

Impact of Theraband Training on Selected Skill Variables of Volleyball players

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KEYWORDS

Theraband training, Tennis service, Jump service, Volleyball players.

ABSTRACT:

The purpose of the study was to find out the impact of theraband training on selected skill variables of volleyball players. In this study, volleyball players from Bishop Heber College, Tiruchirappalli were tested using a pretest and posttest design, as well as a control group. A total of 30 female volleyball players were enlisted and divided into two groups: experiment (15) and control (15). The level of jump service and tennis service in both groups was assessed and documented using the Subjective rating. The players in the experiment group participated in 12-week training sessions, while the players in the control group did not get any treatment. ANCOVA with a post-hoc test was used. The study found that theraband training is a successful strategy for developing jump service and tennis service with volleyball players, with long-term impacts

1. Introduction

Volleyball is defined as a ball game that places particular demands on performance factors [1]. Passing, serving, spiking, blocking, and serving the ball are all essential volleyball movements that call for the execution of numerous vertical or horizontal jumps as well as speed actions. For a volleyball player to succeed, they need to use both exceptional technique and the fundamental motor skills [2]. Physical strength and technical-tactical proficiency are prerequisites for those interested in the volleyball branch. The bounce, strength, and balance needed to elevate that level are necessary for every move made during a volleyball match or practice. Technical skills like finger passes and cuff passes are heavily utilised during this time. A volleyball player serves when they cross the back boundary line and pass the ball into the other team's court [3]. Service is the master technique which helps in deciding the winning probability. Playing ability, also known as aptitude in a particular field, is the innate or learnt capacity for a specific type of action [4]. Playing ability is the ability, capacity, or quality of being able to perform a task or activity, particularly one that requires physical, mental, or other strength. The ability to play is the quality of being appropriate for a particular activity. According to recent studies, supervised training can be a worthwhile, safe, and effective activity for volleyball players [5].

Therabands come in a variety of thicknesses and grades. These types of therabands devices are frequently used in fitness and therapeutic contexts, as well as for light strength training during a brief exercise regimen [6]. These bands can be used to simultaneously train one or more joints and never work against gravity. Because of their affordability [7], ease of use, adaptability, accessibility, safety, and portability, they have also grown in popularity and may thus be a viable substitute for resistance training. According to reports, elastic resistance bands can help volleyball players' physical development and are a useful tool for better performance [8,9].

2. Methodology

Selection of Subjects

The purpose of the study was to find out the impact of theraband training on selected skill variables of volleyball players. In this study, volleyball players from Bishop Heber College, Tiruchirappalli were tested using a pretest and posttest design, as well as a control group. A total of 30 female volleyball players were enlisted and divided into two groups: experiment (15) and control (15). The level of jump service and tennis service in both groups was assessed and documented using the Subjective rating. The players in the experiment group participated in 12-week training sessions, while the players in the control group did not get any treatment.

Experimental Design

The experimental group was divided into two subgroups after the initial screening for selection criteria, such as theraband training, and the control group, which was not subjected to any experimental training other than their ordinary everyday activities.

Statistical Analysis

ANCOVA with a post-hoc test was used [10]. The threshold of significance 0.05 was chosen to examine the acquired results on variables and was deemed sufficient for the investigation.

3. Results

Table 1.Descriptive Statistics of jump service

Group	Test	Mean	SD
Experiment	Pre Test	25.00	0.54
	Post Test	30.90	0.71
	Adjusted Post Test	31.06	--
Control	Pre Test	25.55	0.82
	Post Test	26.10	0.58
	Adjusted Post Test	26.03	--

It is obvious that the players in the experiment group improved their jump service much more than the players in the control group in the posttest.

Table 2.ANCOVA onjump service

	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	BG	3.43	1	3.43	0.62
	WG	154.00	28	5.50	
Post Test Mean	BG	810.85	1	810.85	92.54*
	WG	245.33	28	8.76	
Adjusted Post Mean	BG	814.12	1	814.12	93.76*
	WG	234.44	27	8.68	

There was a significant difference in jump service [$F(1,27)=93.76$, $p=0.002$] between the experimental and control groups.

