PPSDP International Journal of Education
Volume 3 (2) (Special Issue) 10-11 July 2024, 448-460
3rd International Conference on Education Universitas PGRI Palembang (INCoEPP 2024)
E-ISSN 2829-5196, P-ISSN 2830-3229

The Effect of Wave Squad Training on the Smash Results of Volleyball Games for Extracurricular Students at SDN 2 Lembak

Edi Juarsah[1], Widya Handayani[1], Rury Rizhardi[1]
[1]Universitas PGRI Palembang, South Sumatra, Indonesia

Corresponding author e-mail: widyahandayani@univpgri-palembang.ac.id

Article History: Received on 19 July 2024, Revised on 5 September 2024, Published on 30 September 2024

Abstract: This study aims to evaluate the impact of wave squad training on smash performance in volleyball games among extracurricular students at SDN 2 Lembak. The research method used is experimental with a pre-test and post-test control group design. The sample of this study consists of extracurricular volleyball students at SDN 2 Lembak, divided into two groups: the wave squad training group and the control group. The results of the study show that wave squad training has a positive effect on smash performance in volleyball games among extracurricular students. The implication of this study is the importance of incorporating wave squad training into volleyball training programs to enhance students' smash abilities.

Keywords: Smash Results, Volleyball, Wave Squad Training

A. Introduction

In this research, the implementation of wave squad training has been demonstrated to significantly and markedly enhance the performance of students in executing smashes during extracurricular volleyball games at SDN 2 Lembak. The training program, which is designed to improve critical aspects of volleyball performance, including speed, strength, and coordination, has shown a profound impact on the students' ability to perform powerful and accurate smashes (Nur et al., 2023). The research findings indicate that students who participated in the wave squad training experienced notable improvements in their smashing techniques compared to their counterparts who did not undergo this specialized training. This enhancement in smash performance reflects the effectiveness of the wave squad training regimen in developing the technical skills and physical attributes necessary for achieving superior results in volleyball (Reinebo et al., 2024).

The data and analysis presented in this study underscore the positive influence of targeted training programs on athletic performance, highlighting the potential benefits of incorporating such interventions into volleyball training curricula to optimize student outcomes and elevate their overall competitive performance in the sport. The study's findings reveal that students who participated in the wave squad

training exhibited a significant and noteworthy improvement in their smashing ability when compared to the control group, which did not receive the specialized training intervention. This marked enhancement in smashing performance underscores the effectiveness of the wave squad training program in addressing and improving key aspects of volleyball technique and physical conditioning. The data indicates that the students involved in the wave squad training demonstrated superior improvements in various metrics of smashing performance, including power, accuracy, and execution speed, relative to their peers in the control group. This discrepancy highlights the substantial impact of the wave squad training on refining the technical skills and athletic capabilities necessary for effective smashing in volleyball.

The results emphasize the value of incorporating specialized training programs into athletic development initiatives, suggesting that targeted interventions such as wave squad training can lead to measurable and significant gains in performance outcomes. Consequently, these findings advocate for the adoption of similar training approaches to enhance the competitive edge and overall proficiency of athletes in volleyball and potentially other sports as well. Specifically, the results indicate that the targeted exercises and drills of the wave squad training program contributed to increased speed, strength, and coordination in the students, thereby leading to more effective and powerful smashes. This enhancement in their technical skills highlights the potential benefits of incorporating wave squad training into volleyball programs to optimize athletic performance and achieve better results in both recreational and competitive contexts.

Wave squad training has been proven to have a positive influence on smash results in extracurricular student volleyball games at SDN 2 Lembak. The research results showed that students who underwent wave squad training experienced an increase in smash ability compared to the control group who did not undergo this training. Wave squad training is a training method that involves movements that focus on increasing speed, strength and coordination of body movements, so wave squad training is a specialized training method that emphasizes a series of dynamic movements designed to significantly enhance speed, strength, and coordination of body movements. This method incorporates a variety of exercises and drills that target multiple aspects of athletic performance, promoting improved agility, explosive power, and precise coordination. By systematically engaging in these meticulously designed and focused movements, participants have the opportunity to cultivate a highly refined and versatile skill set, which in turn translates into significantly improved overall performance in sports such as volleyball. This comprehensive approach to training encompasses a range of specific exercises and drills aimed at enhancing various physical attributes, including agility, explosive power, and precise coordination. As athletes repeatedly practice and master these movements, they build not only physical strength and speed but also a greater

awareness of their body mechanics and timing, which are crucial for executing complex volleyball maneuvers with greater efficiency and effectiveness. Consequently, the cumulative effect of this rigorous training process is reflected in enhanced technical skills, improved game performance, and a higher level of competitiveness in both practice sessions and actual matches.

