

# Innovations

## Impact of Women Volleyball Project Development among Some Selected Zones of Central Ethiopia Region

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### **Abstract**

*This study aims to investigate the impact of women volleyball project development among some selected zones of central Ethiopia region. The researcher applied both quantitative and qualitative approach which was based on the descriptive survey design, collecting quantitative data from women's volleyball project athletes (n=30) with a mean age of 15-17 years through a self-reported questionnaire. The study was conducted in Kambata and Hadiya Zone of central Ethiopia region. The total population in two projects sixty (60). From those total population the researcher was select fifteen (15) female players from each project which was thirty (30) athletes were selected through simple random sampling technique and two office experts, two coaches and two (2) office managers selected through purposive sampling totally thirty six (36) subjects were the sample of the study. Data was collected through questionnaire and interviews. The result of data was show that there was gap in availability of human power particularly based on the mean value data was replied gap in availability of active women's youth volleyball project in selected zones, Women's volleyball project woradas not appropriately selected, lack of availability of facilities particularly well organized & constructed training centre for the project and as mean value that majority of respondent was strongly disagreed and disagreed on that of availability of well-educated team coaches available in a project and coaches not dedicated & update him, lack of awareness of the community, interest from players, lack of scientific approach and skilled training from the coach for volleyball project. And lack of availability of experienced sport experts and there was poor structure of volleyball project development that challenges women's volleyball project development of Central Ethiopian region. From the findings of this study, the following recommendations were made for policy and practice: It is better to create awareness, minimize gap in availability of human power and organized active women's youth volleyball project in selected zones, It is recommended that select appropriate site for project development, well-educated team coaches was advisable in a project in order to enhance or*

*develop the programs. Project coaches should be dedicated & update him in order to develop women's volleyball project,*

**Keywords:** Impact, project development, volleyball, women youth sport.

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## **Introduction**

“Sport for Development (SFD) is a growing research field that uses sports to achieve key outcomes for youth, such as learning, health, empowerment, and protection, among others. Positive youth development (PYD) interventions are widely used to prevent youth substance use and violence. Sports participation can have a significant positive effect on psychological as it enhances personal development not only in physical but also psychosocial domains. Indeed, one of the most important benefits of using sports intervention is the ability to teach life skills that help individuals to be equipped with the tools for handling difficult life situations so they learn to develop more positive perspectives for their own futures. Hence, youth sports programs are essential mechanisms for PYD, as they offer multiple benefits”.

The historical background of volleyball as it's spoken by sport philosophers; man has been done all activities using his hand, rather than his foot. Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone. The object of the game is to send the ball over the net in rider to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact) (FIVB, 2018).

It is also one of the exciting, fast, dynamic and most popular sports in the world which is played by approximately 800 million people with diverse characteristics such as: indoors and outdoors, by the young and the old, by males and females, and by both the able and disable individuals. Furthermore, it is unique among team sports in that it has evolved into two distinct Olympic disciplines: an indoor version featuring six players on each team, and a two person per side outdoor game typically played on sand beach volleyball (Saavedra, 2012).

With regard to its worldwide popularity, many scholars estimated that volleyball ranks second to soccer. In volleyball, there are six positions on the court. Players get to play all six positions. Each time the team gets the ball back to serve, the players rotate one position clockwise. The player in the right back position gets to be the next server. Each team is allowed up to three hits to return the ball; however, the third hit must put the ball over the net (Saavedra & Martha, 2010).

In Ethiopia also volleyball is very popular sport as athletics and football, and it is estimated that more than two million participants are involved. Volleyball is described as a net game. This is to mean that it is a sport that does not involve any physical contact between the athletes and their opponents since the volleyball court is separated by the net. There is the notion circulating that regards women as being considered to be ineffective coaches and that women's sport as a whole has less value than men's sport in result of the ideologies surrounding men and women's capabilities as athletes and leaders (Norman, 2013).

In every year in Kambata and Hadiya Zone, there has been taking place a very interesting some sort of sport competition with both sex in different sport games like football, volleyball, handball, basketball and athletics. Among these females cannot participate with all types of ball games and they are totally out of the competitions with those types of games. But according to UNESCO (2006) participating in many sports and physical activities can lead to feelings to autonomy, competence, and may produce joy, excitement, and other satisfying emotions.

