

Stars and Little Girls Volleyball Team Force Talon Comparison of Athletes

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Abstract

Before and after the age of puberty the child's sporting events on a regular basis can provide a healthy development of the physical structure. In this study, by measuring the differences between the different categories determine the forces fighting claw infrastructure athletes, sports clubs who are struggling in different categories for the pursuit of physical development of infrastructure to benefit athletes, national and international athletes in the same age group, the other is intended to inform the people who study this issue by making a comparison.

The research group, in the province of Kocaeli, Kocaeli Metropolitan Municipality Sports Club Stars and Little Girls Volleyball Teams in the paper used average age of the athletes (15.1 ± 0.73) and the 10 star girl athletes (12.6 ± 0.69), 10 Little girl are a total of 20 people, including athletes. The data corresponding to the children's training computer days, and by informing the application of the test by showing collected. Measurement hand dynamometer (hand grip) and realized. Subjects after a 15-minute warm-up, while standing arm twist the measurement without contact with the body and the arm was measured during 15 degree angle to the body. This was again the dominant hand two times and the highest value was used. Data analysis, SPSS 19 package program has been analyzed by Mann-Whitney U test, the mean and standard deviation values are measured. As a reference value $P < 0.05$ was used. Girls 'volleyball team volleyball star claw forces people participated in the study (10), the mean and standard deviation (26.70 ± 3.29), little girls' volleyball team, contact (10), the mean and standard deviation (21.43 ± 5.53) and the p-value (0.011), respectively. A significant difference between the two groups were measured grip strength ($P < 0,05$).

Participated in the study, star volleyball player volleyball girls little appears to have higher values than girls. The reason for this, despite the star from being about the same as the entree out training plan to complete the development of volleyball in the muscular system so it is thought that these values are higher than the tiny volleyball.

Keywords: tiny and star girl, volleyball, hand grip

1. Introduction

In today's life, philosophy, fitness, quality of life, a part of the social activities and is considered one of the most useful. Stable and healthy development of the child's performance in the sport aside from doing regular physical activity has an important place. Before and after the age of puberty the child's sporting events on a regular basis while providing a healthy physical development of the young age structure plays an important role in delaying the physical deterioration of the structure.

Besides the physical development of children's social aspect is also important for the sport. Recognize and be able to communicate more easily with the help of sport around the child realized.

Volleyball worldwide due to its simplicity and appeal to every age group to reach a wide audience. Volleyball for the better in our country is moving quickly. Volleyball games are becoming faster and faster pace. This is also the ability to play a better and more dynamic athlete requires. The acquisition of these skills is not easy. Players are able to offer their skills to the requirements of the game, the technical-tactical decisions, which included physical performance and brain power complex as a whole can to refine (Baan 1987).

Volleyball, as well as all the popular sports in the country has not only a sport for the organizations, companies have been advertising the mission, the masses of naturally added to the development and competitiveness of scientific research, supported by technological developments and investments.

Volleyball game in a limited time without any restriction on the sport played at the same time a jump is a team game (Orkunoğlu 1997). Volleyball, divided by net, 9×18 m on a level playing field is a sport played between two teams of six people. There are different arrangements for special occasions because of the versatility of the game. Goal of the game by passing the ball over the net to the opponent to send and to prevent the opposing team from reaching the same goal. Teams, sending the ball to the opponent has the right to hit the ball three times (out of contact blocks). Playing ball with the inserted service, service to the opponent of the player who sent the net. Game of the ball touching the same area, with the exception continues to go up, or a team to make mistakes. Winning a rally scores a point in volleyball. And served in a number of the receiving team wins the rally, and players will win the right to return to a position in a clockwise direction. The team with 25 points, two points difference set, the third set of the team that wins the match.

Considering that each different sport branch, volleyball and other sports in sport is seen that separates some of the different features. Considered the game of volleyball techniques wrist holds an important place in the force is observed. Finger pass, dunk, techniques such as wrist strength is higher, the service will be advantageous. Past and present power volleyball volleyball transition is observed in the development of recreation.