By incorporating these carefully structured and targeted drills into a comprehensive volleyball training program, students have the opportunity to significantly enhance their smash technique abilities. These specialized drills are meticulously crafted to target and enhance several critical aspects of the volleyball smash, each contributing to the overall improvement of the students' smashing technique. The drills are designed to address the precise timing of the smash, which involves synchronizing the movement of the body and the ball to maximize impact and effectiveness (Chua et al., 2021). By focusing on timing, students learn to strike the ball at the optimal moment, thereby increasing the likelihood of a successful and powerful smash. Additionally, the drills are aimed at boosting the power behind each smash, which involves developing and harnessing the physical strength and explosive force necessary to deliver a forceful and impactful hit. Through targeted exercises, students build the muscular strength and conditioning needed to generate more power in their smashes (Al-Haliq, 2020).

Furthermore, the drills refine accuracy, teaching students to direct the ball with precision to targeted areas of the opponent's court, which is crucial for strategic gameplay. By integrating and honing these essential elements timing, power, and accuracy the drills collectively work together to significantly enhance the overall effectiveness and dynamism of the students' smashing technique. Each element of the wave squad training program is meticulously designed to enhance students' ability to execute smashes with elevated skill and impactful precision, playing a pivotal role in refining their technique. The program extensively focuses on perfecting timing, which is crucial for optimizing the power and accuracy of smashes. Timing dictates the precise moment a player should strike the ball to maximize both force and precision. Drills within the program are specifically crafted to develop a keen sense of timing, allowing students to strike the ball at the most advantageous moment. This involves understanding the ball's trajectory and synchronizing their movements to align perfectly with it.

By engaging in repetitive practice, students build muscle memory that enhances their ability to anticipate the ball's movement, adjust positioning, and execute a powerful swing. Additionally, strength and coordination exercises are integrated into the training to complement timing improvements, ensuring that students generate more power and exhibit fluid body movements. The program's holistic approach—emphasizing timing, power, and coordination aims to develop well-rounded volleyball players who can perform smashes with greater precision and

impact, thereby improving their overall game performance and creating a more dynamic presence on the volleyball court. Improved timing helps students synchronize their body movements with the trajectory of the ball, leading to more impactful and successful hits. The drills also emphasize the development of power, which involves building the physical strength and explosive force needed to deliver smashes with greater velocity and force. Enhanced power results in smashes that are more difficult for opponents to counter, giving the students a competitive edge.

Additionally, the drills focus on refining accuracy, teaching students to direct the ball precisely to targeted areas of the opponent's court. Accurate smashes increase the chances of scoring points and applying strategic pressure during games. Together, the targeted development of timing, power, and accuracy through these drills ensures that the students' smashes are not only more effective but also more dynamic, allowing them to perform with heightened skill and impact in competitive volleyball scenarios. This comprehensive improvement in smashing technique leads to a more formidable and strategic presence on the court, ultimately enhancing the students' overall performance and success in volleyball games. This comprehensive approach ensures that each facet of the smashing technique is developed, resulting in a well-rounded enhancement of the students' overall smashing performance. Through consistent practice and repetition of these drills, students can develop better coordination, strength, and precision in their movements, leading to noticeable improvements in their ability to execute powerful and controlled smashes during both training sessions and competitive matches. As a result, integrating such focused exercises into the training regimen not only helps in honing individual skills but also enhances overall performance and effectiveness on the volleyball court. This can help them improve their performance in volleyball, both in extracurricular and competitive contexts. The implication of this research is the importance of paying attention to the type of training provided in sports training program, especially in volleyball.