### **Objectives of the Study**

To investigate the impact of women volleyball project development among some selected zones of central Ethiopia region.

### **Significance of the Study**

**This study have the following significance:-**

- The finding of this study may create awareness and common understanding in females' volleyball practice in the Regional level.
- For Government (policy makers) it may help to examine the gap between what is theoretically forwarded by various authorities and the existing practices of females' volleyball.
- It may create good opportunities for the development of females' volleyball project organization in Kambata and Hadiya Zones
- It may motivate stakeholders to take part in the game of volleyball.
- Other researchers who might use this article to borrow ideas on females' volleyball would find it very useful as a source of knowledge and as base for further research.

### **Materials and Methods**

The main Purpose of the study was to investigate the impact of women volleyball project development among some selected zones of central Ethiopia region. Descriptive survey method was designed for this study and the research applied for this study was both a quantitative and qualitative method in nature. The data collected by Questionnaires and interview from employer coaching staff,

player and administrative staff. The survey was cross-sectional in nature and a self-made questionnaire was used to collect the data from the respondents for the impact of women volleyball project development among some selected zones of central Ethiopia region. The measurement scale on each variable is adopted from the different study, modified to suit the research objectives; and measured on five points Likert scale. The target population of this study was selected administrative staff, coaching staff and women volleyball project athletes. (N=36). The researcher selected by using purposive sampling techniques 36 participants were selected from employer and athletes. After all the relevant available data collection, the analysis process was conducted based on the research questions, the data were analysed both quantitatively and qualitatively. The analysis of the data was based on the responses collected through questionnaires and interview; the data collected through close-ended questions was tallied, tabulated and filled in to SPSS (Statistical Package for Social Science version 25) and interpretation was made with percentage, and frequency. To conduct this research, as well as to collect data and information about the variables of the impact of women volleyball project development. The items are assigned a score between 1 and 5 (1= Strongly Disagree, 5 = Strongly Agree). The questionnaire and interview was administered on 36 subjects club employee administrative staff, project athletes and coaching staff. The level of significance is set at 0.05 alpha levels.

**Result and Discussion**

**Table 1. Demographic characteristics of the respondents**

		Frequency	Percent
Age	10-13	3	10
	14-16	15	50
	17-19	12	40
	20 and above	-	-
	Total	30	100
Educational Background	1-3	-	-
	4-6	15	50
	7-9	15	50
	10 and above	30	100
	Total		
Experience	1-3	9	30
	4-6	21	70
	7 and above	-	-
	Total	30	100

As indicated in the above table, shows that the demographic characteristics of the participants in terms of age the results show that the mean age of the participants was 3(10%) between 10-13 years old and about 15 (40%) had Grade 4-6 qualifications and 15 (50%).respondents were grade 7-9 level Regarding experience the majority 21(70%) of the participants was 4-6 years of experience and had only a few of participants was years of experience (between 1-3 years). This was indicated most of players were experienced rather than a few of them.

**Key:** -1=strongly Disagree 2= Disagree 3 = Uncertain 4= Agree 5= strongly agree  
Mean value (M)

**Table.2. Availability of women volleyball project development related questions**

Questions		1	2	3	4	5	Total	Mean
We have active women’s volleyball project in selected site.	F	24	5	-	1	-	30	1.26
	%	80	17	-	3	-	100	
Women’s volleyball project site appropriately selected in our zone	F	18	7	-	5	-	30	1.73
	%	60	23	-	17	-	100	
Currently well-structured women’s volleyball project site	F	21	9	-	-	-	30	1.3
	%	70	30		-	-	100	
A good status of volleyball project development in our zone	F	24	6	-	-	-	30	1.2
	%	80	20	-	-	-	100	
Poor structure of volleyball project development in our zone.	F	-	3	-	9	18	30	4.4
	%	-	10	-	30	60	100	

