

5.1 Recommendation

- It is recommended that volleyball players be chosen by coaches and trainers using the anthropometric, motor fitness, motor skill, and competitive experience variables equation listed in the results.
- Based on findings, coaches and trainers can create scientifically-based training programs that prioritize improving motor fitness and motor skill factors that have been identified as performance predictor to the current study's volleyball players' performance.
- Similar studies can be conducted by choosing alternative age groups, sexes, and performance levels.
- The same study can be performed with additional physical fitness components that were not included in the current study.
- Similar study may also be conducted for other sports/ discipline