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A STUDY OF CORRELATION BETWEEN COORDINATIVE ABILITY AND PERFORMANCE OF WOMEN VOLLEYBALL PLAYERS

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ABSTRACT

The present study is survey type study where the survey was conducted on female players of Kurukshetra district. Various coordinative abilities such as agility, differentiation ability, rhythmic ability, lateral movement ability and flexibility of the volleyball players were measured through zig-zag run test, control run test, rhythmic ability test, side step test and bend and reach test respectively, where as volleyball playing ability of female players were measured through petry volleyball playing ability test. Based on the result it was concluded that there was an average positive and significant correlation existed between components of coordinative ability with the volleyball playing ability of female volleyball players.