Table 2 presents the results of the questions related to assessing the availability of women volleyball project development related questions. Regarding the availability of active women’s volleyball project in selected site. The results reveal that 24 (80%) respondents were responded strongly disagreed on the availability of active women’s volleyball project in selected site, 5 (17%) were responded disagreed while a few which was 1 ( 3%) was responded agreed.. This implies as mean value (M=1.26) large number of respondents were indicated there was gap in availability of active women’s volleyball project in selected site .Regarding Women’s volleyball project site appropriately selected 18 (60%) were responded strongly disagreed, 7 (23%) responded disagreed and 5 (17%) were responded agree. This was showed as mean value (M=1.73) that Women’s volleyball project site not appropriately selected. On the other hand currently well-structured women’s volleyball project site 21 (70%) were responded strongly disagreed 9 (30%) were disagreed about the availability of well-structured women’s volleyball project site. The result of data was indicated as mean value (M=1.3) well-structured women’s volleyball project site was not available challenges the development of project programs.

The result in Table 2, in terms of A good status of volleyball project development, 24 (80%) were responded strongly disagreed about status of volleyball project development, While 6 (20%) were responded disagreed regarding about status of

volleyball project development. This implies the majority of respondent were indicated about status of volleyball project development as mean value (M=1.2) indicated women’s volleyball project were poor status. The result in above table regarding Poor structure of volleyball project development.18 (60%) were responded strongly agree that there was Poor structure of volleyball project development, was 9 (30%) were responded agreed on that of Poor structure of volleyball project development. This was showed that large numbers of respondents were strongly agree that Poor structure of volleyball project development and as mean value (M=4.4).

Finally based on the mean value the result of the above data was showed that there was gap in availability of active women’s volleyball project in selected site, Women’s volleyball project site not appropriately selected, women’s volleyball project were poor status. And there was poor structure of volleyball project development that challenges women’s volleyball project development of Central Ethiopian region.

**Key:-**1=strongly Disagree 2= Disagree 3 = Uncertain 4= Agree 5= strongly agree  
Mean value (M)

**Table.3 Availability of facility and equipment related questions**

Questions		1	2	3	4	5	Total	Mean
Well organized & constructed training centre for the project in our zones.	F	21	9	3	-	-	30	1.6
	%	70	30	-	-	-	100	
Well-equipped materials with good setup for the project.	F	24	6	-	-	-	30	1.2
	%	80	20	-	-	-	100	
Lack of facilities for women’s volleyball project in selected site	F	-	-	3	12	15	30	4.4
	%	-	-	10	40	50	100	
Women’s volleyball project supported by sport office.	F	6	18	6	-	-	30	2.0
	%	20	60	20	-	-	100	
Sufficient balls and other relevant sport wears are appropriately supported by sport office for training.	F	24	6	-	-	-	30	3.7
	%	80	20	-	-	-	100	

In relation to the opinion of the respondents on the availability of facilities particularly well organized & constructed training centre for the project 21 (70%) respondents who responded strongly disagreed, 9 (30%) disagreed on the

availability of well organized & constructed training centre for the project. This implies as the mean value (M=1.6) large number that was majority was strongly disagreed and disagreed rather than subjects were agreed about availability of well organized & constructed training centre for the project. Regarding well equipped materials with good setup for the project 24 (80%) strongly disagreed, 6 (20%) disagreed. This was indicated based on the mean value (M=1.2) data forwarded by respondent's lack of well-equipped materials with good setup for the project challenges volleyball development. On the other hand well lack of facilities for women's volleyball project in selected site 15 (50%) were strongly agreed that lack of facilities for women's volleyball project in selected site, 12 (40%) were agreed and the remaining 3 (10%) were replied Uncertain. This implied that as mean value (M=4.4) lack of facilities for women's volleyball project in selected site have an impact on challenges volleyball project development.

In terms of women's volleyball project supported by sport office 6 (20%) respondents were strongly disagreed, 18 (60%) disagreed respectively, and 6 (20%) were Uncertain. This implied that as mean value (M=2.0) lack of support from sport office women's volleyball project. Questions related to sufficient balls and other relevant sport wears are appropriately supported by sport office for training 24 (80%) strongly disagreed, 6(20.0%) disagreed. This was indicated based on the mean value (M=3.7) data forwarded by respondent's there was lack of sufficient balls and no support of other relevant sport wears from sport office.

