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## Study of Relations Between Durability of Jumping Skills and Performances at Games of Volleyball Players ( I )

*By Yasushi Ishide\**

- 1) The purpose of this study is to analyze the durability of jumping skills of volleyball players and to prove that there is a relation between durability of a player's jumping skills and his/her performance at regular games. Besides, by further analyzing the performance of individuals, this study aims to find knowhow to choose qualified players, how to change players effectively at an actual game, and how to train skillful players.
- 2) To conduct this study, players with various levels of skills in volleyball were divided into two groups according to their levels; Intermediary and Lower, and they made continuous jumps in the similar conditions to those of regular games.
- 3) They made spike jumps and block jumps for 100 times in total, and the height of each jump was measured.

### —Results—

- 4) Although there were individual differences in the way a testee's showed changes in his/her jump during the first, second, and third stages of the test, those changes are classified into the following two patterns:
  - a. The testee begins to jump lower in height at the first stage, but maintained a certain level at the second stage and onwards.
  - d. The testee simply kept lowering down in the height of his/her jumps throughout the test.
- 5) As a common phenomenon among the testees, there was less decrease in block jumps than in spike jumps.
- 6) Testees in the Intermediary group consistently made higher jumps all through the test both in block and spike jumps, and they showed less decrease in their

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jumps than the testees in the Lower group.

- 7) Players in the Lower group showed a sharp decline particularly at the third stages.

—**Conclusion**—

- 8) The above results indicate that there is a relevance between durability of jumping skills of a player and his/her performances at regular games. This indication should serve as a useful data in choosing players at an actual game.

—**Suggestion**—

- 9) Further studies should be made to investigate individual differences in maintaining higher jumps and to develop a method for training for enhancing the jumping skills.