



EFFECT OF SPECIFIC DRILL 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 effect of specific drill 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 specific drill training group and control group. The group I underwent specific drill 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 specific drill training group and control group on serving ability and passing ability. There was a significant improvement on serving ability and passing ability due to specific drill training.

Introduction:

Good serving starts with a consistent ball toss. Set up a target area on the court where the ball should be tossed for optimal contact. Have players practice their ball toss repeatedly until they can consistently place it in the target zone. Efficient footwork and approach are crucial for generating power and accuracy in serves. Practice footwork drills focusing on quick and balanced movements to the serving position. Emphasize the importance of a consistent approach to the ball. Work on hitting the ball at the optimal contact point to generate power and control. Set up a target on the net or court where players should aim to contact the ball. Practice serving while focusing on hitting the target consistently.

For float serves, focus on a clean, flat contact with the ball to minimize spin. Have players practice serving with a relaxed hand and wrist, aiming to create a knuckling effect on the ball. Use targets to encourage accuracy and consistency. Topspin serves require a more aggressive approach with topspin rotation on the ball. Practice serving with a firm wrist snap and brushing motion to create topspin. Encourage players to visualize hitting the top back portion of the ball to generate spin.

Jump serves add power and unpredictability to serves. Work on jump serve technique by practicing the approach, timing, and explosive jump. Focus on generating power from the legs and transferring it into the serve. Gradually introduce jump serves from different positions on the court. Incorporate serving drills into a serve-receive scenario to simulate game situations. Have players alternate between serving and receiving serves, focusing on both serving accuracy and receiving consistency. This drill helps players understand the importance of serving strategically to disrupt opponents' reception. Create pressure situations during serving drills by adding consequences for missed serves or rewards for successful serves. This could include conditioning drills, competitive challenges, or simulated game scenarios where players must serve under pressure.

Methodology:

The purpose of the study was to find out the effect of specific drill 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 specific drill training group and control group. The group I underwent specific drill 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 specific drill 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 Specific Drill Training and Control Groups

Test	Specific Drill Training	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained ‘F’ Ratio
Pre Test							
Mean	31.4	30.93	Between	1.63	1	1.63	2.03
S.D.	0.8	1.18	Within	22.53	28	0.8	
Post Test							
Mean	34.27	31.2	Between	70.53	1	70.53	19.39*
S.D.	0.93	0.83	Within	101.87	28	3.64	
Adjusted Post Test							
Mean	34.13	31.34	Between	54.24	1	54.24	63.33*
			Within	23.13	27	0.86	

* 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 specific drill training group and control group on serving ability are 34.13 and 31.34 respectively. The obtained “F” ratio of 63.33 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 specific drill 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 specific drill 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 Specific Drill Training and Control Groups

Test	Specific Drill Training	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained ‘F’ Ratio
Pre Test							
Mean	41.47	41.13	Between	0.83	1	0.83	0.45
S.D.	1.26	1.02	Within	51.47	28	1.84	
Post Test							
Mean	44.4	41.47	Between	64.53	1	64.53	17.74*
S.D.	1.36	1.2	Within	101.87	28	3.64	
Adjusted Post Test							
Mean	44.29	41.58	Between	54	1	54	110.73*
			Within	13.17	27	0.49	

* 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 specific drill training group and control group on passing ability are 44.29 and 41.58 respectively. The obtained “F” ratio of 110.73 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 specific drill training group and control group on passing ability.

Conclusion:

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

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