Finally I concluded that based on the mean value majority was disagreed and strongly disagreed on the availability of facilities particularly well organized & constructed training centre for the project, majority was strongly disagreed and disagreed rather than subjects were agreed about availability of well organized & constructed training centre for the project lack of facilities for women's youth volleyball project in selected site, lack of support from sport officewomen's youth volleyball project and there was lack of sufficient balls and no support of other relevant sport wears from sport office challenges women's volleyball project development of Central Ethiopia region.

**Key:-**1=strongly Disagree 2= Disagree 3 = Uncertain 4= Agree 5= strongly agree  
Mean value (M)



**Table.4. Professional human power related questions**

Questions		1	2	3	4	5	Total	Mean
Well educated team coaches is available in a project	F	21	6	-	3	-	30	1.5
	%	70	20	-	10	-	100	
The project coaches dedicated & update him in order to develop women's volleyball project.	F	18	9	3	-	-	30	1.5
	%	60	30	10	-	-	100	
Experienced sport experts participated and follow up women's volleyball project during training.	F	15	3	-	12	-	30	2.3
	%	50	10	-	40	-	100	
Scientific approach and skilled training from the coach.	F	6	18	6	-	-	30	2.0
	%	20	60	20	-	-	100	
Coaches helps the athlete's to excel on their performances	F	12	15	-	3	-	30	1.8
	%	40	50	-	10	-	100	

According to professional human power related questions particularly well educated team coaches is available in a project 21 (70%) majority of the respondents were strongly disagreed, 6(20%) were responded disagreed and 3 (10%) responded agreed, This implied as mean value (M=1.5) the large number of respondent was strongly disagreed and disagreed on that of well-educated team coaches was not available in a project. The project coaches dedicated & update him in order to develop women's volleyball project 18 (60%) strongly disagreed, 9 (30%) were replied disagree, a few number respondent that was of 3 (10%) were responded Uncertain This implied that as mean value (M=1.5) project coaches not such much dedicated & update him in order to develop women's volleyball project.

On the other hand experienced sport experts participated and follow up women's volleyball project during training 15 (50%) respondents were disagreed and 3 (10%) neutral and 12 (40%) were responded Agreed. This was indicated that even if 12 (40%) of respondents agreed on experienced sport experts participated and follow up women's volleyball project during training but as mean value (M=2.3) half of them was show the gap on experienced sport experts follow up the project that has an impact on Women's volleyball project of those selected zones. While Scientific approach and skilled training from the coach for the project 6 (20%) strongly disagreed and neutral respectively, 18 (60%) were responded disagreed,

this implied that as mean value (M=2.0) lack of scientific approach and skilled training from the coach for volleyball project.

Regarding coaches helps the athlete's to excel on their performances 12 {40%} respondents were replied strongly disagreed 18 (60%) were responded disagreed and a few of them that was 3 (10%) subjects was replied agreed. This implies as mean value (M=1.8) majority of the respondent strongly disagreed and disagreed on coaches helps the athlete's to excel on their performances of project players.

Base on the data of result and as mean value that I concluded that large number of respondent was strongly disagreed and disagreed on that of availability of well-educated team coaches was available in a project and on other hand others disagreed and strongly disagree regarding project coaches dedicated & update him in order to develop women's volleyball project, lack of scientific approach and skilled training from the coach for volleyball project. And lack of availability of experienced sport experts participated and follow up women's volleyball project during training respondent strongly disagreed on coaches helps the athlete's to excel on their performances of project players was impact on the development of volleyball project in those zones.

