

Comparison of selected volleyball skills between the players of C.B.S.E and state board schools of Nagpur city

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Abstract

In volleyball as in many other sports and games, a player can attain excellence at an early age only if he starts his career in early boyhood. An early starter, like an early rider, has time for the acquisition of manifold athletic abilities, fundamental skills and tactics which are essential for becoming a grand player. The present study was carried out a view to compare selected volley skills between the volleyball players of C.B.S.E and State board schools of Nagpur city. The test selected for the study was SAI volley skill test .It was hypothesized that there would be a significant difference in SAI Volley skill test items between the volleyball players of C.B.S.E and State board schools of Nagpur city. For the purpose of the study 20 volleyball players of two C.B.S.E schools and 20 volley ball players of two state board schools between the age group of 11-14 were selected for the study. To collect the data from the volleyball players of C.B.S.E and state board schools SAI volleyball skill test items were conducted on the players, then the raw data of two board schools were converted into the points with the help of SAI prescribed standards. After the analysis of collected data it was found that there is no significant difference in SAI volleyball skill test items I.e. Service, Wall volleying and medicine ball throw test item between the volleyball players of C.B.S.E and State board schools of Nagpur city. Thus the hypothesis of the research scholar has been rejected.

KEYWORDS: - Skill, Service, Passing, Spiking, Digging, SAI volleyball Skill test items, CBSE, State.

INTRODUCTION

Volleyball is a team sport played by two teams on a playing court divided by a net. The Objectives of the game are for each team to send the ball over the net attempting to ground it on the opponent's court, and to prevent the ball from being grounded on its own court. Each team has three hits for returning the ball (in addition to the ball being contacted on the block). Thus every action in the sport should relate to these objectives or "prime directives". A rally is initiated by a serve from the right back-row player who hits the ball over the net to the opponent's court. A player is not allowed to hit the ball twice consecutively, except when attempting a block. The rally continues until the ball touches the ground/floor or goes "out of bounds" by either team. A point is scored after every rally. When the receiving team wins a rally, it scores a point, gains the right to serve and its players rotate one position clockwise. Rotation ensures that players play at both the net and the back zone of the court (except for the Libero who is restricted to the back row).A team wins a set by scoring 25 points (21 points in beach volleyball) with a two-point advantage and wins the match by winning the three of a possible five sets (best two

of three sets in beach volleyball). In a deciding set, the set is played to 15 points with a two-point advantage.

www.volleyball.ca/sites/www.volleyball.ca/files/About/HowToPlay

We have often heard the key to success in sports is focusing on fundamentals. This statement is perhaps more true in volleyball than any other sport. The best teams are always the most highly skilled teams. The most fundamentally sound teams have the best skills and are very confident. As player skills improve, standards increase. This is key if you want to have highly successful volleyball teams. As skill improves, the player's expectation will increase. As a player learns, they will start to expect to be more successful. Learning is fun and as skill level improves, players will naturally try to improve their skill level. This is a cycle that will never stop. As long as skill level is improving, players will never become "burned out". It's natural to never be satisfied. As long as the athlete believes and expects to improve, they will continue to always experience more success. Like other organized sport, volleyball to is founded on certain movement pattern, fundamental skills and techniques, which serve as corner stones and a key to a players success in the game. Serving, Passing, Setting, Digging, Spiking and Blocking are well known fundamental volleyball skills that do not just happen, but have to be learned with correct repetitious practice and feedback acquisition of certain precise arm-movement sequence and football work is pre-requisite to achieving mastery over these skills.

www.strength-and-power-for-volleyball.com/basic-volleyball-skills.html

Significance of the Study

- 1The result of the study will assist to select skillful players of volleyball.
- 2 The result of the study will help to find out which board volleyball players are efficient in volleyball skills.
- 3The study will assist to develop the skill level of players.
- 4The result of the study may act as an aid both for C.B.S.E and State Board Schools of Nagpur city to know the strong and weak points of their players and grade them accordingly and later correct their shortcomings through training.
- 5The result of the study would act as a guideline for the students to improve the efficiency of the skills at young age.

Methodology

Selection of subjects

The subjects selected for this study were 40 volleyball players of four schools (2 C.B.S.E and 2 State board) of Nagpur city. Twenty volleyball players of two C.B.S.E schools and twenty volley ball players of two state board schools between the age group of 11-14 were selected for the study

Selection of the Test

The SAI volley skill test items were selected for the study which consists of the following three test items;

- a) Accuracy of the service test item
- b) Wall volleying test item
- c) Medicine ball throw test item

Devinder K.Kansal (2012). A Practical approach to Test, Measurement and Evaluation, New Delhi: SSS Publications, P.335– 336

Collection of Data

The data was collected while conducted the SAI volley skill test items on 40 subjects of two Board Schools of Nagpur city. The number of accurate service, volleying and throwing, were noted down and best attempt was converted into SAI volleyball skill testing evaluation standards and value of the norms were final data/score.

