

## The Effects of Training Load on Some Selected Fitness Variables in the Case of U-17 Female Volleyball Project Players, Central Ethiopia

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**Abstract :** The aim of the study was to examine the effects of training load on some selected fitness performance variables of volleyball players in the case of U-17 female volleyball project players in the central Ethiopia region. Methods: In this study, quasi-experimental design was used. For the purpose of this study, twenty-three volleyball players were used as a subject from the two projects. The data collected through fitness performance assessment were analyzed and interpreted into a meaningful idea using manually as well as with computer in order to compare physical fitness variables and changes observed among participants. Those are taking part in the effects of training load on some selected physical fitness variables. The collected data were analyzed by means of the Statistical Package for Social Science version (SPSS V 20). The independent t-test was used to show the mean differences between the groups, and the paired T-test was used to compare the mean differences of the pre and post-training within each group. The level of significance will be set at Alfa 0.05. Results: The results are displayed using tables and figures. A significant difference was found in the mean differences of pre-test values (19.7 cm) and post-test values (37.5 cm) of the Durame city project on the flexibility test (MD =17.8 cm, P = 0.00). On the other hand, there was a significant difference in the mean difference of pre-test values of (18 cm) and post-test values (26.3 cm) of the Hosana city project on the flexibility test ( MD = 8.3 cm, P = 0.00). Conclusion: According to the results of the present studies, there were significant improvements from pre to post-test at Durame City and Hosana City projects on agility, flexibility, power, and speed fitness tests. On the other hand, a significant difference was not found before beginning the exercise between the two projects; however, a significant difference was found after 12 weeks of training.

**Keywords :** overload, performance, training, volleyball

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