**Key:**-1=strongly Disagree 2= Disagree 3 = Uncertain 4= Agree 5= strongly agree  
Mean value (M)

**Table.5. Statements related to Athlete's interest and perception**

Questions		1	2	3	4	5	Total	Mean
Athletes are appropriately selected in women's volleyball project.	F	18	12	-	-	-	30	1.4
	%	60	40	-	-	-	100	
Athletes are aware and interested to participate in volleyball sport.	F	-	18	-	9	3	30	2.9
	%	-	60	-	30	10	100	
Athlete's family support their women's participate in volleyball project	F	12	9	3	6	-	30	2.1
	%	40	30	10	20	-	100	
The community interested in women's volleyball project development.	F	6	3	-	21	-	30	3.2
	%	20	10	-	70		100	
The athletes are actively attended the training program based on the schedule of the project	F	15	6	-	9	-	30	2.1
	%	50	20	-	30	-	100	

The result in above table, in terms of questions related to Athletes are appropriately selected in women's volleyball project 18 (60%) were strongly disagreed, 12(40%)

were responded disagreed on that Athletes are appropriately selected in women's volleyball project were responded disagreed. This implies based as mean value ( $M=1.4$ ) on the data athletes were lack of interest not appropriately selected in order to participate on the project. On other hand Athletes were aware and interested to participate in volleyball sport 18 (60%) were replied strongly disagreed. 9 (30%) were responded agree and the remaining few that was 3(10%) replied strongly agreed. This was implied that as mean value ( $M=2.9$ ) even if few of the Athlete's was interested and perception related questions were agreed on awareness and interested to participate in volleyball sport a lot of respondents responded they were disagreed and strongly disagreed.

The result in above table regarding Athlete's family support their youth women's participate in volleyball project 12 (40%) of the participants were strongly disagreed,9(30%) were replieddisagreed,3(10%) neutral and 6(20%) were agreed that Athlete's family support their youth women's participate in volleyball project .This was show that as mean value ( $M=2.1$ ) lack of support from family athletes to participate effectively in training of the project.

Questionnaire related to the community interested in women's volleyball project development 6 (20%) respondent were responded strongly disagreed, 3 (10%), While 21 (70%) respondent were responded agreed. The mean value (3.2) was show that to some extent players were have awareness gap regarding community interests women's volleyball project development. The athletes were actively attended the training program based on the schedule of the project 15 (50.0%) of the participants were responded strongly disagreed, 6(20.0%) were disagreed, 9(30.0%) of the participant were responded neutral. while a lower number of participant that was 6(10.0%) were responded agreed. The above information of data as mean value ( $M=2.1$ ) were indicate majority of respondents were strongly disagreed and disagreed regarding athletes interests, lack of support from family athletes to participate effectively in training of the project. Awareness gap regarding community interests women's volleyball project development and athletes were actively attended the training program based on the schedule of the project challenges the development of the project in selected zones of the study.

**Table.6. Statements related to the Position of respondent**

		Frequency	Percent
<b>Valid</b>	Office manager	2	33.3
	Coach	2	33.4
	Experts	2	33.3
	Total	6	100

The above table show that the demographic characteristics of the participants regarding the position of respondents 3(33.3%) were sport office managers, coach and experts respectively.

**Analysis of interview**

Youth program quality refers to the structure and processes within a program that is intentionally designed and implemented to promote project outcomes. Researchers argue that program quality, encompassing essential functions, behaviours, and actions is the best predictor of positive developmental outcomes. Using program quality is recommended when evaluating sports programs to ensure that youth who participate in a program achieve positive developmental outcomes. Thus, using program quality in studies to assess outcomes associated with participation in youth development programs is an important exercise various process features are identified by researchers as determinants of volleyball development outcomes, including opportunities to belong, positive social norms, and supportive relationships, among others. It is also important that a suitable training environment, opportunities for broader physical, personal, social skill development, and the presence of supportive interactions are evident.

Questions related coach to practice continual professional development and should be striving to better their abilities the respondents there was gap in practice continual professional development. Regarding having a good relationship between the coach and sports officer is a win-win situation for everyone. The respondents responded there was no win -win situation approaches. In terms of the current challenges of your volleyball project there was lack facility and equipment problems. Even if the volleyball project available in our zone which was not currently active of above challenges and coaches and sport officers not dedicated askilfully due to knowledge gap. Similarly a lot of challenges that faced the development of volleyball project.

