

EFFECT OF SPECIFIC TRAINING ON SERVICE SKILL OF VOLLEYBALL PLAYERS

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Abstract: The main purpose of the present study is effect of specific training on service skill of Volleyball player in secondary students. To find out the any effect of specific training on service skill of Volleyball player. The study was limited to the 20 volleyball players of yavatmal public school Yavatmal. The age of students varied from 12-16 years (6th to 10th class) The study was limited to measure variable under arm service only. The present study shows that there exist significant effects on under hand service skill of Volleyball players in secondary school students after the specific training of six weeks on the experimental group. The researcher found that under hand service skill was improved after giving the 6 weeks of specific training programme. This might be due to the fact that specific training might be helped to increases the muscle coordination, accuracy of the Volleyball players in secondary school students for the experimental group. It might be reason that prescribed exercises has got significant influence on muscle coordination ability and accuracy might be properly functioned. Finally researcher concluded that specific training has significantly improved under hand service skill of the Volleyball players in secondary school students.

Keywords: *Service Skill, Specific Training, Volleyball*

Introduction: In India volleyball was introduced by the Y.M.C.A. the state championship was held in the year 1936. The first national championship was held in 1952 at Madras. Since then it is annual feature. The national federation of volleyball formed in 1946. The main aim of this federation is to promote the standard of volleyball. All the federation of volleyball at state level is connected with the national federation. It provides the guide line to all the federation for their better run. It also formed the rule and responsible for to organize volleyball championship every year.

Specific Training was established in 2006 and has utilized the extensive training expertise of a number of trainers to develop into Northern Ireland leading companies. Expertise has been gained by providing Health and Safety, Personal Safety and bespoke training courses to individuals, organizations and companies in addition to the public sector for over ten years. Currently, the term "sport-specific training" has taken on a completely different connotation, largely in part because of the commercialization of the strength and conditioning industry. **At the present time, the idea of sport-specific training is touted as being able to duplicate or imitate a specific skill or aspect of one's**

sport or activity in the weight room atmosphere. Sports today are highly competitive. There is a very thin margin between a winner and a loser. It is, hence each and every aspect of training in sports that is important for successful participation in the competitive sports. All the discipline of sports sciences have their own areas of study which in all cases is a certain aspect of sports performance and sports training. Sports training, basically studies the sports performance. This discipline carries the most important responsibility of creating knowledge and assimilating and collecting knowledge from all aspects of disciplines and on its basis of formulate theories, principles etc., to determine how the sports training should be planned, organized, implemented and regulated.

Study and Material:

Purpose: The main purpose of the present study is to find out the effect of specific training on service skill of Volleyball player in secondary students. **Objectives:** To find out the any effect of specific training on service skill of Volleyball player in secondary students .ii) To find out the service skill of volleyball players.

Significance : i) The expected some significance contribution from this study in the field of physical education and sports sciences. This study may be certain helpful to players, coaches, physical education teachers for raising the service skill and screening of the volleyball players

Hypothesis: It is hypothesized that specific training may be effective for improving service skill of school volleyball players.

Scope :The study was limited to the 20 volleyball players of yavatmal public school Yavatmal. The age of students varied from 12-16 years (6th to 10th class) The study was limited to measure variable under arm service only The study was limited to specific training and six (6) weeks training programme and limited to male subjects only.

Mythology:

Sources :To achieve the purpose of this study the researcher selected the subjects from yavatmal public school Yavatmal ((Maharashtra)).**Selection:** For the present study twenty (20) male volleyball players selected randomly from yavatmal public school Yavatmal (Maharashtra) those who are played volleyball.

Criterion Measures: For the present study the measured under hand service skill with the help of SAI volleyball test item.

Administration of test: After the selection of the subjects from yavatmal public school, Yavatmal the researcher administered SAI volleyball Test item to measure serving skill before and after the specific training programme of six weeks. Serving test will be tested and measured with the help of expert and under the direct supervision of the experimenter.

Experimental Design: The subjects divided into two equal groups of 10 (ten) subjects in each. One is treated as experimental (practice specific training) group, the second one is control group. The experimental group will practice specific training, for six (6) days a week for 45 (forty five) minutes each day, for the period of six weeks under direct supervision of the experimenter. The control group would not practice any special training during the period of six weeks.

Training: The prepared training programme for the experimental group with the help of experts in the field of physical education, it's included in the following specific exercises.

INTERPRETATION OF DATA: All the data pertaining to the present study were examined by employed 't' test to find out whether any significance difference between the means of pre and post test score of the experimental and control groups before and after the period of six weeks specific training programme.

E.G. – Experimental group, C.G. – Control group, N – Number of subjects in group, M – Mean score of the group, SD – Standard deviation of , 't' – 't' value, H₀ – Null hypothesis, df- degree of freedom, 't' follows t distribution with (N₁+ N₂-2) in .05 level of significance.

