

APPENDIX – I

Score of Motor Fitness Components of Volleyball Players

No	Speed	Agility	Flexibility	Explosive power	Cve
1	6.6	10.44	24.00	52	2530
2	7.7	9.78	30.00	51	2010
3	7.4	10.15	21.50	57	1920
4	7.2	10.80	22.00	56	2030
5	7.2	10.30	19.00	46	1910
6	7.5	9.87	16.00	40	1975
7	7.8	9.74	22.00	45	1940
8	7.2	9.80	23.50	53	2020
9	7.6	10.50	27.00	55	2040
10	6.9	10.42	32.00	58	2020
11	7.4	10.06	22.00	44	1830
12	6.8	11.47	15.00	41	1970
13	6.75	11.34	18.00	43	1840
14	7.2	12.82	24.00	57	2040
15	8.1	10.30	23.00	42	1920
16	9.1	10.54	29.00	30	1870
17	6.2	11.74	22.00	29	1330
18	7.6	10.40	29.00	54	1950
19	7.3	11.05	28.00	46	2540
20	7.6	12.07	16.00	43	1430
21	6.64	9.78	23.00	44	1570
22	6.3	10.02	32.00	42	3010
23	7.4	10.11	27.00	63	2040
24	7.2	9.78	32.00	37	2020
25	7.1	11.99	27.00	44	1750
26	7.2	12.05	11.00	61	2040
27	6.47	10.47	31.00	63	2010

No	Speed	Agility	Flexibility	Explosive power	Cve
28	7.5	11.33	37.00	55	2230
29	7.4	10.60	23.00	43	2010
30	7.9	10.72	13.00	37	2080
31	6.79	8.87	16.00	39	2190
32	7.1	9.87	12.00	49	1880
33	8.1	11.00	23.00	35	2010
34	7.2	10.30	19.00	41	1910
35	7.8	11.29	23.00	46	1950
36	6.8	10.36	27.00	48	2120
37	7.4	10.89	16.00	48	1920
38	6.98	11.08	30.00	54	2730
39	7.5	9.78	24.00	40	2190
40	7.7	10.19	23.00	35	1730
41	7.8	10.14	31.00	42	2740
42	6.8	9.58	36.00	52	2180
43	6.8	10.29	18.00	48	2110
44	6.7	10.47	29.00	47	1720
45	7.7	10.95	28.00	38	2030
46	6.03	11.15	20.00	32	1930
47	6.6	9.67	36.00	67	1940
48	6.5	9.58	33.00	39	1850
49	6.7	11.40	21.50	48	3010
50	6.4	10.47	22.50	44	2290
51	7.1	12.60	19.50	47	1770
52	6.7	12.12	32.50	40	2780
53	7.1	10.90	30.00	48	2180
54	7.6	11.74	36.50	34	1760
55	8.1	12.02	28.00	43	2370

No	Speed	Agility	Flexibility	Explosive power	Cve
56	6.3	11.60	14.00	48	2190
57	7.6	9.90	30.50	40	2430
58	6.1	10.18	23.00	47	2360
59	6.2	10.78	36.00	46	2300
60	7.1	11.40	38.50	38	3010
61	7.2	11.01	27.00	33	2510
62	6.6	10.40	25.00	42	2470
63	6.3	10.21	26.00	58	2310
64	7.8	10.38	33.00	54	2740
65	6.8	10.95	28.00	50	2290
66	6.5	9.53	20.50	47	3014
67	7.4	10.49	26.50	29	2190
68	7.9	10.08	32.50	48	1760
69	7.6	9.67	26.50	40	2790
70	6.7	10.46	23.00	43	2180
71	7.9	10.64	26.00	44	1760
72	6.7	11.08	28.50	46	2790
73	7.9	9.73	23.50	51	2210
74	6.6	6.78	32.40	53	2190
75	7.4	10.50	21.00	41	1780
76	7.1	9.93	17.00	44	2010
77	6.2	9.98	30.00	49	1920
78	6.7	10.49	23.00	44	2000
79	6.6	10.20	32.00	47	1920
80	7.45	10.75	13.00	33	2010
81	8.2	9.17	27.50	50	1930
82	6.3	11.21	16.50	45	1840
83	7.8	11.54	24.50	33	1270

