ABSTRACT

The purpose of the study was to find out the impact of battle rope and Slackline training on selected physical, physiological and performance variables among male volleyball players. To achieve the purpose of the study thirty six male volleyball players have been randomly selected from various colleges in and around Erode, Tamil Nadu state, India. The age of subjects ranged from 18 to 25 years. The subjects were randomly divided into three equal groups of twelve each such as experimental groups and control group. The experimental groups participated in the Battle rope training and Slackline training for 3 days a week, one session per day and for 12 weeks each session lasted 60 minutes, control group was not exposed to any training other than their daily routines activities. The collected data were analyzed by using dependent ‘t’-test to find out significant improvement and analysis of covariance (ANCOVA) for each variables separately in order to determine the differences, if any among the adjusted post-test means. Whenever ‘F’-ratio for adjusted post-test mean was found to be significant, the Scheffe’s test was applied as post-hoc test to determine the paired mean differences. The level of significance was fixed at 0.05 level of confidence for all the cases, which was considered as appropriate. The results of the study showed that there was significant level differences exist among battle rope training, Slackline training and control group. The experimental groups namely Battle rope training and Slackline training groups had significantly improved the physical, physiological and performance variables. It was concluded that Battle rope training group was found to be better than Slackline training group in developing grip strength, explosive strength, leg strength, explosive power, flexibility, resting heart rate, breath holding time, peak expiratory flow rate, vital capacity, forced vital capacity, slow vital capacity and performance. It was concluded that Slackline training group was found to be better than Battle rope training group on balance.

Key words: Battle rope training, Slackline training, physiological