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IMPACT OF PHYSICAL SKILL ON PERFORMANCE OF VOLLEYBALL MALE PLAYERS

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ABSTRACT

The impact of physical skill on the performance of male volleyball players is significant, as volleyball demands a combination of strength, agility, endurance, and coordination. Physical attributes such as vertical jump height, quick reflexes, and explosive power directly affect key volleyball skills like spiking, blocking, and serving. For instance, players with strong leg muscles can jump higher, giving them an advantage in both offensive and defensive plays. Agility and quick footwork are crucial for reacting to fast-moving balls, enabling players to position themselves effectively for a dig or a set. Endurance plays a role in maintaining performance throughout the game, as volleyball matches can be physically demanding, often involving quick sprints, lateral movements, and sustained focus. Additionally, upper body strength is essential for executing powerful spikes and serves, while core stability aids in balance and control during jumps and landings. In essence, the development of physical skills through rigorous training and conditioning allows male volleyball players to enhance their performance, making them more competitive and effective on the court. The integration of physical skills with strategic and mental aspects of the game ultimately determines the overall success of a player.