No	Speed	Agility	Flexibility	Explosive power	Cve
84	6.4	9.98	26.50	51	1980
85	7.5	9.52	13.50	40	2540
86	6.14	11.05	28.00	45	1560
87	7.3	10.66	28.00	32	1840
88	6.8	10.34	27.50	46	2120
89	7.4	11.97	16.50	46	1930
90	8.3	11.08	31.00	49	2720
91	7.5	10.77	17.00	43	1420
92	8.8	11.00	24.00	41	1570
93	6.74	10.03	33.00	58	2900
94	6.8	10.48	27.00	48	1710
95	7.6	10.95	26.00	39	2030
96	8.7	11.16	20.00	32	1920
97	7.2	11.18	20.50	45	1910
98	7.3	9.90	45.00	38	1980
99	8.2	10.47	36.00	46	2120
100	7.6	10.38	36.00	50	2540
101	7.7	9.70	28.00	51	2010
102	7.9	11.45	23.40	51	2020
103	7.4	10.70	23.00	56	2030
104	7.6	11.37	20.00	45	1970
105	7.7	10.11	26.50	38	2040
106	7.8	9.70	27.00	46	1935
107	7.2	9.77	26.00	54	2050
108	7.6	10.50	26.00	48	2020
109	7.6	11.03	42.00	60	2060
110	7.5	11.08	26.00	44	1810
111	6.49	12.14	36.00	41	1970

No	Speed	Agility	Flexibility	Explosive power	Cve
112	8.7	13.22	28.00	42	1850
113	7.4	11.78	24.00	59	2000
114	8.9	11.04	22.50	42	2010
115	6.7	10.21	26.00	50	2300
116	7.9	10.22	18.50	51	2750
117	6.8	10.66	29.00	46	2230
118	6.7	9.53	20.50	47	3010
119	7.3	9.80	24.50	35	2210
120	6.42	10.11	27.00	49	1790
121	7.8	10.19	23.00	37	1740
122	7.7	10.14	32.50	42	2730
123	8.2	9.58	33.00	46	2170
124	6.9	10.37	26.50	49	2110
125	6.2	10.37	29.00	52	1730
126	7.6	10.95	27.50	38	2030
127	8.8	11.15	20.50	31	1920
128	7.05	9.46	35.00	47	1940
129	6.5	9.58	18.50	39	1850
130	6.4	11.37	22.50	48	3010
131	6.4	10.20	23.00	46	2300
132	6.9	12.54	21.00	47	1770
133	6.7	12.12	31.50	40	2780
134	7	10.90	29.00	47	2180
135	7.6	11.41	33.00	39	1760
136	7.9	12.02	28.00	43	2360
137	6.3	11.47	11.50	39	2190
138	7.6	12.07	28.00	40	2410
139	6.1	10.17	24.50	46	2360

No	Speed	Agility	Flexibility	Explosive power	Cve
140	6	10.67	34.00	41	2310
141	7.1	11.40	29.50	38	2980
142	7.6	11.01	27.00	39	2490
143	7.3	10.14	21.00	46	1920
144	7.4	10.70	23.50	56	2030
145	7.3	10.30	39.00	46	1910
146	7.6	9.87	26.50	39	1980
147	7.9	9.70	34.00	40	1940
148	7.2	9.64	24.50	51	2010
149	7.6	10.44	27.50	52	2020
150	7.5	10.53	23.00	53	2030
151	7.5	10.08	21.00	44	1820
152	6.78	10.97	16.50	46	1940
153	8.1	12.06	20.50	41	1830
154	7.4	12.82	24.00	50	2010
155	6.87	10.30	23.50	42	1940
156	6.89	10.54	28.00	30	1950
157	6.88	11.78	23.00	37	1380
158	7.6	10.34	29.00	50	1910
159	6.7	11.02	28.00	43	2780
160	7.8	9.73	23.50	51	2210
161	6.8	9.63	30.50	46	2180
162	7.6	10.50	21.00	39	1780
163	6.9	9.93	27.00	44	2010
164	6.7	9.97	33.00	42	1920
165	7.2	10.49	27.00	44	1990
166	6.9	10.16	21.50	41	1820
167	7.5	10.75	33.00	37	2020

