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**GRT** **COMPARISON OF ATTACKERS AND SET-UPPERS  
MALE VOLLEY-BALL PLAYERS OF MOTOR FITNESS  
VARIABLES OF HIMACHAL PRADESH UNIVERSITY**

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**Abstract:**-Volley ball is sport with many complex demands that require a combination of physical fitness, skills, team tactics, strategies and motivation aspects. The key area that is likely is play an important role in volleyball players successes are muscular strength and explosive power of legs, Fitness and body size. Volleyball is a recreational game has present developed into highly competitive game, which requires a high level of fitness, skill efficiency good physique etc. The present study is an attempt to investigate and compare the selected motor fitness variable of volley ball players to solve the purpose of the study. Eighty volleyball players of Himachal Pradesh University who has participated in inter college competition were taken as the sample for the study. The variable of motor fitness which were selected for the study are standing reach, standing vertical jump, standing vertical jump with approach run, Block jump. The data was analysis by using SPSS. The statistical tools for the study were mean, S.D. and 't' test. The results of the study have shown significance difference between the variables.

**Keywords:**Attackers and Set-uppers Male Volley-Ball Players , Motor Fitness Variables , physical fitness.

#### **INTRODUCTION**

Players needs to be super fit is excel in competition. All the physical ability components are trained to the level of excellence. Today's sports and games demand optimum fitness, for higher degree of performance. If the level of fitness is far below the abilities and capabilities, performance tends to go low; despite the fact that the sports performance is well versed in skill of particular sports. Volley ball is the game of skill and strategies. One skill is the ability to place in the desired direction with right height, direction and speed, it is the game of explosive strength , ability and concentration. The game relies highly on the anaerobic energy system through aerobic endurance is important for recovery between points. The importance of various skills as significant contributor to team success had been pondered by coaches and physical educationalist for many years.

#### **METHODOLOGY**

To complete the purpose of the study equal number of male volley ball players, Forty attackers and forty set-uppers from Himachal Pradesh University were randomly selected as sample for the study. The performance of the both groups was measured by skills. The variables, selected for the study were Standing reach, Standing vertical jump, Standing vertical jump with approach run, and Block jump.

The data was analysed by using SPSS. The statistical tools used for the study were mean, S.D. and 't' test.

**RESULT AND FINDINGS**

Following results are drawn with in the limitations and delimitations of the present study.

**Table-1**  
**Comparative Statistics of Attackers and Set-Uppers in the**  
**Variable of Standing Reach of Male Volley-Ball Players of Himachal Pradesh University**

S.No.	Variable	Subjects	N	Mean	S.D.	S.E.M.	't' value
1	Standing Reach	Attackers	40	234.75	2.95	.46	5.452*
		Set-Uppers	40	231.55	2.25	.35	

t < 1.98 at 0.05 level of significance

\* Significance at 0.05 level.

Table 1, mean value of attackers and set-uppers of Himachal Pradesh University depicts in table 1 with regard to standing reach came out to be 234.75 and 231.55 respectively. Which reveals that the two groups of players, attackers and set-uppers differ significantly in standing reach. It is obvious from table 1 that t- value of attackers and set- uppers with standing reach came out to be 5.452, which is significant at 0.05 level of significance.

**Table -2**  
**Comparative Statistics of Attackers and Set-Uppers in the**  
**Variable of Standing Vertical Jump of Male Volley Ball Players of Himachal Pradesh**  
**University**

S.No.	Variable	Subjects	N	Mean	S.D.	S.E.M.	't' value
1	Standing vertical jump	Attackers	40	304.9	3.12	.49	4.692*
		Set-uppers	40	33.9	3.44	.54	

t < 1.98 at 0.05 level of significance

\* Significance at 0.05 level.

Table 2, mean value of attackers and set-uppers of Himachal Pradesh University depicts in table 2 with regard to standing vertical jump came out to be 304.9 and 33.9 respectively. Which reveals that the two groups of players, attackers and set-uppers differ significantly in standing vertical jump. It is obvious from table 2 that t- value of attackers and set- uppers with standing vertical jump came out to be 4.692, which is significant at 0.05 level of significance.

**Table-3**  
**Comparative Statistics of Attackers and Set-Uppers in the**  
**Variable of Standing Vertical Jump with Approach Run of Male Volley Ball Players of**  
**Himachal Pradesh University**

S.No.	Variable	Subjects	N	Mean	S.D.	S.E.M.	't' value
1	Standing vertical jump with approach Run	Attackers	40	310.45	3.30	.52	3.016*
		Set-uppers	40	308.15	3.51	.55	

t< 1.98 at 0.05 level of significance  
 \* Significance at 0.05 level.

Table 3, mean value of attackers and set-uppers of Himachal Pradesh University depicts in table 3 with regard to standing vertical jump with approach run came out to be 310.45 and 308.15 respectively. Which reveals that the two groups of players, attackers and set-uppers differ significantly in standing vertical jump with approach run. It is obvious from table 3 that t- value of attackers and set- uppers with standing vertical jump with approach run came out to be 3.016, which is significant at 0.05 level of significance.

**Table-4**  
**Comparative Statistics of Attackers and Set-Uppers in the Variable of Block Jump of Male Volley Ball Players of Himachal Pradesh University**

S.No.	Variable	Subjects	N	Mean	S.D.	S.E.M.	't' value
1	Block Jump	Attackers	40	287.00	2.48	.39	4.396*
		Set-uppers	40	204.40	2.79	.44	

t< 1.98 at 0.05 level of significance  
 \* Significance at 0.05 level.

Table 4, mean value of attackers and set-uppers of Himachal Pradesh University depicts in table 4 with regard to Block Jump came out to be 287.00 and 204.40 respectively. Which reveals that the two groups of players, attackers and set-uppers differ significantly in block jump. It is obvious from table 4 that t- value of attackers and set- uppers with block jump came out to be 4.396, which is significant at 0.05 level of significance.

**CONCLUSION**

- The study concluded that the
- 1.The standing reach of the attackers has significant difference with set-uppers
  - 2.The standing vertical jump of attackers has significant difference with set-uppers
  - 3.The Standing vertical jump with approach run of attackers has significant difference with set-uppers
  - 4.The block jump of attackers has significant difference with set-uppers

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