



INFLUENCE OF SKILL BASED TRAINING ON SERVING ABILITY AND PASSING ABILITY AMONG COLLEGE MEN VOLLEYBALL PLAYERS

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Abstract:

The purpose of the study was to find out the influence of skill based training on serving ability and passing ability among college men volleyball players. To achieve this purpose of the study, thirty men volleyball players studying in the colleges in and around Kanchipuram District, Tamilnadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as skill based training group and control group. The group I underwent skill based training for three days per week for twelve weeks. Group II acted as control who did not participate any special training programmes apart from their regular activities as per their curriculum. The following variables namely serving ability and passing ability were selected as criterion variables. Serving ability was measured with Russel Lange Volleyball test. Passing ability was measured by using Brady Volleyball Test. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the "F" ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between skill based training group and control group on serving ability and passing ability. There was a significant improvement on serving ability and passing ability due to skill based training.

Introduction:

Skill-based training in volleyball focuses on developing the specific abilities and techniques necessary for success in the sport. Unlike general fitness training, which may improve overall athleticism, skill-based training hones in on the precise movements, strategies, and decision-making required for competitive play. This type of training is essential for players looking to excel in volleyball and involves targeted drills and exercises designed to enhance various aspects of the game. Skill-based training in volleyball typically encompasses a wide range of skills, including serving, passing, setting, attacking, blocking, and digging. Each skill requires a unique combination of physical coordination, technical proficiency, and mental acuity. Through structured training programs and consistent practice, players can improve their proficiency in these areas and become more well-rounded and effective volleyball athletes.

The goal of skill-based training is not only to improve individual abilities but also to enhance team performance. Volleyball is a highly dynamic and fast-paced sport that demands coordination and synchronization among teammates. Skill-based training often includes drills and exercises that simulate game-like scenarios, allowing players to develop their skills in context and learn to work together cohesively as a team. Moreover, skill-based training in volleyball emphasizes the importance of fundamentals. Mastering the fundamental skills of the game lays a solid foundation upon which more advanced techniques can be built. Whether it's perfecting the serve or mastering the art of setting, players must continually refine their fundamentals to reach higher levels of performance.

Skill-based training in volleyball is not limited to physical skills alone. It also encompasses the mental aspects of the game, such as decision-making, situational awareness, and communication. Players learn to anticipate opponents' moves, adapt to changing game situations, and communicate effectively with teammates to execute strategies and tactics successfully. Skill-based training is a cornerstone of volleyball development, providing players with the tools and techniques they need to excel in the sport. By focusing on specific skills, refining fundamentals, and honing mental acuity, players can elevate their performance and achieve success both individually and as part of a team.

Methodology:

The purpose of the study was to find out the effect of skill based training on serving ability and passing ability among college men volleyball players. To achieve this purpose of the study, thirty men volleyball players studying in the colleges in and around Kanchipuram District, Tamilnadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as skill based training group and control group. The group I underwent skill based training for three days per week for twelve weeks. Group II acted as control who did not participate any

special training programmes apart from their regular activities as per their curriculum. The following variables namely serving ability and passing ability were selected as criterion variables. Serving ability was measured with Russel Lange Volleyball test. Passing ability was measured by using Brady Volleyball Test. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the “F” ratio obtained by the analysis of covariance, which was considered as an appropriate.

Analysis of the Data:

Serving Ability:

The analysis of serving ability of the pre and post test scores of skill based training group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Serving Ability of Pre and Post Tests Scores of Skill Based Training and Control Groups

Test	Skill Based Training	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	30.87	30.73	Between	0.13	1	0.13	0.14
S.D.	0.96	0.87	Within	26.67	28	0.95	
Post Test							
Mean	34.67	31	Between	100.83	1	100.83	22.74*
S.D.	0.93	0.89	Within	124.17	28	4.43	
Adjusted Post Test							
Mean	34.63	31.03	Between	96.72	1	96.72	156.68*
			Within	16.67	27	0.62	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 4.20 and 4.215 respectively).

The table 1 shows that the adjusted post-test means of skill based training group and control group on serving ability are 34.63 and 31.03 respectively. The obtained “F” ratio of 156.68 for adjusted post-test means is more than the table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on serving ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of skill based training group and control group on serving ability.

Passing Ability:

The analysis of covariance on passing ability of the pre and post test scores of skill based training group and control group have been analyzed and presented in table 2.

Table 2: Analysis of Covariance of the Data on Passing Ability of Pre and Post Tests Scores of Skill Based Training and Control Groups

Test	Skill based training	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	41.13	40.93	Between	0.3	1	0.3	0.17
S.D.	1.41	0.93	Within	50.67	28	1.81	
Post Test							
Mean	44.07	41.2	Between	61.63	1	61.63	18.17*
S.D.	1.18	1.17	Within	94.97	28	3.39	
Adjusted Post Test							
Mean	44.02	41.25	Between	56.95	1	56.95	77.18*
			Within	19.92	27	0.74	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 4.20 and 4.215 respectively).

The table 2 shows that the adjusted post-test means of skill based training group and control group on passing ability are 44.02 and 41.25 respectively. The obtained “F” ratio of 77.18 for adjusted post-test means is more than the table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on passing ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of skill based training group and control group on passing ability.

Conclusion:

- There was a significant difference between skill based training group and control group on serving ability and passing ability.
- There was a significant improvement on serving ability and passing ability due to skill based training.

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