No	Speed	Agility	Flexibility	Explosive power	Cve
168	7.23	9.17	27.50	49	1930
169	7.3	10.08	16.50	46	1840
170	7.8	11.54	23.00	38	1270
171	6.4	9.98	27.50	49	1980
172	7.5	9.52	14.00	42	2560
173	7.3	11.09	28.50	45	1540
174	7.3	10.67	18.00	31	1850
175	6.7	10.34	26.00	40	2120
176	7.3	10.89	17.00	41	1930
177	6.6	11.32	33.00	54	2730
178	7.6	12.09	17.00	43	1420
179	7.7	10.78	29.00	49	1570
180	7.26	10.03	33.50	44	1760

APPENDIX – II

Score of AAHPER Volleyball Skill Test of Volleyball Players

No	Volleying ability	Service ability	Passing right	Passing left	Set-up right	Set-up left
1	18	16	2	1	3	3
2	20	20	3	3	3	2
3	23	17	1	2	5	3
4	15	19	5	1	2	1
5	18	23	3	2	4	2
6	30	24	4	1	3	2
7	24	16	2	2	4	3
8	25	14	3	3	2	2
9	10	15	4	1	1	1
10	16	16	2	3	2	3
11	17	10	3	1	3	2
12	12	15	2	2	4	4
13	15	19	2	3	3	2
14	16	20	5	1	2	3
15	20	22	3	2	3	2
16	21	23	2	3	1	2
17	14	14	2	1	2	3
18	15	16	3	2	3	1
19	22	20	3	1	6	2
20	24	15	3	3	4	3
21	15	17	3	3	3	2
22	16	16	2	2	4	4
23	20	20	5	2	3	3
24	24	15	4	1	2	3
25	15	17	3	3	4	2
26	14	11	2	3	5	2
27	10	20	5	1	3	1
28	18	16	3	2	4	4
29	19	17	1	3	5	2
30	20	16	3	2	3	3
31	20	20	3	3	4	2
32	24	24	3	1	5	3
33	15	21	5	4	2	2
34	19	19	5	3	4	1
35	17	18	3	2	4	4

No	Volleying ability	Service ability	Passing right	Passing left	Set-up right	Set-up left
36	18	20	2	2	3	6
37	22	21	3	3	5	4
38	21	20	4	2	4	2
39	20	17	1	3	4	3
40	15	18	1	2	2	5
41	10	16	3	2	3	3
42	20	20	2	3	4	4
43	19	24	1	2	3	2
44	17	16	3	3	2	3
45	22	18	4	3	3	2
46	16	19	4	2	4	5
47	14	20	3	2	4	5
48	19	21	2	1	4	3
49	20	21	4	4	3	6
50	25	27	4	2	2	4
51	17	19	1	3	4	3
52	13	18	4	2	3	5
53	19	20	3	3	4	3
54	20	21	4	2	2	4
55	24	16	3	2	3	4
56	16	20	4	1	5	5
57	21	24	4	4	2	6
58	20	15	1	3	4	2
59	13	16	4	3	2	3
60	17	17	2	3	4	2
61	19	18	1	2	4	4
62	20	16	5	2	3	2
63	24	14	4	2	5	3
64	15	11	1	3	4	2
65	16	10	3	1	3	5
66	19	20	2	2	4	4
67	22	16	4	2	6	2
68	24	14	4	4	3	2
69	17	19	3	2	4	3
70	23	23	1	2	5	2
71	20	14	2	2	3	3
72	22	22	2	1	7	4
73	28	20	1	3	2	3
74	15	15	3	2	3	2

