



Service and Repeated Volley Skills among Volleyball Players: A Relationship Study

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DOI: 10.26524/1437

ABSTRACT: Present study examined the relationship between Service and Repeated Volley Skills among Volleyball Players. Total twenty five (N-25) female volleyball players their age ranged from 17 to 19 years were selected as subject from Navodaya Vidyalaya School, Sector-25, Chandigarh. Service and Repeated Volley abilities were measured by administrating Russell-Lange Volleyball Skill Test. The data was analyzed statistically by computing Pearson Product Moment Correlation method to find out the relationship between service and repeated volley skills among female volleyball players. Results revealed the significant relationship between service with repeated volleys as the coefficient of correlation value of .593 was statistically significant at 0.01 level.

Key Words: Service, Repeated volley, Volleyball players

INTRODUCTION

Volleyball has developed into a highly competitive sport which requires a high level of physical and psychological fitness. The game at high level of competition requires quick, sudden movement and fast reactions. Volleyball matches have no time limit and matches can last several hours if the teams are evenly matched and for this the player has to be very sound physically as well as psychologically [1]. Similarly, Puni (1980) had explored that the traits of the individual are developed in the process of fulfillment of tasks, and, therefore are task-oriented [2]. It can be inferred that tasks in volleyball are specific to the game and, therefore, essential to outclass the opponents in a competition. Toyoda (1971) stressed the point that basic motor abilities are closely related to the performance of volleyball skills [3]. Several attempts have been made to identify specific motor performance abilities and anthropometric characteristics that would correlate highly with individual volleyball playing ability and team success [4-5-6]. Scates (1976) argued that service is not a matter of merely putting the ball into play. A well developed service technique puts the opposing team on the defensive. Accurate placement, unpredictable movement and high velocity of the ball or a combination of these factors are crucial elements for an effective service. Singer (1975) explained that motor skill is a muscular movement or motion of the body required for the successful execution of a desired act [7]. Motor does imply movement. Various processes like cognitive, perceptual, effective and motor interact so that the act may be integrated meaningfully and successfully. It is important to realize that the presence of these factors is necessary to almost



any skilled performance. Motor skill includes the functional performance of sports skills Sports skills compromise of more complex, co-ordinate or specialized abilities associated with particular sports. A game of volleyball requires high proficiency in its various skills such as serving, volleying, setting, spiking and blocking etc. which should be learnt and mastered so as to give an outstanding performance. Nicholls (1978) viewed that setting is an important part of volleyball. No attack can be possible without the essential conditions which are created through the set [8]. A team's attacking strength is dependent on its ability to place these set passes accurately. Sandhu (1982) explained that volleyball requires a high degree of running, maneuverability and total body agility so that the player is able to gain a good court position and compete with his opponents on both offensive and defensive manoeuvres [9]. It also requires fast acceleration in order to be able to sprint to advantageous positions while attacking or counter attacking. To become a successful performer, one needs quickness in visual perception, reaction time and a high degree of accuracy in the performance of different movements. He reiterated that volleyball has the characteristics feature of a dynamic activity with measured intensity in which moments of quick and explosive action are followed by a moment of relative relaxation. It is, therefore, essential that a conditioning programme of varied intensity should be conducted by changing the length of intervals. Therefore the investigator had undertaken the study to ascertain the relationship between service and repeated volley skills among female volleyball players.

METHODOLOGY

Purposive sampling technique was employed to select twenty five female volleyball players as subject from Navodaya Vidyalaya School, Sector-25, Chandigarh. Service and Repeated Volley abilities were measured through Russell- Lange Volleyball Skill Test. The data was analyzed statistically by computing Pearson Product Moment Correlation method to find out the relationship between service and repeated volley skills among female volleyball players.

RESULT

The result with regard to relationship between service and repeated volley skills among volleyball players has been presented in table 1 and their mean score are depicted in figure 1.

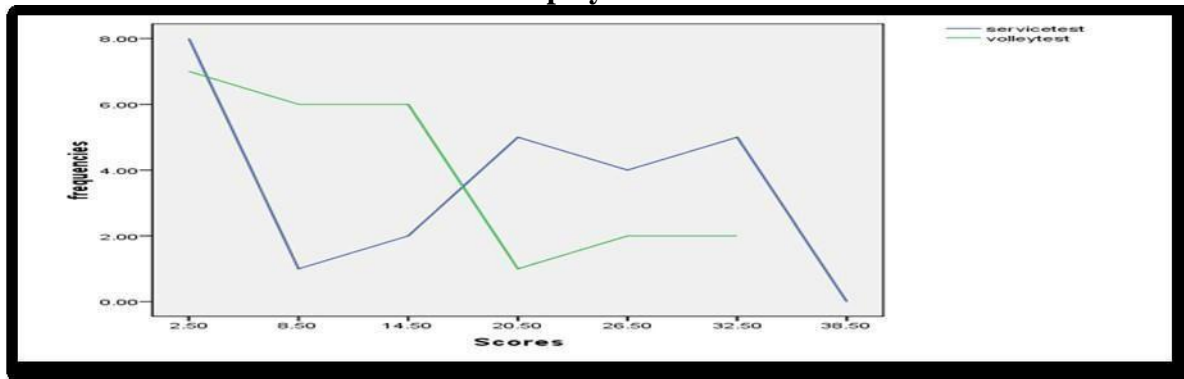
Table 1: Correlation of coefficients between service and repeated volley skills among female volleyball players.

Number	Variables	Service	Repeated volleys	Sig.
25	Service	1	.593**	.002
25	Repeated volleys	.593**	1	

**Correlation is significant at the 0.01 level

The results in table 1 depicted that there was significant relationship between service with repeated volleys as the coefficient of correlation value of .593 was statistically significant at 0.01 level.

Figure 1: Relationship between service and repeated volley skills among female volleyball players.



DISCUSSION

The result with regard to relationship between service and repeated volley skills among volleyball players concluded that there was a significant relationship. The outcome of result might be due the nature of game and due to the requirement of skills of volleyball players. The finding of the study are in line with the study conducted by Toyoda (1971) who stated that service and volley both are the predictor of good performance [3]. Similarly, Gill (1976) underlined the significant relationship between the motor fitness i.e. straddle, push up and vertical jump and skill development i.e. serve test, repeated volley test and smash test [10].

CONCLUSION

There was significant relationship between service and repeated volley skills among volleyball players.

Acknowledgement

The author would be thankful to all the subjects and coaches who cooperate in completing this research work.

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