

# The Explosive Training Supports the Tribal Volleyball Players for Active Participation

Kumaresan S<sup>1\*</sup>, Dr. James J<sup>1</sup>

<sup>1</sup>(Ph. D) Research Scholar, YMCA College of Physical Education, Chennai –35, Tamil Nadu, India

<sup>2</sup>Assistant Professor & Research Supervisor, YMCA College of Physical Education, Chennai –35, Tamil Nadu, India

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\*Corresponding author: Kumaresan S

(Ph. D) Research Scholar, YMCA College of Physical Education, Chennai –35, Tamil Nadu, India

## Abstract

Today the sporting world has become extremely competitive. Every person who indulges in training for a sport will not necessarily achieve the top performance or become a champion. It is rightly said that the champions in the field of sports are born and then groomed in later life. Thus, the genetic endowment of a sports person cannot be neglected while selecting a talent. This paper shows the clear outline and nutshell of how the explosive training will support the Tribal Volleyball players' active participation. It is an empirical study to get an idea of the effect of explosive training.

**Keywords:** Explosive training, Empirical study, Volleyball, Tribal.

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## INTRODUCTION

In today's techno-scientific age, the world has undergone a complete change in all aspects due to innovation and research. Thus, in the field of Volleyball there has been a dramatic change with the help of scientific training and coaching. The players are being trained on scientific guidelines with highly sophisticated means, for effective improvement enabling the coaches to derive optimum performance within legitimate time span. The explosive training will support the Tribal Volleyball players for active participation because it is training to make them too strong and fit.

### Meaning of Training

Any program of exercise designed to improve the skills and increase the energy capacities of an individual for a particular activity is called training (Anshel, *et al.*, 1991).

Generally, training is understood to be a synonym of doing physical exercise. In the narrow sense, training is doing exercise for the development of performance (Singh, 1991). Training implies participation in a program of regular and vigorous physical activity with the primary intention of improving physical performance or health through.

### Need for Training

Training helps to develop good physical fitness. Individualized training program is also necessary. Training involves the development of individuals for specific events and deals equally with the improvement of skills and conditioning (Rich, 1990).

The long-term benefits of training in terms of health and fitness are well known, including reduced risk major health problems and improvement in cardiorespiratory function, muscular strength and endurance, flexibility and reduction of fat (Howely and Don, 1997).

### General Principles of Training

Training is a systematic process. To train properly one must observe certain guidelines. One does not need to be an expert in physiology to conduct sound training programs but he must understand the principles of training and it is classified into a) specificity b) overload c) individual response and d) variation (Sharkey, 1986).

The term training refers to a planned program of exercises directed towards improving the functional capacity of a particular body system. This improvement does not occur all of a sudden, but requires adherence to carefully planned and executed activities. Attention is factors such as frequency, length of workout, type of

training, speed, intensity and repetition and the principles such as overload, specificity and reversibility (Katch and William, 1993).

### Explosive Training

The caloric cost of exercise can be increased to bring about improvements in more than one aspect of fitness by modifying the standard approach to explosive training. This approach, called explosive training (Heyward, 2010). Explosive training, de-emphasizes the brief intervals of heavy-local muscle overload, providing a more general conditioning to improve body composition, muscle strength and endurance, and cardiovascular fitness (Ballor, 1987). With this approach, a person lifts a weight between 40 and 55 percent of the 1-RM. The weight is then lifted as many times as possible for 30 seconds. After a 15-second rest, the participant moves to the next resistance exercise station and so on to complete the circuit. Between 8 and 15 exercise stations are usually used. (A modification that appears to result in similar energy expenditures during CRT is to employ exercise-to-rest ratios of 1:1 with either 15- or 30-second exercise periods, (Ballor, 1989).

The circuit is repeated several times to allow for 30 to 50 minutes of continuous exercise. As strength increases, a new 1-RM is determined and the weight lifted is increased accordingly at each station. This modification of standard explosive training is an attractive alternative for those desiring a generalized conditioning programme. Medically supervised programmes of explosive training also have been effective for coronary-prone, cardiac, and spinal-cord-injured patients who desire a well-rounded fitness programme using resistance exercises. It also may provide supplemental off-season conditioning for athletes involved in sports that require high levels of strength, power, and muscular endurance (Cooney, 1986).

Explosive training is a method of dynamic resistance training designed to increase strength, muscular endurance, and cardio respiratory endurance (Gettman and Pollock 1981). Explosive training compares favourably with the traditional explosive training programmes for increasing muscle strength, especially if low-repetition, high-resistance exercises are used (Wilmore *et al.*, 1978).

A explosive training programme usually has 10 to 15 stations per circuit. The circuit is repeated two to three times so that the total time of continuous exercise is 20 to 30 min. At each exercise station, a circuit that fatigues the muscle group in approximately 30 sec is selected (as many repetitions as possible at approximately 40% to 55% of 1-RM). 15 to 20 sec rest period between exercise stations is included. Explosive training is usually performed three days/wk for at least six weeks. This method of training is ideal for subjects

with a limited amount of time for exercise. Subject can add aerobic exercise stations to the circuit between each weightlifting station (i.e., super circuit resistance training) to obtain additional cardio respiratory benefits (Heyward, 2010).

The following selected circuit resistance exercises are for active participation;

- **Leg Extension**

The leg extension was a resistance weight training exercise undertaken that targeted the quadriceps muscle in the legs. The exercise will do using a machine called the Leg Extension Machine. The leg extension was an isolated exercise targeting one specific muscle group, the quadriceps. It should not be considered as a total leg workout, such as the squat or deadlift.

- **Seated Leg Curl**

Seated leg curl was a strength training exercise used for strengthening hamstring muscles.

- **Machine Chest Press**

Machine chest press was an exercise performed on a device designed to work the chest muscles. Most gyms have chest press machines. Students will have a seat to sit on or a bench to lie down on. When the students will on the machine, he/she presses away from the body with his hands on two handles in front of the chest. The amount of resistance was determined by the number of weight plates that were chosen by the user.

- **Seated Machine Row Rear Deltoids**

A seat was pressed at a low position the students will sit on the seat with chest against pad and grasped upper handles

## CONCLUSION

The game of Volleyball demands a high level of fitness that will enable the players to run strongly, to move quickly off the mark in any direction to control, to pass accurately and to tackle efficiently throughout the game. Volleyball requires a fairly high standard of physical fitness along with skills. Since the game of Volleyball is played for 90 minutes (if necessary, an extra period of 30 minutes in the match ends in a draw in knock out tournament) it demands a high level of physical fitness and the training programme should be planned accordingly. Hence speed, power, strength, endurance, agility, cardio respiratory endurance are essential qualities required to developed by all players. For good performance in any sports the standard of fitness is basic requirement. The explosive training will help to an enthusiastic character and motivated involvement in active participation of the Tribal Volleyball players.

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