INTRODUCTION

Scientific training has lot of importance and benefit in any sphere of education and physical education. Such training is plausibly important to enhance top performance in games and sports. Implementation of periodization for sportsmen is not new. Several researches indicate the impact of single periodization for better performance. Any training schedule has three phases viz., preparatory, competitive and transitional phase. If there is one preparatory phase one competitive phase and one transitional phase the training schedule is known as single periodization.

It is often recommended that in-season training programs aim to maintain muscular strength and power developed during the off-season. However, improvements in performance may be possible with well- fitness and conditioning programs throughout the year. In particular, volleyball players are well-known to have one of the highest levels of strength training dedication. These elite athletes realize the benefits of a proper periodized strength training program.

Volleyball pushes players to the extreme. Each athlete is expected to excel in explosive movements, vertical jumps, power hitting and intense serves. The position rotation in volleyball signifies the definite need for comprehensive players. Being a great blocker is a huge plus, but volleyball thrives off of all-around spectacular athletes. Strength training is a massive component to any elite athlete.

Strength training for volleyball requires the knowledge of periodization. Periodization means changing one or more variables within your strength training program on a regular and consistent basis. These variables can include the exercise, the frequency of lifting, the intensity of lifting, or the method of lifting.

History of volleyball

The game of volleyball, originally called “mintonette”, was invented in 1895 by William G. Morgan, after the invention of basketball by only 4 years. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, baseball, tennis and handball.
The first volleyball net, borrowed from tennis, was only 6'6" high (though you need to remember that the average American was shorter in the 19th century). The offensive style of setting and spiking was first demonstrated in the Philippines in 1916. Over the years that followed, it became clear that standard rules were needed for tournament play, and thus the USVBA (United States Volleyball Association) was formed in 1928.

Two years later, the first 2-man beach volleyball game was played, though the professional side of the sport did not emerge until much later. Not surprisingly, the first beach volleyball association appeared in California (1965), and the professional players united under the auspices of the AVP (American Volleyball Professionals) in 1983.

During the 1984 Los Angeles Olympics, American men and women took gold and silver medals in indoor volleyball competition. Four years later at the Olympics in Korea, the men once again scored gold. Starting in 1996, 2-man beach volleyball was officially introduced to the Olympics. Today, there are more than 800 million volleyball players worldwide, 46 million of them in the U.S.

Purpose of the Study

The purpose of this study is to see the effect of single periodization training on the selected physical parameters and plyometrics exercise of the college male and female Volleyball players from western region of Maharashtra.

STATEMENT OF THE PROBLEM

The importance of training for Volleyball is not to build big muscles since they are rarely equated with improvements in power. On the contrary, strength coming should be viewed as an important ingredient for developing physiological needs for volleyball in order to improve a performance as such strength training does not have to be developed independently from other abilities. (i.e. reactive, power endurance) or in disregard of the planned training phases leading to champions or leaguer games.

In order to make strength a valuable physiological ingredient, it has to be trained in such a way that gains in strength lead to the highest levels of jumping power and be effectively applied
during the game. In order to achieve this, strength training has to be structured into training phases leading into the competitive phase. If during games strength gains are not effectively used to produce peak performance, the whole exercise is useless regardless of the size of the muscles.

To develop the skill required to exhibit better performance in competitive volleyball, single periodization training on the selected physical parameters and plyometrics exercise training volleyball players has gaining lot of importance. Research studies show that periodization training enhances performance of volleyball players during competition. But its effect on physical parameters has not been explored. Therefore, the researcher of this study has selected this problem to see the effect of single periodization training on the selected physical parameter and Plyoamatics exercises in volleyball players.

DELIMITATION OF THE STUDY

The research has delimited the study as follows:

- This is an experimental research and has been confined to volleyball only.
- Although there are many training methods available this study was limited to single periodization and Plyoamatics exercises specially for college level volleyball players from western region of Maharashtra.
- This study was delimited to the male and female volleyball players of age group 18 to 25 years.

LIMITATIONS OF THE STUDY

While conducting this study, the researcher recorded some draw backs/ limitations as follows:

- The researcher could not control the diet and other psycho-social conditions, which might have influenced the results.
- Since the players were belonging to different culture and socio- economic background, the researcher could not consider this while planning the content of the experimental intervention.
- Number of subject in each group was less, which might have deviated the result.
OBJECTIVES OF THE STUDY

This study was conducted with the following objectives in perspective.

- To assess the level of physical parameters of college level male volleyball players.
- To assess the level of physical parameters of college level female volleyball players.
- To Prepare proper training schedule, considering the principles of single periodization, for improving selected physical parameter of volleyball players that are required for the game.
- To see the effect of single periodization training and parametric training on physical parameter of the college level male and female volleyball players.

HYPOTHESES

On the basis of literature available so far it was hypothesized that:

\( H_1 \): The physical parameters of selected volleyball players would be improved during preparatory phase of single periodization.

\( H_2 \): The physical parameters training of selected volleyball players and Plyoametrics exercises would be improve during competitive phase of single periodization.

\( H_3 \): The physical parameters of selected volleyball players would be reduced during transitional phase of single periodization.

\( H_4 \): The physical training may be effective to enhance the Selected physical parameters that are required to perform
Competitive volleyball.

OPERATIONAL DEFINITIONS OF TERMS USED

Single Periodization

Any training schedule has three phases viz. preparatory, competitive and transitional phase. If there is one preparatory phase, one competitive phase and one transitional phase the training schedule is known as single periodization.

Training Programme

Training program refers to the acquisition of knowledge, skills and competencies as a result of the teaching of vocational or training skills and knowledge that related to specific useful skills. Physical training is more mechanistic planned suites of regimes develop specific skills or muscles with a view to peaking at a particular time.

SIGNIFICANCE OF THE STUDY

The study would be significant in following ways:

- The periodization training and Plyoametrics exercises training programme evolved from this study may give idea to the coaches and physical education teachers to attain top of players performance.
- The physical education teacher and concerned professional can get a readymade periodization training schedule and Plyoametrics exercises for volleyball players.