



EFFECT OF VISION TRAINING ON SERVING SKILL OF VOLLEY BALL PLAYERS

SUMESH. D , ATUL MEETHAL^{a,*} AND AKHILESH EDATHODI^a

^aLecturer Adhoc in Physical Education, NIT Calicut, NIT Campus PO, Calicut673601, Kerala, India

*Corresponding Author Ph:0 9447165767; Email: atulmethal@gmail.com

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ABSTRACT: For the purpose of this study the investigator randomly selected thirty two volleyball players (N=32) from School of Physical Education and Sports Science, Kannur University and B S E Volley ball club Aleppey who were equally divided into experimental group and control group (n=16). Their age ranged from 20 to 25years. The experimental group got sports vision training according to training programme and each training session was for one hour and the total duration of the training programme was for six week. During this period, the control group was let off without any training. The effect of vision training on the serving ability was tested. The pre-test was conducted on the experimental and control group. After six weeks of training post-test was conducted. „T”test was used to analyse the data. From the statistical analysis it is evident that in serving test item significant changes were noticed after training.

Key words: Vision training, Volley ball, experimental group, control group

INTRODUCTION

Sports vision is that training in a dynamic activity that should replicate the actual visual demands of the sports as closely as possible. Sports vision training should include two components; exercise to address any visual deficits as determined by the evaluation and the specific sports vision exercises for a particular sport. There are numerous exercise to improve specific visual skills. After mastering a basic exercise, athlete can try the suggestion for loading for that exercise to further improve their visual and motor skills. After six week training period, a post training evaluation can access the efficacy of the sports vision training [1-10].

METHODOLOGY

For the purpose of this study the investigator randomly selected thirty two volleyball players (N=32) from School of Physical Education and Sports Science, Kannur University and B S E Volley ball club Aleppey who were equally divided into experimental group and control group (n=16). Their age ranged from 20 to 25years. The experimental group got sports vision training according to training programme and each training session was for one hour. Training program was 3 days in a week and the total duration of the training programme was for six weeks. Control group which was not given any training programme. After 6 week of training programme, post- test were conducted. For the purpose of testing the serving skill in volleyball of the selected subjects AAHPER volleyball test was administrated.

Administration of serving test item, the server was asked to stand at the serving position and to serve over the net on the opposite side where marking were made for test scoring. Cumulative score of the ten trials was taken as the final score.



Table-I, Training Schedule of Sports Vision Training

	Week I	Week II	Week III	Week IV	Week V	Week VI
Trackin	Two strip sccades	Motor Skill (juggling in space)	Head Movement	Gaze Work	Head movement	Balance(teeter board)
Trackin	Bead string	Motor Skill (squat)	Resistance Exercise (dumbbells)	Gaze Work	Head movement	Resistance Exercise (dumbbells + Head movement)
Vergenc	Hot dog In the sky	Balance (single foot)	Head Movement	Head movement	Motor Skill (lunges)	Balance + Head movement
Vergenc	Pencil push up	Balance (single foot)	Juggling	Head movement	Motor Skill(lunges)	Balance + Head movement
Co-ordination	Catcho	Balance (single foot)	Balance (ball balance)	Balance (Swiss ball)	One Eye Open	Swiss ball + strobe light
Co-ordination	juggling	Balance (single foot)	Balance (single foot)	Motor Skill (backward run)	Motor Skill (squat)	Teeter Board + strobe light

To find out whether there was any significant difference among control group and experimental group on the skills of volleyball after the vision training programme Independent, "t" test was used.

ANALYSIS OF DATA AND RESULT OF THE STUDY

The pre and post test data pertaining to the respective physical variable were collected by employing standardized tests and instruments. The mean difference between the initial and final scores of experimental and control groups were compared by using independent, "t" test. The level of significance chosen was 0.05 level of confidence throughout the study



Table II, Descriptive statistics relating to Serving Test Item of Control and Experimental group

Volleying		n ¹ +n ²	Mean	Std. Deviation
Experimental group	Pre	16	22.250	5.360
	post	16	26.125	3.774
Control group	Pre	16	20.562	3.632
	post	16	24.937	4.250

The total number of subjects was 32 and 16 subjects each for Experimental and Control group. The mean of experimental group pre and post were 22.250 and 26.125 and that of control group pre and post were 20.562 and 24.937. The standard deviation of experimental and control group pre and post were 5.360, 3.774 and 3.632, 4.250 respectively. To examine whether these observed mean differences are due to the game nature or due to chance, 't' ratio was applied for testing statistical significance.

Table III, Calculation of 't' ratio showing significant Differences of serving test item

Control Factors		N	Df	T
Experimental group	Pre	32	30	2.364*
	post			
Control group	Pre	32	30	1.112
	post			

*Significant at 0.05 level of confidence, the table value at 0.05 levels is 2.04.

The above table indicates that, there was a significant difference between the pre and post- test performance on serving test item of experimental group, since the calculated 't' value of 2.364 is higher than tabulated 't' value of 2.04 at 0.05 level of significance with 30 degrees of freedom.

CONCLUSION AND RECOMONDATION

All the subjects of the experimental groups had undergone six weeks of Sports Vision exercise training for one hour, three days per a week. From the statistical analysis it is evident that in Volleyball Serving Test Item significant changes were noticed after training. In the light of the conclusions drawn, the following recommendations are made. International Athletes can be chosen as subjects for a study of similar nature, an awareness programme can be conducted for Coaches and trainers on the utility of Sports vision training, a study may be undertaken for a



longer duration of training, increasing the intensity and including other exercises of vision training.

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