No	Volleying ability	Service ability	Passing right	Passing left	Set-up right	Set-up left
75	14	18	4	3	4	3
76	19	19	4	2	5	4
77	18	17	1	2	4	3
78	20	16	2	1	2	1
79	19	20	1	1	3	4
80	17	21	2	2	2	5
81	18	22	2	2	2	3
82	20	16	3	3	3	2
83	16	17	2	3	2	3
84	17	18	4	1	4	5
85	19	18	3	2	4	4
86	8	20	1	2	2	2
87	19	22	4	1	3	6
88	16	16	4	2	3	3
89	17	14	1	2	4	6
90	19	20	5	2	4	4
91	20	19	2	2	2	5
92	23	18	4	2	1	1
93	14	16	3	2	2	5
94	19	21	3	2	5	2
95	12	18	2	2	3	3
96	18	19	4	2	6	2
97	21	21	5	3	4	4
98	20	22	3	3	1	2
99	19	16	4	2	2	3
100	17	22	2	1	3	2
101	16	17	1	2	2	1
102	17	18	3	1	4	2
103	16	13	3	3	2	1
104	18	16	5	3	3	2
105	20	28	1	3	2	4
106	24	19	3	3	5	2
107	16	16	3	3	1	3
108	22	21	2	1	3	2
109	15	24	4	2	4	1
110	26	16	3	3	4	4
111	10	27	5	4	3	3
112	17	18	5	4	2	2
113	14	19	3	3	7	4

No	Volleying ability	Service ability	Passing right	Passing left	Set-up right	Set-up left
114	19	24	4	4	4	1
115	18	16	2	4	4	3
116	16	18	3	3	2	5
117	20	19	5	4	3	1
118	21	21	1	3	2	2
119	17	23	4	3	1	2
120	15	24	4	2	3	2
121	19	19	2	1	4	3
122	18	18	3	4	2	2
123	16	12	4	4	3	4
124	20	22	1	2	3	2
125	23	23	4	3	4	4
126	24	24	3	4	2	2
127	16	19	4	2	3	3
128	20	16	2	3	3	5
129	24	17	4	2	4	6
130	10	18	3	2	4	1
131	20	20	1	3	2	2
132	16	23	3	3	3	3
133	18	21	4	3	4	2
134	20	22	2	4	1	4
135	13	19	4	5	3	1
136	18	18	5	1	4	5
137	20	16	2	2	5	6
138	24	20	3	3	3	3
139	16	16	5	4	3	2
140	15	17	2	2	4	1
141	20	18	7	3	3	2
142	16	20	3	1	7	3
143	23	23	4	2	4	2
144	20	22	2	3	6	1
145	17	20	3	4	2	4
146	15	16	5	3	4	2
147	19	18	1	3	5	3
148	17	16	2	2	3	4
149	16	20	3	1	4	3
150	18	17	4	3	5	4
151	20	16	2	3	5	5
152	24	18	2	2	4	1

No	Volleying ability	Service ability	Passing right	Passing left	Set-up right	Set-up left
153	16	16	3	3	3	2
154	18	20	4	2	1	3
155	23	23	4	1	2	2
156	17	24	5	1	3	2
157	20	16	2	2	1	2
158	21	18	4	3	4	3
159	16	17	2	2	3	3
160	18	19	3	1	3	4
161	23	16	1	1	2	2
162	17	20	2	3	4	2
163	22	21	3	2	3	2
164	13	24	2	3	3	3
165	14	18	4	1	6	1
166	16	19	3	3	4	2
167	18	20	4	2	3	3
168	24	23	2	3	4	2
169	16	20	3	1	5	1
170	24	18	2	2	3	2
171	15	17	4	3	4	3
172	19	19	1	2	2	4
173	20	18	2	4	3	5
174	16	21	3	2	2	3
175	17	19	2	5	2	2
176	18	22	2	3	4	3
177	20	17	2	4	3	4
178	16	18	1	3	3	3
179	18	20	3	3	4	2
180	12	23	2	7	2	3