Table of SAI volleyball skill testing evaluation standards.

Age Group (Years)	Accuracy of the service		Wall test		Medicine ball throw		Points
	Boys	Girls	Boys	Girls	Boys	Girls	
10 years	7	6	3	1.5	11.0 & more	09.0 & more	3
	6	5	2	1.0	09.9 – 10.9	07.0 – 08.9	2
	5	4	1	0.5	07.0 – 09.8	05.0 – 06.9	1
11 years	8	7	4	2.0	13.0 & more	10.0 & more	3
	7	6	3	1.5	10.0-12.9	08.0 – 09.9	2
	6	5	2	1.0	08.0 – 09.9	06.0 – 07.9	1
12 years	9	8	5	3.0	15.0 & more	12.0 & more	3
	8	7	4	2.0	12.0 – 14.9	10.0 – 11.9	2
	7	6	3	1.5	09.0 – 11.9	08.0 -09.9	1
13 years	10	9	6	4.0	17.0 & more	14.0 & more	3
	9	8	5	3.0	15.0 – 16.9	12.0 – 13.9	2
	8	7	4	2.0	13.0 – 14.9	11.0 – 11.9	1
14 years	same as for age group 13	same as for age group 13	same as for age group 13		19.0 more	16.0 & more	3
					17.0 – 18.9	14.0 – 15.9	2
					15.0 – 16.9	12.0 -13.9	1

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Statistical Technique

For the comparison of SAI volleyball skill test between the volleyball players of C.B.S.E and State Board of Nagpur city ‘t’ ratio formula was applied.

Analysis of the Data

The mean, standard deviation, standard error and ‘t’ ratio values on each performance related variables were analyzed separately and presented below.

a) Accuracy of Service test item

The converted data of Service test item of C.B.S.E and state Board schools volleyball players were analyzed and presented in table I

Table No. I Comparison between the means of volleyball Players of C.B.S.E and State board schools in Service test item.

Schools	Mean	SD	SE	“t” ratio
C.B.S.E	1.25	0.65	0.21	1.90
STATE	1.65	0.68		

*significant at 0.05 level of confidence.

Table value required for significance at 0.05 level of confidence with df 38 was 2.03.

Table No I shows that the mean value of C.B.S.E. Schools and State Board Schools is 1.25 and 1.65 respectively. Standard Deviation value of C.B.S.E. Schools and State Board schools is found 0.65 and 0.68 respectively. Standard Error of C.B.S.E. and State Board Schools is 0.21 respectively. Obtained ‘t’ ratio is 1.90 which is not significant at 0.05 level.

b) Wall volleying test item

The converted data of Wall volleying test item of C.B.S.E and state Board schools volleyball players were analyzed and presented in table II

Table No. II Comparison between the means of volleyball Players of C.B.S.E and State board schools in Wall volleying test item

Schools	Mean	SD	SE	“t” ratio
C.B.S.E	0.4	0.6	0.23	0.86
STATE	0.6	0.8		

*significant at 0.05 level of confidence.

Table value required for significance at 0.05 level of confidence with df 38 was 2.03.

Table No II shows that the mean value of C.B.S.E. Schools and State Board Schools is 0.4 and 0.6 respectively. Standard Deviation value of C.B.S.E. Schools and State Board schools is found 0.6 and 0.8 respectively. Standard Error of C.B.S.E. and State Board Schools is 0.23 respectively. Obtained ‘t’ ratio is 0.86 which is not significant at 0.05 level.

c) Medicine ball throw test item

The converted data of Medicine ball throw test item of C.B.S.E and state Board schools volleyball players were analyzed and presented in table III

Table No. III Comparison between the means of volleyball Players of C.B.S.E and State board schools in Medicine ball throw test item.

Schools	Mean	SD	SE	“t” ratio
C.B.S.E	1.0	0.72	0.04	2
STATE	1.4	0.72		

*significant at 0.05 level of confidence.

Table value required for significance at 0.05 level of confidence with df 38 was 2.03.

Table No III shows that the mean value of C.B.S.E. Schools and State Board Schools is 1.0 and 1.4 respectively. Standard Deviation value of C.B.S.E. Schools and State Board schools is found 0.72 and 0.72 respectively. Standard Error of C.B.S.E. and State Board Schools is 0.04 respectively. Obtained ‘t’ ratio is 02 which is not significant at 0.05 level.

Conclusion

The purpose of the study was to find out the difference between volleyball players of C.B.S.E and State board Schools of Nagpur city through selected SAI volleyball Skill test items. After the Analysis of data it was found that there is no significant difference in three Test items I.e. Accuracy of service test item, Wall volleying test item and Medicine ball throw test item.

References

Devinder. K.Kansal (2012). A Practical approach to Test, Measurement and Evaluation, New Delhi: SSS Publications, P.335– 336
www.volleyball.ca/sites/www.volleyball.ca/files/About/HowToPlay
www.strength-and-power-for-volleyball.com/basic-volleyball-skills.