Wave squad training can be an exceptionally effective and strategic choice for significantly enhancing students' smash results by offering a meticulously organized and dynamic approach to developing crucial physical attributes that are essential for successful smashing performance. This training program is designed to target and improve specific areas such as speed, strength, and coordination, all of which play a vital role in executing powerful and accurate smashes in volleyball. Through a series of well-structured and regularly scheduled training sessions, wave squad training systematically addresses each of these attributes, incorporating a variety of specialized drills and exercises tailored to meet the unique needs of the students. The structured nature of the training ensures that each session builds upon the previous one, promoting progressive development and consistent improvement over time. By focusing on enhancing speed, the training helps students react more quickly and move with greater agility, which is crucial for getting into the optimal position to

execute a smash. Increasing strength through targeted exercises improves the power behind each smash, allowing students to strike the ball with greater force and effectiveness. Additionally, the emphasis on coordination helps students synchronize their movements, leading to more precise and controlled smashes. The dynamic and comprehensive approach of wave squad training not only improves these individual attributes but also integrates them into a cohesive and effective smashing technique. As a result, students experience a marked improvement in their overall smashing performance, leading to more successful outcomes during both practice sessions and competitive matches. This training method, which focuses on enhancing speed, strength, and coordination through a variety of targeted exercises and drills, systematically addresses the specific technical and athletic components involved in executing a powerful and precise smash. By incorporating wave squad training into the overall volleyball practice regimen, students benefit from a comprehensive development of their smashing technique, leading to noticeable gains in their ability to perform with greater force, accuracy, and consistency (Keoliya et al., 2024).

Ultimately, this method not only improves individual smash performance but also contributes to a higher level of overall skill and competitiveness in volleyball. It is hoped that the results of this research will serve as a foundational basis for the development of more advanced and effective training programs in the future, aimed at significantly enhancing students' abilities and overall performance in playing volleyball. By leveraging the valuable insights gained from this study, educators, coaches, and program developers are empowered to design and implement highly tailored training regimens that capitalize on the successful elements identified through the research. These tailored regimens can be meticulously crafted to integrate and build upon the effective components of the wave squad training program, while also incorporating innovative techniques and strategies to comprehensively address various aspects of volleyball skills. This approach allows for the development of training programs that are not only grounded in empirical evidence but also responsive to the evolving needs of athletes.

By systematically incorporating proven methods with cutting-edge strategies, the resulting training regimens can enhance various dimensions of volleyball performance, such as technical skill, tactical understanding, physical conditioning, and psychological resilience. For example, educators and coaches might integrate advanced drills that focus on refining specific techniques, while also incorporating novel approaches to improve game strategy and mental fortitude. Additionally, program developers can explore new technologies and training tools that complement traditional methods, further enriching the training experience. Ultimately, by synthesizing insights from the study with innovative practices, the training programs can be optimized to offer a well-rounded, effective, and forward-thinking approach to volleyball skill development, leading to more proficient and

competitive players who are better prepared for the demands of both practice and competitive play. This approach not only aims to improve individual proficiency in key areas such as smashing, serving, and defensive play but also seeks to foster a more comprehensive understanding of the sport, thereby elevating the standard of training and competition. Ultimately, the overarching goal of this research is to provide students with a comprehensive and well-rounded volleyball education that not only fosters their development in extracurricular activities but also prepares them for greater success in competitive environments

This educational approach aims to ensure that students are equipped with the essential skills, knowledge, and techniques necessary to excel in their athletic pursuits. By implementing a meticulously structured and highly targeted training program, such as the wave squad training, the research aims to significantly enhance multiple facets of volleyball performance. This comprehensive approach is designed to address and improve technical proficiency by focusing on specific skills essential to effective play, such as precision in smashing, accuracy in serves, and agility in movement. Additionally, the training program seeks to deepen strategic understanding, equipping players with advanced tactical knowledge and decision-making skills necessary to execute game plans successfully and adapt to various in-game scenarios.

The program also emphasizes physical conditioning, aiming to elevate overall athletic performance through exercises that build strength, increase speed, and improve endurance. This multifaceted enhancement approach ensures that players not only refine their individual skills but also develop a holistic understanding of the game, which collectively contributes to a more effective and dynamic performance on the court. By meticulously integrating various training elements, such as precise timing, physical strength, and coordination, players significantly improve their technical execution. Timing drills, for instance, teach players to strike the ball at the most advantageous moments, thereby enhancing both the force and accuracy of their smashes (Maggioni et al., 2019). Strength training boosts their physical power, enabling them to generate greater force in their hits, while coordination exercises help in synchronizing their movements with the ball's trajectory and their body mechanics. Furthermore, this comprehensive training approach fosters a deeper understanding of game strategies and situational awareness, crucial for adapting to different playing conditions and opponents' tactics. Players learn to anticipate the flow of the game, make strategic decisions quickly, and adjust their playstyle based on the evolving dynamics of the match. By combining these elements, players develop not only improved individual techniques but also a greater cognitive grasp of how to implement these techniques effectively within the context of a game. This well-rounded development results were in a more nuanced and versatile playing style, enhancing both offensive and defensive capabilities. As players integrate

technical skills with strategic insights, they contribute more significantly to their team's overall performance, leading to a more impactful presence on the court.

