

PREFACE

The purpose of the study was to find out the relationship of motor fitness components with skill performance of volleyball players. The study was delimited to Veer Narmad South Gujarat University, Surat, 180 boys' volleyball players. The study was delimited to male players who were between the ages of 17 and 25. When discussing the components of physical fitness, one must prioritize developing the following: skill-related components: agility, coordination, reaction time, balance, power, and speed; health-related components: strength, cardiovascular fitness, flexibility, body composition, and muscular endurance; and to achieve the desired performance, one must develop each component equally and to its fullest. The motor fitness components were speed, agility, flexibility, explosive power and Cardio – vascular endurance. The volleyball skill performance were measured with the AAHPER Volleyball Skill Test. The analysis of the statistical parameters, such as descriptive statistics like mean, standard deviation, minimum value, maximum value, etc., was most relevant to the study's primary goals. Karl Pearson's product moment coefficient of correlation was used to evaluate the connection between volleyball players' skill performance and physical fitness components. Multiple regression analysis was used to predict the skill performance in volleyball from physical fitness components. A significance threshold of $p < 0.05$ was used. The level of significance to ascertain the relationship obtained by Karl Pearson's product moment correlation was set at 0.05 level of confidence, which was considered adequate for the purpose of this study. All analyses were conducted using SPSS version 14.0, the Statistical Package for the Social Sciences. One-way Analysis of Variance (ANOVA) was used to examine the significance of differences in the means of each group for each selected

variable. In all analyses, the 5% critical threshold ($P < 0.05$) was deemed to indicate statistical significance. The positive but not statistically significant correlation between agility, cardio vascular endurance. And speed, flexibility and explosive power negative but not statistically significant correlation between left side set-up ability. When discussing the components of physical fitness, one must prioritize developing the following: skill-related components: agility, coordination, reaction time, balance, power, and speed; health-related components: strength, cardiovascular fitness, flexibility, body composition, and muscular endurance; and to achieve the desired performance, one must develop each component equally and to its fullest.

Key Words: Speed . Agility . Flexibility . Explosive power . Cardio – vascular endurance