## Discussion

The aim of the present study is to investigate the impact of women volleyball project development among selected zones of Central Ethiopia region. An original research model (conceptual framework) has been designed, incorporating a number of the most well-known impacts of women volleyball project development. In this research study, the researcher applied both quantitative and qualitative approach which was based on the descriptive survey study method. Survey method could be adapted to collect generalized information from any known human population (Selltiz et al, 1959 cited in Metalegen, 2005), survey design provides quantitative or numerical description of trends, attitudes or opinions of a population by studying a sample of it (Creswell, 2003) or survey methods are extremely efficient in terms of providing large amount of data at a relatively low cost in a short period of time and has come to be virtually synonymous with scientific methodology (Smith, 1975 cited in Metalegen, 2005).

According to the data from regional and two zones document review there were two (2) female volleyball projects were available. Which was found in Kambata and Hadiya zone. In those two (2) project totally thirty (30) players, two (2) coaches, two (2) Office manager and two (2) Experts totally thirty six (36) populations were available. From Kambata zone: Doyo Gena project 15 female players and Hadiya Zone Gomboraworeda project 15 female players and three (2) male coaches are available. In addition to this two sport office experts and office leaders selected from two zone two woredas totally six (6) individuals are participated as subject of the study. In order to inference the study, all selected populations were participated and which was equal thirty six (36) populations.

The sources of data for this study was both primary and secondary sources. The primary sources of data for this study were responses from female volleyball project players, office managers, coaches and government office experts. The secondary sources were zone records or documents consisting of competition plans, action researches, minutes and feedback documents.

Questionnaires were employed as a primary data collection tool that can collect the necessary quantitative and qualitative data from the respondent's. The study was used self-made rating scale questioners. In order to check clarity, reliability and validity of the questioners the researcher conducted. The questioners were prepared for both coaches and project players of volleyball in both Kambata and Hadiya zone. The questionnaire has two sections; the first section contains the demographic characteristics of the respondents and the second section of the questionnaire was designed to enable the researcher to gather about the problem and to suggest remedy. The researcher accept as true that the information obtained

from the questionnaires was not enough to finalize the study, particularly to describe challenges as it is, it was necessary to have a face to face contact with important people to take more information that may not be obtained otherwise. To generate necessary data semi structured interview would be utilized.

### **Conclusion**

This study was engrossed the impact of women volleyball project development among some selected zones of central Ethiopia region. Identified by the researcher from the sources of literature review and the results of the questionnaire and interview in coaching staff, player, office managers and experts of Doyo-Gena and Gomboraworade of women volleyball project development. And the research concludes that the player opinion of the problems of the impact of women volleyball project development and the recommends the relevant solutions.

- ❖ The result of data was show that there was gap in availability of human power particularly based on the mean value the result of the above data was replied there was gap in availability of active women's volleyball project in selected site, Women's volleyball project site not appropriately selected ,women's volleyball project were poor status. And there was poor structure of volleyball project development that challenges women's volleyball project development of central Ethiopian.
- ❖ Regarding the facilities based on the mean value majority was disagreed and strongly disagreed on the availability of facilities particularly well organized & constructed training center for the project, majority was strongly disagreed and disagreed rather than subjects were agreed about availability of well organized & constructed training center for the project lack of facilities for women's volleyball project in selected site, lack of support from sport office women's volleyball project and there was lack of sufficient balls and no support of other relevant sport wears from sport office challenges women's volleyball project development of Central Ethiopia.
- ❖ Base on the data of result and as mean value that I concluded large number of respondent was strongly disagreed and disagreed on that of availability of well-educated team coaches was available in a project and on other hand others disagreed and strongly disagree regarding project coaches dedicated & update him in order to develop women's volleyball project, lack of scientific approach and skilled training from the coach for volleyball project. And lack of availability of experienced sport experts participated and follow up women's volleyball project during training respondent strongly disagreed on coaches helps the athlete's to excel on their performances of project players was impact on the development of volleyball project in those two zones.

- ❖ The athletes were actively attended the training program based on the schedule of the project of the participants were responded strongly disagreed, and disagreed, some of the participant were responded neutral. While a lower number of participant were responded agreed. The above information of data as mean value (M=2.1) were indicate majority of respondents were strongly disagreed and disagreed regarding athletes interests, lack of support from family athletes to participate effectively in training of the project, Awareness gap regarding community interests, Women's volleyball project development and athletes were actively attended the training program based on the schedule of the project challenges the development of the project in selected zones of the study.

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