



**Effect of Weight Training Exercises for development of
shoulder strength among Volley Ball Players of Hanumakonda in Telangana State**

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Abstract

Weight Training exercises are a vital component for Volley Ball Players for obtaining the maximal strength, speed and force during the Volley Ball competition and should be included in any conditioning program of Volley Ball Players. The purpose of the present study to find out the effect of weight training exercises for the development of Shoulder strength among Volley Ball Players of Hanumakonda in Telangana State. The sample for the present study consists of 20 Male Volley Ball Players out of which 10 are experimental group and 10 are controlled group between the age group of 18 to 25 Years. Weight training exercises such as Military Press, back press, bench press, half squats, bicep curls etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for Twelve weeks. Pre Test and Post Test were conducted in Pull ups to measure the shoulder strength among experimental group and controlled group. The Volley Ball Players Experimental Group of Pull ups in Pre Test is 10.00 and Volley Ball Players Controlled Group mean is 10.00 in Pre Test. The Experimental Group Mean in Pull Ups Test is 13.50 in Post Test and Controlled Group mean is 10.00, the Experimental Group mean in Post Test in Pull ups Test is improved from Pre Test 10.00 to Post Test 13.50 and Control Group Mean is post test is 10.00 is same performance. The Volley Ball Players Experimental Group has improved due to weight training



exercises in Pull ups Test and Controlled Group has not improved due to general training. **Key words:** weight training, Volley ball, shoulder strength etc.

Introduction:

Weight training exercises can improve speed and endurance by using weights. Weight training exercises increases the intensity of training and builds strength because of the resistance they offer when training. Weight training will strengthen the muscle as well as and will boost the player's power and is ideal for all players and other athletes who depend on high speed running. To reduce the possibility of injury systematic weight training should be conducted once to the player has a good solid base of strength and endurance.

Weight Training offers the following benefits.

- a). Helps develop power and muscle elasticity.
- b). Improves stride frequency and length.
- c). Develops co-ordination, encouraging the proper use of arm action during the batting phase and feet in Support phase.
- d). Develops control and stabilization as well as improves speed
- e). Promotes strength endurance.
- f). Develop maximum speed and strength.
- g). Improves lactate tolerance.

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.^[1] It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996 Summer Olympics.

Manoj C. Koparde and Dr. P.C. Krishnaswamy (2022) studied the effect of weight training on explosive power of College Volleyball Players. Thirty six subjects were randomly assigned to three equal groups of 12 subjects and they were Degree College Volleyball Players who were studying in Degree Colleges affiliated to Karnatak University, Dharwad of Karnataka, India. Three groups were assigned into Experimental Group-I (WRE) acted as Weight Training group



practicing resistance exercises with own body weight; Experimental Group-II (WRES) acted as Weight Training Group practicing resistance exercises with weights along with specific skills and Group-III (CG) acted as control group. The Pre test scores on explosive power were conducted for all the subjects by administering medicine ball throw in meters. Experimental groups practiced weight training for the period of 12 weeks. The post test mean scores of explosive power were collected after the treatments. ANOVA and ANCOVA were used to determine the significant mean scores for Explosive Power of Arms. By using LSD post hoc test where the obtained F value was found significant. The level of significance was fixed at 0.05 level. It was concluded that both weight training groups developed explosive power of College Volleyball Players. It was concluded that both weight training groups developed explosive power of arms of College Volleyball Players. The weight training practicing resistance exercises with weights and practicing volleyball skills practice was most appropriate for developing explosive power of arms when compared with weight training practicing resistance exercises with own body weight

Purpose of the Study:

The purpose of the present study to find out the effect of weight training exercises for the development of Shoulder strength among among Volley Ball Players of Hanumakonda in Telangana State

Methodology

The sample for the present study consists of 20 Male Volley Ball Players out of which 10 are experimental group and 10 are controlled group between the age group of 18 to 25 Years. Weight training exercises such as Military Press, back press, bench press, half squats, bicep curls etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for Twelve weeks. Pre Test and Post Test were conducted in Pull ups to measure the shoulder strength among experimental group and controlled group .

The following strength exercises are used for training the Experimental group:

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|-------------------|------------------------|----------------------|
| 1. Arm Row | 2. Biceps Curl | 3. Bench Press |
| 4. Lateral Raise | 5. Close arm Press ups | 6. High Knee running |
| 7. Shoulder Press | 8. Half Squat | 9. Front Raise lunge |
| 10. Heel Raise | 11. Squat Jumps | 12. Bridge |

**Results:**

Table I showing the Pull ups Test of Experimental Group in Pre and Post Test for shoulder strength among Volley Ball Players

Pull ups	N	Pre Test	Post Test	t	Sig.
Experimental	10	10.00	13.50	6.19	0.000
Control	10	10.00	10.00		

The Experimental Group Pre Test Mean Score in Pull ups is 10.10 compare to post Test Score is 13.50, there is a improvement of mean score of 3.50 between Pre Test to Post Test due to Weight Training. The Control Pre Test Mean Score in Pull ups is 10.00 compare to post Test Score is 10.00 this is same due to General Training. The results of the study shows that the Experimental group of Volley Ball Players had improve in shoulder strength due to the strength training

Conclusions;

The weight training is effective method of training for Volley Ball Players to improve the shoulder strength and other abilities.

Recommendations:

Similar Studies will be conducted on other sports and Games on females . This study is useful for coaches in Volley ball.

References:

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Prof. Rajesh Kumar and Erika Zemkova (2022)The Effect of 12 Week Core Strengthening and Weight Training on Muscle Strength, Endurance and Flexibility in School Aged Athletes – Prof. *Appl. Sci.* **2022**, *12*(24), 12550; <https://doi.org/10.3390/app122412550> indexed within Scopus, SCIE (Web of Science), Inspec, CAPlus / SciFinder, and other databases. Q2 (Engineering, Multidisciplinary) / CiteScore - Q2 (General Engineering) **Impact Factor: 2.838** (2021); 5-Year Impact Factor: 2.921 (2021) **ISSN: 2076-3417**

Manoj C. Koparde and Dr. P.C. Krishnaswamy (2022) Effect of Weight Training Programmes on Explosive Power of College Volleyball Players © 2022 IJCRT | Volume 10, Issue 7 July 2022

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