Table-1: Mean differences between the pre and post test scores of experimental and control groups on under hand service (in number)

Sr.no	Group	Test	N	Mean	SD	MD	df	't' value
1	E.G	Pre test	10	6.1	0.70	0.1	18	0.31
2	C.G	Pre test	10	6.2	0.74			
1	E.G	Post test	10	8.2	0.97	1.7	18	4.35*
2	C.G	Post test	10	6.5	0.78			

*Significant at .05 level of confidence. Table value .05(18) df= 2.10

Table-1 reveals that the mean of pre test experimental and control groups on under hand service are 6.1 and 6.2 respectively and their calculated 't' value is 0.31 which is smaller than that of tabulated

value 2.10 at 0.05 (18)level of confidence. It was indicates that there was no significance difference between the pre test mean of experimental and control groups. It was also indicated that under hand service skill was same for both the groups before the training programme. Hence, the null hypothesis is accepted.

shows that the mean of post test experimental and control groups on under hand service are 8.2 and 6.5 respectively and their calculated ‘t’ value is 4.35 which is greater than that of tabulated value 2.10 at 0.05 (18)level of confidence. It was indicates that there was significance difference between the post test mean of experimental and control groups. It was also indicated that specific training programme effect on under hand service skill of the experimental group. Hence, the null hypothesis is rejected. The post test mean values of experimental and control group on under hand service skill have been graphically presented in the fig-1.

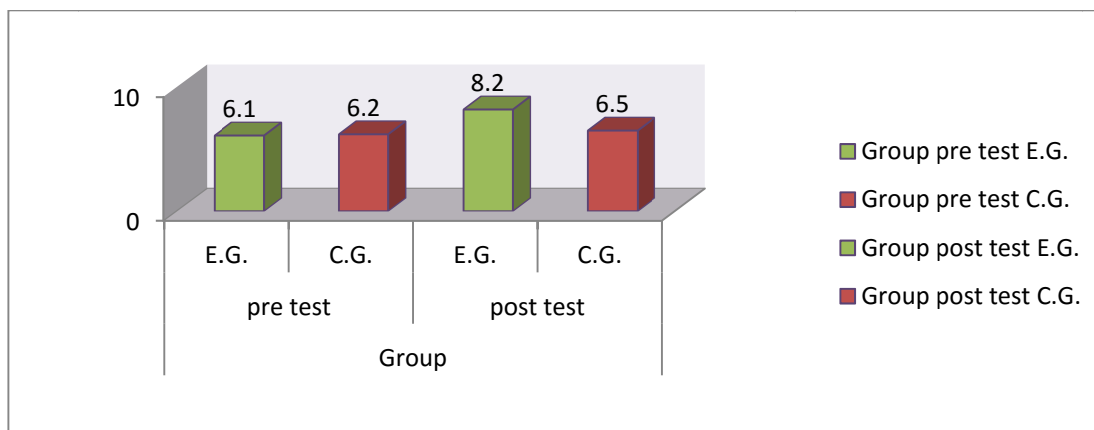


Table >2: Mean differences between the pre and post test scores of experimental group on under hand service (in number)

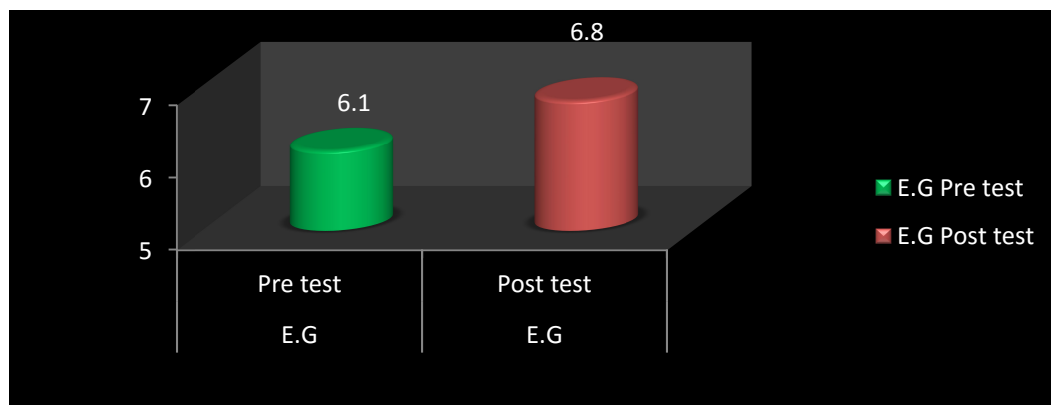
Sr.no.	Group	Test	N	Mean	SD	MD	df	‘t’value
1	E.G	Pre test	10	6.1	0.70	2.1	18	5.67*
2	E.G	Post test	10	8.2	0.97			

*Significant at .05 level of confidence. Table value .05(18) df= 2.10

Table-2 reveals that the mean of pre and post test experimental group are 6.1 and 8.2 respectively and their calculated‘t’ value is 5.67 which is greater than that of tabulated value 2. at 0.05 (18)level of confidence. It was indicates that there is significance difference between the pre and post

test of experimental group. It is also indicated that specific training effects on under hand service skill of experimental group. Hence, the null hypothesis is rejected.

The pre and post test mean values of experimental group on under hand service skill have been graphically presented in the fig-2



Conclusion1. The present study shows that there exist significant effects on under hand service skill of Volleyball players in secondary school students after the specific training of six weeks on the experimental group. The researcher found that under hand service skill was improved after giving the 6 weeks of specific training programme. This might be due to the fact that specific training might be helped to increases the muscle coordination, accuracy of the Volleyball players in secondary school students for the experimental group. It might be reason that prescribed exercises has got significant influence on muscle coordination ability and accuracy might be properly functioned.

Finally researcher concluded that specific training have significantly improved under hand service skill of the Volleyball players in secondary school students.

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