



## **EFFECT OF SELECTED SKIPPING-ROPE EXERCISE ON EXPLOSIVE STRENGTH OF LEG OF VOLLEYBALL PLAYERS**

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The primary aim of this study was to find out whether skipping rope exercises training programme has any significant influence on performance after a training of 45 days within which skipping rope exercise training programme was given as specific conditioning for explosive strength of leg .

The purpose of this study was to find out the effect of skipping exercise on performance of volley ball players. To achieve this purpose, Sixty (60) male students were selected between 17 to 19 years of age on the basis of equal scores obtained from total male population of volley ball players of Nanded district.

### **TRAINING PROGRAMME**

The skipping rope exercises training programme were given to be experimental group and general conditioning to the control group in the District Stadium, Nanded. The skipping rope were at the disposal of subject for practice was plastic ropes. Thirty plastic skipping ropes were used at the practice session. The skipping exercise were given between 6.30 to 7.30 am in the alternative days.

### **EXPERIMENTAL MATERIAL:**

The following material were used in this research work.

- 1.Thirty skipping ropes i.e., plastic ropes.
- 2.Yardstick, several pieces of chalk and smooth wall
- 3.Tape, four score sheets and pen.

The training was given alternate days and continued for 45days. The experimental group was given skipping rope exercise training programme for half-an-hour daily in addition to the common training. The control group was not given skipping rope exercise. the subjects of both the groups were again given the test in explosive strength of leg performance and the

readings were recorded as final scores. Taking into consideration the limitations and delimitations of this study, the data collected were statistically analyzed. In pursuance of the purpose of the study was to estimate the effect of skipping rope exercises training programme on explosive strength of leg performance of volley ball players, the following statistical formula was used in this mean, standard deviation, t-ratio study to elicit its significance.

**Table -1 Mean Values of explosive strength of leg Performance Control Group**

Group	Mean	Mean Diff.	Std. Deviation	't' ratio
Pre Test	095	5.52	15.16	1.27
Post Test	100.97		13.37	

Significant Level: 0.05

**Table -2 Mean Values of explosive strength of leg Performance - Experimental Group**

Group	Mean	Mean Diff.	Std. Deviation	't' ratio
Pre Test	110.88	26.64	19.48	4.12*
Post Test	137.53		29.57	

Significant Level: 0.05

## **CONCLUSIONS :**

1. The schedule of skipping rope exercise training programme was found to be a suitable one to improve the explosive strength of leg.
2. The initial and the final mean value of performance of vertical jump on the experimental group are 110.88 and 137.58 respectively which indicate the improvement in the explosive strength of leg performance. The mean difference between the initial and final value performance was 26.64.
3. The initial and final value of the explosive strength of leg performance of the control group are 0.95 and 100.97 respectively, which indicate that the results not as significant as that of experimental group.
4. The statistical analysis of the data regarding the experimental groups showed a mean change of 137.53 and standard deviation of 29.57 and t-value of explosive strength of leg performance 4.12 respectively. Therefore, t-value is significant at 0.05 level of confidence with 38 degree of freedom.
5. The statistical analysis of the data regarding the control group showed a mean change 100.97. The standard deviation 13.37 and t-value of explosive strength of leg performance are 1.37 and 1.96 respectively.

Therefore, the t-value is slightly significant.

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