INTRODUCTION

The game of Volleyball has been invented in the year 1895 by William G. Morgan Hal yoke, Massachusetts as a recreational activity for the businessmen. The modern volleyball is highly specialized in almost all the major skills of Volleyball. It is a sport for young and old for men and women. The character of Volleyball game is entirely different than that of other sports discipline. Rotation system is a unique feature that differentiates Volleyball from other sports. During game the object of every player team is to sent the ball over the net in order to ground it on the opponents court and to prevent the same effort by the opponent.

The introduction of a libero a “specialized defensive player”. Is one of the series of innovations categorized in the current official rules of the federation international de volleyball. The libero must be recorded on the score sheet before the match in the special line reserved for it. His/ her number must also be added on the line up sheet of the first set. The libero player must wear a different colour uniform for the redesigned libero, in contrast to the order members of the team, the libero uniform may have a different design but it must be numbered like the rest of the team members.

In modern sports games, where accuracy, precision and speed of movement decide about the win, co-ordination of motor abilities becomes more and more important, if not crucial. After all, a part from the necessary movement control, they determine the effectiveness of performed activities and technical and tactical action. The importance of co-ordination motor abilities, physical fitness and anthropometric characteristics in relation in individual players’ achievements during a game becomes a subject of numerous studies in volleyball.

Now the volleyball is game of power and tactics and is played at a faster pace and this call sharper thinking, high standard of skills and technical application. There are very fast action and accuracy in performance of technique and tactics which are the demand of present game. A team can only reach top level. If planned scientific training given to the players. Hence, the researcher of this study intend to develop training program for performance of elite libero players in Maharashtra.
History:

Volleyball is an Olympic 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.

The complete rules are extensive. But simply, play proceeds as follows: A player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times. Typically, the first two touches are to set up for an **attack**, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a **kill**, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a **fault** and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include:

- causing the ball to touch the ground outside the opponents' court or without first passing over the net;
- *catching and throwing* the ball;
- *double hit*: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team.
- net foul: touching the net during play.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including **spiking** and **blocking** (because these plays are made above the top of the net the vertical jump is an athletic skill emphasized in the sport) as well as **passing**, **setting**, and specialized player positions and offensive requiring a bit of athletic effort.
**Libero:**

In 1998 the libero player was introduced internationally. The libero is a player specialized in defensive skills: the libero must wear a contrasting jersey color from his or her teammates and cannot block or attack the ball when it is entirely above net height. When the ball is not in play, the libero can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set, although the libero may be replaced only by the player whom they replaced.

The libero may function as a setter only under certain restrictions. If she/he makes an overhand set, she/he must be standing behind (and not stepping on) the 3-meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. An underhand pass is allowed from any part of the court.

The libero is, generally, the most skilled defensive player on the team. There is also a libero tracking sheet, where the referees or officiating team must keep track of who the libero subs in and out for. There may only be one libero per set (game), although there may be a different libero in the beginning of any new set (game).

Furthermore, a libero is not allowed to serve, according to international rules, with the exception of the NCAA women's volleyball games, where a 2004 rule change allows the libero to serve, but only in a specific rotation. That is, the libero can only serve for one person, not for all of the people for whom he or she goes in. That rule change was also applied to high school and junior high play soon after.

**Statement of the Problem:**

The discussion state above revealed that: Statement of the problem is to see the develop the training program for performance of elite libero, volleyball players in the state of Maharashtra.

No specific training program are assessed prior to performance of elite libero volleyball players.
Hence, there is need to develop a specific training schedule for libero volleyball players to improve characteristics like physical fitness technical skills and tactics required for the game. Therefore, the investigator has conducted this study entitled, “To Develop training programme for improvement of performance of elite libero Volleyball players of Maharashtra”.

**Delimitation of the study:**

The present investigator delimited the study as follows:

- The study was delimited to the male elite Libero Volleyball players of age group 18 to 21 years.
- Although there are several factors regarding volleyball performance the study has been delimited to certain physical fitness parameters and some technical skills required for the Libero players.

**Limitations of the Study:**

While conducting this study, the researcher recorded some drawbacks/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.

Duration of the experiment was for 6 weeks only. Although this duration was sufficient logically, however, inclusion of more time-period for training would have been greater impact on results.

**Objectives of the Study:**

The objectives of the study were as follows:

1. To measure and evaluate the selected physical fitness and technical skills of elite libero volleyball players in Maharashtra.
2. To prepare training schedule for elite libero Volleyball players for enhancing selected physical fitness abilities and technical skills of elite libero volleyball players.

3. To conduct a controlled experiment to assess the efficacy of the training schedule on some selected fitness and skills abilities of elite libero volleyball players.

**Hypotheses:**

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

H$_1$ : The training program would be contribute to improve speed, agility and quickness of the elite libero volleyball players.

H$_2$ : The training program would be contribute to improve skill abilities of the elite libero volleyball players.

**Operational definitions of terms Used:**

**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.

**Elite Players:**

The players who are perfectionist and beast in competitive sports are called elite players.

**Libero:**

A libero a “Specialized Defensive Player “ is one of the series of innovations categorized in the current official rules of the federation International be volleyball.

**Significance of the Study:**
A long with physical fitness a libero volleyball player needs to enhance his skill ability for achieving success. Through this research project a training programme was developed for libero players which would be significant in following ways:

1. This study may give ideas for the coaches, the teachers a separate concentration for training of libero Volleyball players.
2. The physical education teacher and concerned professionals can get a ready made training schedule for libero volleyball players.
3. This study may help the volleyball coaches and all others to practice the libero’s specializations in the top level volleyball.