

عنوان مقاله:

Relationship between Temporal Variables and Rate of Force Development during Block Jump Skill in Junior Volleyball Players

محل انتشار:

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خلاصه مقاله:

There are controversies among the researchers with respect to relationship between rate of force development (RFD) and temporal variables. So the aim of this research was to determine relationship between temporal variables and RFD during block jump skill in junior volleyball players. Twenty one junior male volleyball players of national team participated in this study. Block jump, consisting of an eccentric phase following by an immediate concentric action was performed by participants. The temporal and RFD variables data for the best of three Block jumps were exported and analyzed with the force platform system (Kistler® force platform, 1000 Hz). Pearson product moment correlation coefficient (r) was employed for the analysis of the relationship between RFD and temporal parameters of block jump using SPSS software ver. ۲۱ ($p < 0.05$). The results showed that none of the variables have significant correlation with initiation phase and peak RFD of concentric phase. Eccentric phase showed correlation with concentric phase, average RFD of eccentric phase, peak RFD of eccentric phase, and peak RFD of eccentric phase and average RFD of eccentric phases well as average RFD of concentric phase. Concentric phase showed correlation with average RFD of eccentric. Average RFD of eccentric phase also presented correlation with peak RFD of eccentric phase and average RFD of concentric phase. Findings of the present study would be useful for volleyball trainers and coaches who desire to monitor and enhance their athletes' jump performance.

کلمات کلیدی:

Temporal Variables, RFD, Block Jump, Volleyball

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