Examination Of The Effect Of Force Training On The Speed Of Service Applied To Volleyball Players During The Preparation Period

ABSTRACT

The purpose of this study is to examine the effects of strength training on the speed of service applied to volleyball players during the preparation period. A total of 14 female athletes participating in the survey were included in the research. The average age of the participating athletes was 19.7 ± 5.7, average height was 1.7 ± 0.7 cm and average body weight was 59.2 ± 4.3 kg. In the study, a maximal force, right-left hand grip force, back and leg force, vertical jump, standing long jump, ball speed test were applied. SPSS program was used for statistical analysis of obtained data. Paired t test was applied between dependent groups as statistical process. Before and after the training, we found that there was a statistically significant difference between all measurements in the comparison of strength and ball speed values (p <0.05). As a result of the exercise, we examined the effect of the strength training applied to volleyball on the speed of service applied during the preparation period, it was determined that our research improved the servo speed by affecting the force parameters positively. It is thought that Süleyman Demirel University female volleyball players who participated in the training program during the preparatory period in this study will affect their performances during the competition period. If we look at the studies done in the literature, there is hardly any studies about ball speed in volleyball. Our research will shed light on the future of sports and the field of sports.

Keywords: Force, Top Speed, Volleyball