Chapter V

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

Summary

The purpose of the present study was to determine the effect of S.A.Q. drills training on skills performance ability of volleyball players. Recent years have witnessed a revolution in the area of sports and sports performance has been receiving phenomenal attention. In this new orientation the emphasis has shifted to a more progressive research leading to an understanding of performance factor of various sports.

The way in which speed, agility and quickness drills triggered the skills efficiency of volleyball players was not much known and still remains to be studied in depth. In order to achieve optimum skills performance, various varieties of drills that help to improve skills performance abilities and quite a few are being introduced in the field.

S.A.Q. drills are also looked upon as a system of drills that helps to improve skills performance abilities of volleyball players while only limited generalization can be drawn from the fragmentary data on volleyball players. Scientific information is being gradually accumulated which will serve as a
guideline for developing more adequate S.A.Q. drills training programme for volleyball players at different levels. This is true about the effect of S.A.Q. drills training on skills performance ability of volleyball players. We have more beliefs and conviction but few facts. This does not mean to imply that there is no effect but still we lack sufficiently adequate and objective evidence to throw light on various aspects of skills performance abilities through the practice of speed, agility, and quickness drills the present study was undertaken.

The problem for the present investigation was to “Study the Effect of Speed, Agility, and Quickness Drills on Skills of Volleyball Players”.

For the present study fifty senior and fifty junior national levels volleyball players of Delhi city were selected as subject and both group i.e. senior and junior divided randomly into two group’s namely experimental group and control groups for seniors and juniors.

The experimental groups were progressively introduced to the practice of selected S.A.Q. drills. The subjects performed S.A.Q. drills three days in a week for a period of thirty to forty five minutes with rest in between and had only one session a day; Sunday was observed as rest day. The control groups did not participate any training programme expect their regular club practice.
Both the groups for each level were tested before, completion of six weeks, and after the expiry of experimental period of twelve weeks with same procedure by following standard test, keeping in mind its wider range of application and nature, as well as administrative feasibility. Skills performance rating was done by the panel of experts to assess skills performance ability in volleyball. The data of both the group were computed statistically by using “Analysis of Co-Variance” (ANCOVA) to see progressive achievements.

The results, in general, support the theory that S.A.Q. drills improve skills performance of volleyball players. We found that both groups (Senior & Junior) improved significantly which is finding between pre to post test. The rate of improvement was higher, however, for the experimental groups in comparison to the control groups. Finally, results shows that the participants who followed the treatment of S.A.Q. drills improved their skills higher than participants in control groups for both levels.

**Conclusions**

Based on the findings and within the limitation of the study it is noticed that practice of selected S.A.Q. drills helped to improve skills
performance ability of volleyball players. It was seen that there is progressive improvement in the skills performance of experimental groups of volleyball players after six weeks, and twelve weeks of training programme. Further practice of drills also helps to improve other fitness factors i.e. explosive strength, speed, agility and quickness that play major role in skills performance. There was no significant improvement found in Skills performance and other performance variables of control groups, while comparing pre, intermediate and posttest mean score following conclusion were drawn.

- The rate of improvement in skills performance was higher for the experimental groups in comparison to control groups for both levels.
- The rate of improvement in skills performance due to S.A.Q drills was higher in case of junior players in comparison to senior players.
- In case of senior players S.A.Q. drills contributes in improving the skills of volleyball players only if it is executed for minimum of twelve weeks.
- Among the novice S.A.Q. drills contribute in improving the skills performance right from six weeks training and it further improve if training period has been extended up to six weeks and more.
Training and training inclusive S.A.Q. drills improves skills among volleyball players relatively more.

As a whole pre to post test improvement for junior and senior is eleven and five times respectively. Author of the study feels in light of the same it will be highly appreciable if S.A.Q. drills will be included from the day one of the training.

**Recommendations**

In the light of the conclusions of the present study it is recommended that more studies should be conducted to verify these results using longer period of S.A.Q. drills training programme and with more practice session each day.

Researches also may be conducted to ascertain whether or not, practice of speed, agility, and quickness drills helps to improve skills performance ability in other age group and sex.

The scholar emphasizes the need for additional studies that would help various authorities and coaches to decide about time allotment for these drills.
➢ It is recommended that the studies of short and long duration may be conducted on both sexes and for other age groups.

➢ Review revealed that few studies have been undertaken to determine the relationship between S.A.Q. drills and skills performance of volleyball players, hence more extensive studies may be conducted to further explore the true relationship.

➢ The standards of skills performance differ from place to place owing to environmental, social and emotional conditions, so a study may be conducted on a wider scale covering the whole country.

➢ Similar studies may be conducted in other activities at school and college level students.

➢ The present finding refer to particular population and subject/sample and it is very likely that the findings are applicable to all levels of volleyball players, however before making any generalization, more elaborate studies should be conducted to be more reliable.