

Research Paper :

Effect of intensive and extensive training methods as treatment -I and Treatment-II on jumping ability of volleyball players

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ABSTRACT

A descriptive profile of Senior Secondary school boys volleyball players were developed for 36 players belonging to Muzaffarnagar district. They were placed in three groups 12 in each *i.e.* Group- I extensive, Group-II Intensive and Group –III control group. Two training methods as treatment-I and II were administered to compare the effectivity of both the training on two selected variables of motor ability *i.e.* jumping ability for smash and jumping ability for block. Data were obtained two times *i.e.* test-I before starting the training, test-II after completion of three months training in first phase and test-III after completion of further three months *vice versa* training methods in second phase. The calculated value of 'f-statistics' seems to be significant in the cases jumping ability for smash and block. On the other hand, the average value of extensive was better in improving both the jumping ability for block and smash in comparison of intensive training method.

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Cuba is one of the top teams recently in the world. It has set new standards of vertical jumps approximately 350cm. Many players of Cuba are jumping more higher than 350cm.

It has been observed that the Indian volleyball players are having approximately 310cm vertical jump. It is very less as compared to 'Cuba' so it is the high time to research the best means which can help to develop the ability of vertical jump of Indian volleyball players. So that Indian team can also exist at international level of competitions.

Kodandaruniah (1978) said that 'Indian volleyball players are inferior in talent such as jumping ability'. Keeping in view, the above mentioned facts, investigator has selected secondary and senior secondary school boys as subjects for this project. It is hoped that during this age best results can be achieved and comprehensive knowledge should be adopted to create interests among the volleyball players and trainers for achieving their goals.

The purpose of this study was to compare the affectivity of both the training methods as treatment-I and treatment-II on the motor ability (jumping ability) of volleyball players.

METHODOLOGY

Investigator has taken experimental study to collect the data after administering his two designed training schedules as for extensive training method, having intensity of 40 to 60% and for intensive training method having intensity of 60 to 80%. Means were used to develop the selected variable for the study which are given in details. 36 male subjects were selected randomly and their ages were ranging from 14.714 to 15.153 for administering treatment-I (extensive training in first phase and intensive training in second phase) and treatment-II (intensive training in first phase and extensive training in second phase). Sargent's jump tests were used for measuring jumping ability. Scoring was used for this study as per the standard norms set by the Sargent's. Microsoft excel calculator was used. This software provides all the essential informations of the statistical calculation on the basis of advance level.

OBSERVATIONS AND DISCUSSION

Table 1 and 2 show the results and discussion of findings that the treatment-II is rejected at 0.05 level of significance in case of improving jumping ability for smash in both the phases of training but treatment-I was found