Methodology

Selection of the Subjects

Thirty (N=30) Volleyball players as subjects, age group ranging from 16 to 19 years, will be pooled randomly as sample. The criteria for inclusion and exclusion of the subjects will be as follows:

- The players who are the regular practitioners of Volleyball will be included in the experiment.
- The subjects who are expected to remain present till the experimental trials are finished will be incorporated in this study.
- The subjects irrespective any community, willing to participate in this study, will be incorporated.

Design of the Study

The selected subjects will be divided into two equal groups viz., Gr. A, and Gr. B. Group-A will participate in the “Yogic exercises Training Schedule”, and Group-B will be acted as “Control Group.” There will be daily 45 minutes practice for experimental group considering the above schedules except Sundays and holidays. Moreover, after completion of daily training schedule for 45 minutes, there will be a regular practice of volleyball game for 30 minutes.

Procedure of the Data Collection

All the subjects from experimental and control groups will participate in the same. The total duration of the experimentation will be at least for four months (including testing dates, Sundays, and holidays) which include one experiment, one follow-up programme to record the long term effects of the experiment.

This is a randomised block design which consists of the following steps:
Step-I (Pretest)

Selected AAHPER volleyball skills of all the subjects belonging to control and experimental groups will be tested prior to the experiment by using standard tests. The scores of volleyball skills will be recorded carefully.

Step-II (Training / Treatment)

After pre-testing, the subjects of experimental group will receive their respective training, as stated above, for 45 minutes daily which will be followed by a practice of basketball game for 30 minutes. The subjects of the control group will be kept busy with recreational activities. Thus all the subjects will be involved for a period of 1 hr. and 15 minutes daily except Sundays and holidays. The duration of this experimentation will be for at least 16 weeks.

Step-III (1st Post Test)

After completion of first eight weeks of experiment, as stated above, all the subjects of both control and experimental groups will be directed for 1st post-testing. Here the testing procedures will be same as in the pre-test.

Step-IV (1st Follow-Up Programme & 2nd Post Test)

First Follow-Up (F.U.) programme will start for next eight weeks after completion of 1st post testing (Step-III). In this programme, the subjects of all the groups (both control and experimental) will practice volleyball regularly for 30 Mins/day except Sundays and holidays what they already learnt in Step-II. After completion of the 1st follow-up programme of 8 weeks, all the subjects of both the control and experimental groups will be instructed for 2nd Post Test. Here the testing procedures will be same as mentioned in the pre-test.

Administration of Tests

- AAHPER volleyball skills (1969):
  - Volleys test (numbers) for volleying ability (AAHPER);
  - Serving test (Points) to measure serving skill (AAHPER);
• Passing test (Points) for passing skill (AAHPER).

Statistical Analysis

The data collected will be analyzed by using descriptive statistics. The treatment effects of the training procedures will be determined by applying standard statistical procedure like Repeated Measures Anova with SPSS.