball skill test and the unit of measurement in numbers. The experimental design selected for this study was pre and post test randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent't' test and analysis of covariance (ANCOVA). It was found that there was a significant improvement and significant different exist due to the effect of running ABC drills associated with speed training on speed parameters among inter collegiate athletes when compared to control group.

KEYWORDS :

INTRODUCTION

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other teams court under organized rules. Volleyball skills are used to enhance various performance factors such as ball control, footwork, and timing on approach jumps or blocks. The skills are the most common types; it is very useful to the coaches to solve the players mistakes. Skills are designed to help players enhance their volleyball technique through repetition. It is important to note the purpose of these techniques is to develop playing skills such as serving and passing. Furthermore, it is important for every player to understand the specific goals of each skill and what skills need to be focus. There is a large range of sporting activities each requiring a set of skills. Skills have many characteristics that can change in different situations, which makes classifying them difficult. Gross skills involve large muscle movements which are not accurate and involved in many fundamental movements such as walking, running and jumping. Fine skills are involved very complicated movements. These types of skills are frequently used by the small muscle groups and especially it was involved to develop the coordinative abilities. Serving is the act of driving the volleyball hard into opponent's court. The two basic power shots are the cross – court shot and the baseline shot. Once an opponent has developed a healthy respect for a team's spiking power, alternative offensive shots such as tips and dinks can be employed with greater effectiveness. Passing is the act of sending the volleyball to a setter. So the player can turn the ball to the spikier for an attack. The two primary passing methods are the fore arm and under arm pass.

METHODOLOGY

To achieve the purpose, twenty four male volleyball players studying from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur were selected randomly as subjects. The age of the subjects ranged from 21 to 28 years. They were assigned randomly into two groups (group I) underwent skill training and (group II) acted as control of twelve subjects each. The experimental group was subjected to the training during morning hours for alternative three days for six weeks and group II acted as control. The skill training was selected as independent variable and the criterion variables serving and passing were selected as dependent variables and the selected dependent variable were assessed by the standardized test items. Serving and passing were selected as dependent variables; serving and passing were assessed by Russell launge volleyball skill test and the unit of measurement in numbers. The experimental design selected for this study was pre and post test randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent't' test and analysis of covariance (ANCOVA).

RESULTS AND DISCUSSIONS

The data pertaining to the variables in this study were examined by using dependent 't' test to find out the significant improvement and analysis of covariance (ANCOVA) for each variables separately in order to determine the difference and tested at .05 level of significance. The analysis of dependent 't' test on data obtained for speed, acceleration and speed endurance of the pre test and post test means of experimental and control group have been analyzed and presented in Table I.

TABLE- I

MEAN AND DEPENDENT 't' TEST OF EXPERIMENTAL AND CONTROL GROUPS ON SELECTED VARIABLES

Variables	Mean	Skill Training	Control Group
Serving	Pre test Mean	36.67	36.25
	Post test Mean	39.00	36.08
	't' test	16.42*	1.483
Passing	Pre test Mean	24.25	23.91
	Post test Mean	25.00	23.75
	't' test	5.75*	1.48

***Significant at 0.05 level of confidence (11) = 2.201**

The obtained 't' ratio value of experimental group is higher than the table value, it is understood that skill training had significantly improved the performance of serving and passing . However, the control group has no significant improvement as the obtained 't' value is less than the table value; because it was not subjected to any specific training. The analysis of covariance on the data obtained on serving and passing due to the effect of skill training and control groups have been analysed and presented in Table II.

TABLE- II

ANALYSIS OF COVARIANCE OF EXPERIMENTAL AND CONTROL GROUPS ON SELECTED VARIABLES

Variables	Adjusted Post Test Means		Source of Variance	SS	Df	Mean Squares	'F'- Ratio
	Jumping ABC Drills Associated with Speed Training	Control Group					
Serving	38.79	36.30	Between	36.702	1	36.702	178.33*
			Within	4.322	21	0.206	
Passing	24.82	23.93	Between	4.777	1	4.777	27.06*
			Within	3.707	21	0.177	

***Significant at .05 level of confidence, df (1, 21) = 4.32**

Table II shows that the obtained 'F' ratio value are 178.33 and 27.06 which are higher than the table value 4.32 with df 1 and 21 required to be significant at 0.05 level. Since the obtained value of 'F' ratio is higher than the table value, it indicates that there is significant difference among the adjusted post- test means of skill training and control group on serving and passing.

To the most sports people, skill training offered a better method of developing serving and passing . The present study also produced the same result.

CONCLUSIONS

1. The skill training had significantly improved the serving and passing among the volleyball players.
2. There was significant difference among the adjusted post – test means of skill training and control group on serving and passing.

REFERENCES

"Volleyball". International Olympic Committee. Retrieved 2007-03-21. Retrieved from http://www.wikipedia.org//. On 13/02/2014 | "Volleyball Drills". Retrived from http://www.strength-and-power-forvolleyall.com//. On 13/02/2014. | "six basics skills of volleyball". Retrieved from http://www.answers.com//. On 13/02/2014. | Davis, B. et al. (2000) The Nature and classification of skill. In: DAVIS, B. et al. Physical Education and the study of sport. 4th ed. Spain: Harcourt Publishers, p. 284-285. Retrieved from http://www.brainmac.co.uk//. On 13/02/14. |