



Effect Of Skill Based Conditioning Training On Agility In Male Volleyball Players

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Abstract:

The purpose of the study was to analyze the effect of Skill based conditioning training on Agility in Male Volleyball Players. To achieve this purpose 30 male Volleyball players from Tamilnadu College of Engineering, Tamilnadu, India were randomly selected as subject and their age group was 18 to 23 years. They were divided in to two equal groups. The group 1 considered as experimental group who underwent the Skill based conditioning training three days per week and total number of eight weeks, Group II considered as control group and they did not undergo any special training apart from their regular activities. All the subjects of the two groups were tested on selected agility test. The results revealed that the Skill based conditioning training group produced significant improvement than the control group.

Introduction:

Volleyball is one of the most popular game in the world. A volleyball match can be played for five sets which means a match can last about ninety minutes, during which a player can perform two fifty- three hundred Actions dominated by the explosive type of strength of the leg muscles. The total number of actions as jumps takes up around fifty to sixty high-speed movements and change of direction in space about thirty percent and as falls about fifteen percent.

Methodology:

To achieve the purpose of these study 30 Volleyball players were selected randomly from Tamil Nadu College of engineering, Coimbatore, Tamilnadu, India. They were divided in to two equal groups namely Skill based group control group. Group I under gone skill based conditioning training and Group II was considering as control group. After assigning the subjects in various groups, T- test was conducted to asses the agility and score was recorded in seconds and this was considered as pre-test. After the pre-test, Skill based group was under gone the training for 08 weeks. After the 08 weeks post-test was conducted for both groups and score was recorded in seconds.

Statistic Technique :

To find out the difference between the two groups t-test was used.

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	VAR00001	12.9373	15	.5319	.1373
	VAR00002	12.7453	15	.3525	9.100E-02

Paired Samples Statistics

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	VAR00001 - VAR00002	.1920	.5474	.1413	-.1111	.4951	1.358	14	.196

Paired Samples Test

Table - 1 : Showing the Pre-test mean difference between the Control Group and Skill based Group in Agility (seconds)

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	CONTR	12.8767	15	.4880	.1260
	EXPER	12.4433	15	.3831	9.891E-02

Paired Samples Statistics

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	CONTR - EXPER	.4333	.4806	.1241	.1672	.6995	3.492	14	.004

Paired Samples Test

Table - 2 : Showing the Post-test mean difference between the Control Group and Skill based Group in Agility (seconds)

Table I shows that the pretest means on agility for the control group and Skill based group were 12.87 and 12.44 respectively. The obtained t ratio was 3.49. Since the

obtained t ratio was greater than the table value of 0.004, it was significant at 0.05 level of confidence and hypothesis was accepted.

Discussion / Conclusion:

Based on the analysis and result of the study the following conclusions were drawn.

This study confirmed that the Skill based volley conditioning training was enhance the agility of the Male Volleyball players when compared to the control group.

Reference:

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3. **Lidor R, Ziv G.(2010)** “Physical and physiological attributes of female volleyball players--a review”
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