METHODOLOGY

The present study has been undertaken with a view to see that effect of single periodization training on the selected physical parameters and Plyoametrics exercise of the college male volleyball players.

Sample

For the Present Study 200 Male and female elite volleyball players from Western Region of Maharashtra. The effective sample was selected randomly for this study.

The age range of the subject will be 18 to 27 years. All the subjects represented the one experimental group.

Experimental Design

All the selected subjects undergone specially designed single periodization volleyball training program which lasted for one year. The design of the experiment has been planned in three phases.

- Phase – I : Preparatory Phase
- Phase – II : Competition Phases, and
- Phase – III : Transition Phase.

Preparatory Phase (Phase – I) –

During this phase the subject were exposed to simple and gradual rigorous training program which enhances physical fitness. Further some basic as well as advanced skills of volleyball were also practiced during this phase. For this purpose all the selected players were exposed to standard tests to measure selected variables for obtaining the data i.e. Test – 1.

Competition Phase (Phase – II)

After the completion of preparatory phase the completion phase started. In this phase all the subjects were undergone slightly intensive training in relation to physical fitness and advance
volleyball skills daily for ninety minutes in the morning and evening except Sundays and holidays.

As the research of this study has expertise in volleyball he was well aware of practices selected for this study. The training part for the subjects was carried under the overall supervision of the present investigator. At the beginning of this phase the subjects were exposed to selected variable i.e. Test -2.

**Transition Phase (Phase -III)**

Finally, after completion of competition phase, the players were relaxed and this is called as the transition phase. At the beginning of this phase i.e. end of the competition phase subjects were exposed to selected variables to record the Test 3.

During this phase no special training was given to the subjects but they were engaged in some recreational games daily for 90 minutes.

At the end of transition phase again the preparatory phase starts so again the subjects were exposed to the same variable to record the Test