Figure 1.Graphical representationon jump service

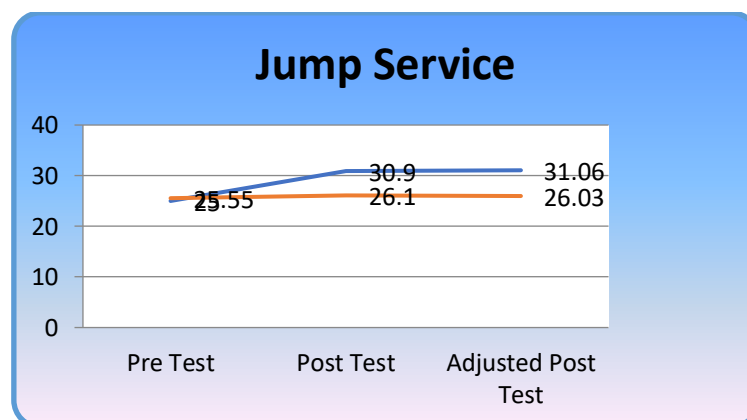


Table 3.Descriptive Statistics of tennis service

Group	Test	Mean	SD
Experiment	Pre Test	54.12	1.23
	Post Test	61.70	0.89
	Adjusted Post Test	61.76	--
Control	Pre Test	53.44	0.45
	Post Test	55.78	0.97
	Adjusted Post Test	55.72	--

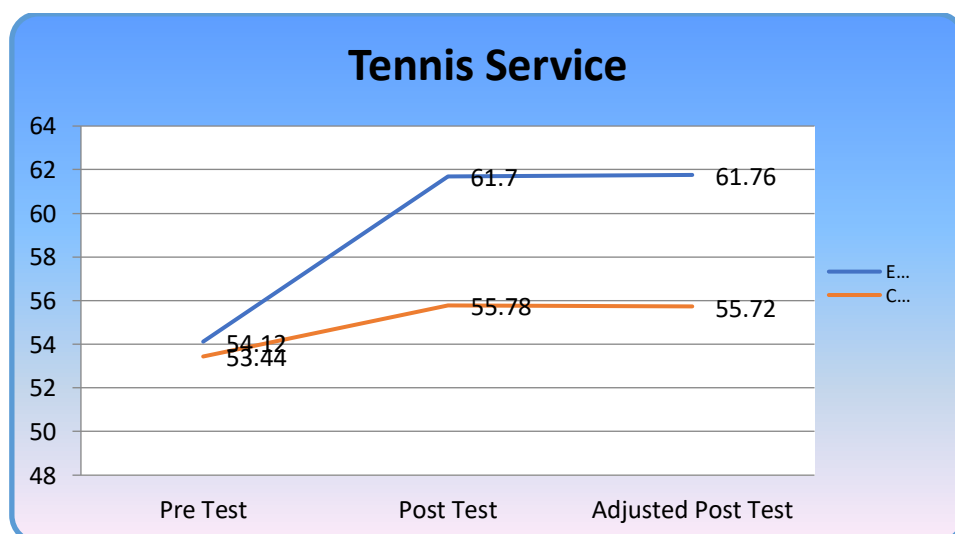
It is obvious that the players in the experiment group improved their tennis serve much more than the players in the control group in the posttest.

Table 4.ANCOVA on tennis service

	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	BG	50.25	1	50.25	2.42
	WG	579.60	28	20.70	
Post Test Mean	BG	1614.13	1	1614.13	71.64*
	WG	630.80	28	22.52	
Adjusted Post Mean	BG	1699.21	1	1699.21	77.02*
	WG	595.60	27	22.05	

There was a significant difference in tennis service [$F(1,27)=77.02$, $p=0.002$] between the experimental and control groups.

Figure 2.Graphical representations on tennis service



4. Discussion on Findings

In the case of skill performance variables, such as tennis and jump service The experimental group's pre- and post-test results were found to be significantly higher than those of the control group. This is made possible by consistent training, which can also cause volleyball players' skill performance variables to suddenly barb [11]. The results of this study clearly show that certain skill performance variables are significantly impacted. As a result, the previously established hypothesis was accepted in light of it [12,13].

5. Conclusion and Future Scope

The study found that theraband training is a successful strategy for developing jump service and tennis service with volleyball players, with long-term impacts. The control group did not experience any relative effects. Using cutting-edge coaching and training techniques can help players perform better, hone their skills, and advance the sport.

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