To maximize the efficiency of sporting, scientific (morphological) properties is of great importance. Anthropometric studies in this direction in physics, from sport to sport body fat and body weight and shape affect the occurrence of clearly stated performance (Acar, 1995).

The technical performance of the key limiting factors in the sport of softball skills and fitness features shown. Fitness parameters alactic endurance and anaerobic power, strength, and vertical leaping ability while limiting elements of performance (Smith and Roberts, 1992).

Force, muscle group tested characteristics. In other words, high grip force in the leg of the person do not need to be high (Açıkada, 1985). Grip static (isometric) shows the measurement of the force. Regular and continuous use of techniques that form the basis of volleyball played an important role finger passes (Frohn, 1999). Grip strength showed significant improvement between the ages of 12 to 18, the highest level reaches 20-30 years of age (Fox, 1988). Fox claw strength, all stated that the determinant of the force.

There are three forms of the force is in terms of the importance of volleyball. These are static, dynamic and amortized forms of force. Unchanged throughout the force produced by the muscles against resistance to static force, dynamic force, the force of the muscle length shortened as a result of the collection, is amortized force, as a result of prolonged muscle force. Use of force in these three studies are required Volleyball (Karacabey and Paşaoğlu, 2011).

Before and after the age of puberty the child's sporting events on a regular basis can provide a healthy development of the physical structure. In this study, by measuring the differences between the different categories determine the forces fighting claw infrastructure athletes, sports clubs who are struggling in different categories for the pursuit of physical development of infrastructure to benefit athletes, national and international athletes in the same age group, the other is intended to inform the people who study this issue by making a comparison.

2. Materials and Method

Assessment Group

The research group, in the province of Kocaeli, Kocaeli Metropolitan Municipality Sports Club Stars and Little Girls Volleyball Teams in the paper used average age of the athletes (15.1 ± 0.73) and the 10 star girl athletes (12.6 ± 0.69), 10 Little girl are a total of 20 people, including athletes.

Assessment of Hand Dynamometer

The data corresponding to the children's training computer days, and by informing the application of the test by showing collected. Measurement hand dynamometer (hand grip) and realized. Subjects after a 15-minute warm-up, while standing dominant hand and twist the handle to the measurement without contact with the body, the arm was measured during 15 degree angle to the body. This was again the dominant hand two times and the highest value was used.

Statistical Analysis

Data analysis, SPSS 19 package program has been analyzed by Mann-Whitney U test, frequency, percentage, mean and standard deviation values are measured. As a reference value $P < 0.05$ was used.

3. Results

Table 1. Values Ages indicates the frequency and percentage of the groups participating in the study

Age	N	%
12	5	25
13	4	20
14	5	25
15	6	30
Total	20	100

According to the information above, the age group that participated in the study (12), the frequency value (5), the percentage value (25), age (13), the frequency value (4), the percentage value (20), age (14), the frequency value (3), the percentage value (15), age (15), the frequency value (4), the percentage value (20), age (17), the frequency value (4), the percentage value (20), respectively.

Table 2. Mean age and standard deviation of the groups participating in the study indicates

Groups	N	X±S.s
Stars Girls	10	15,1±0,73
Little Girls	10	12,6±0,69

According to the information above, star girl of 10 persons, the standard deviation of the mean age (15.1 ± 0.73), little girl of 10 persons, the standard deviation of the mean age (12.6 ± 0.69), respectively.

Table 3. People participating in the study groups Force Talon, mean and standard deviation with the p-values

Groups	N	X±S.s (kg)	P
Stars Girls	10	26,70±3,29	0,011*
Little Girls	10	21,43±5,53	

Girls surveyed by the stars above information, contact (10), the mean and standard deviation (26.07 ± 3.29), little girl of 10 people, average, and standard deviation (21.43 ± 5.53) and the p-value (0.011), respectively. According to statistical data of the two groups $p < 0.05$ level, significant differences were found.

4. Discussion and Conclusion

Subjects Kocaeli Metropolitan Municipality Club participated in training sessions on a regular basis its licensed history and stars girl's volleyball girls volleyball team of 10 athletes from 10 sports with a tiny paw measured forces are compared and statistically interpreted. Strength training for athletes in force for the development of infrastructure as much as possible is recommended to use your own body weight. Promptness and continuity of motion to the right in order to achieve the best results and the use of methods of strength training is an important consideration for the purpose.

Girls 'volleyball team volleyball star claw forces people participated in the study (10), the mean and standard deviation (26.70 ± 3.29), little girls' volleyball team, contact (10), the mean and standard deviation (21.43 ± 5.53) and the value P (0.011), respectively. A significant difference between the two groups were measured grip strength ($P < .05$). In our study, we found little volleyball women's volleyball star values is observed that higher values than females.

Advocate, Y., Parker, A., Ramazanoğlu, F., Karahüseyinoğlu, MF, Harvesters, YS Grip strength measurement of the work in 2004 "beanie" brand hand dynamometer (Hand Grip) and have done it. The subjects warmed up for 5 minutes and then record the force values measured in kilograms, and have the best value. Working Young (30), Star (36), Little (32) Men's Basketball team athletes implemented. As a result of contact with young men (32), the mean and standard deviation (37.07 ± 6.590); Star Female person (36), the mean and standard deviation (49.01 ± 4.12); Young Female person (30), the average and the standard deviation (57.40 ± 6.56) as found. Age categories are in line with the growth of our study to increase the force.

Caucasian, ME, in 2008, the measurement of grip strength study "Taken" brand electronic hand dynamometer measured. Dominant subjects with handles made of two times, and the data obtained from measurements on the degrees of the highest recorded in kilograms. Working Stars National (10) and Star Amateur (10) Men's Badminton athletes applied. As a result of Star National contact (10), the mean and standard deviation (18.43 ± 4.16); Star Amateur (10), the mean and standard deviation (13.97 ± 1.05) as found.

Black, M., claw force measurement study in 2006 "beanie" brand hand dynamometer (Hand Grip) served with. Working 10 to 12 age group, the test (20) and control group (20) was applied to a total of 40 male athletes. At the end of the 12-week training grip strength was measured. After a five minute warm-up, the subject and the body while standing up without bending the arm measurement when the measurement of the angle without touching the arm from the body 45° . Was repeated three times and the highest value used. As a result of the test persons (20), the mean and standard deviation (15.27 ± 2.79), the control persons (20), the mean and standard deviation (13.30 ± 1.66) as found.

Polat, Y., and Advocate, Y. In April 2003 the pre-test and post-test study of 10-12 years women's volleyball grip strength measurements (15.99 ± 3.12) - (16.49 ± 3.10) were found.

Compared to our study in terms of the values obtained, corresponding to the same age group athletes have higher values observed that patients with hand grip strength. This is the era of targeted and purposeful development of the effects of different training methods can be interpreted as the sub-structure may show variability in athletes.

It is seen that increased today than in years past values of the hand dynamometer measurements is obvious. It would be a proper approach to connect the developing science of training. Conscious than in years past coaches trained athletes has been observed that more structured and based on scientific data. This physical athletes higher capacity and higher performance level is causing them to rise.

Also the international position of our country where women's volleyball as compared to previous years has demonstrated refers to the development. Past and present the amazing way in which these changes are expected to be the result of women's volleyball. Little volleyball volleyball star at the beginning of the developmental stages of individuals seems to be nearing the end of development stages. This is to complete the development of the young-star volleyball muscular system, so these values from being about the same despite the entrance of the training plan to be a little higher explains volleyball.

Both teams plyometric training method was applied only in terms of the force were also observed entree. This shows us that the difference in age and developmental stage refers to differences in effective muscle development. Grip strength in the values used were lower than the reference values. In this sense, the extra work and training can be applied by athletes. Players in terms of personal development, to achieve the desired level of individualisation of training can be provided in the technical dimension. As a result, players may be easier to develop individual skills. Scrape the player more than the strength of the wrist and arm strength as a passer on the players to do extra training can be provided.

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