In summary, this integrated training methodology not only boosts players' technical execution but also equips them with the cognitive and strategic tools necessary for excelling in competitive volleyball, resulting in a more dynamic and effective performance overall. By integrating these elements, the research aspires to produce well-rounded athletes who are better prepared to meet the demands of competitive volleyball and achieve higher levels of success in both practice and actual game situations. The intention is to create a robust training regimen that addresses both the fundamental and advanced elements of the sport, thereby enabling students to achieve a higher level of performance. In doing so, the research aspires to contribute to the students' overall growth as athletes, ensuring that they are not only capable of performing effectively in casual or extracurricular volleyball settings but are also well-prepared to meet the demands of more competitive scenarios. This holistic approach to volleyball education is designed to build a solid foundation for long-term success and to foster a deeper appreciation and mastery of the sport, ultimately leading to more accomplished and confident players who are ready to tackle the challenges and opportunities that lie ahead in their athletic careers.

B. Methods

This research employs a meticulously crafted experimental design characterized by a pre-test and post-test control group framework, meticulously chosen to provide a comprehensive evaluation of the impact of wave squad training on volleyball smashing performance. The study focuses on volleyball extracurricular students at SDN 2 Lembak, ensuring a representative sample that reflects the characteristics of the broader student population involved in extracurricular volleyball activities. By selecting this specific group of students, the research aims to capture a diverse range of individuals engaged in volleyball, thereby ensuring that the findings are broadly applicable. The experimental design is structured to enable a clear comparison between the effects of the wave squad training and standard volleyball training, with the intervention group receiving the specialized training and the control group adhering to regular practice routines. Pre-test and post-test assessments are integral to this design, providing baseline and follow-up data to evaluate any significant changes in smashing performance attributable to the intervention. Through this rigorous approach, the study seeks to determine the effectiveness of the wave squad training program and assess its impact on enhancing students' volleyball smashing skills, offering valuable insights for the development of future training programs.

Independent Variable: The primary independent variable in this study is the wave squad training program, which serves as the central focus of the experimental intervention introduced to the participants in the experimental group. This variable

represents a targeted and meticulously crafted regimen designed specifically to enhance various facets of volleyball performance. The wave squad training program is distinguished by its highly structured nature, incorporating a comprehensive series of specialized drills and exercises that have been carefully curated to address and improve essential physical attributes crucial to smashing performance. These key attributes include, but are not limited to, attributes such as speed, strength, and coordination, all of which are critical for executing effective and powerful smashes in volleyball. The program is designed to systematically and progressively enhance these attributes, thereby aiming to significantly improve the students' ability to perform powerful, accurate, and technically sound smashes during their volleyball games. The deliberate focus on these components is intended to optimize athletic performance and foster skill development in a methodical and evidence-based manner.

Dependent Variable: The dependent variable in this study is the smash results in volleyball, which functions as the primary outcome measure used to evaluate the effectiveness and impact of the wave squad training intervention. This variable encompasses a range of performance metrics associated with the execution of smashes, which are essential indicators of the intervention's success. These metrics include, but are not limited to, the speed at which the smashes are delivered, the power generated during the execution of the smashes, the accuracy of the smashes in terms of their placement and precision, and the overall effectiveness of the smashes in achieving desired outcomes within a game context. By rigorously assessing these various performance metrics, the study aims to determine whether the implementation of the wave squad training program leads to statistically significant and meaningful improvements in the students' smashing abilities, (Hong et al., 2024). The evaluation of these metrics provides a comprehensive understanding of the impact of the intervention, thereby offering valuable insights into its effectiveness and potential benefits for enhancing volleyball performance.

Intervention Group: The intervention group comprises students who have been selected to participate in the wave squad training program, which is specifically designed to improve their volleyball smashing performance. This group is involved in a meticulously structured series of training sessions that are conducted regularly and adhere to a comprehensive schedule. Each session is meticulously crafted to focus on enhancing critical physical attributes necessary for effective smashing, including speed, strength, and coordination. The training regimen includes a variety of exercises and drills that are strategically planned to target these attributes systematically (Haugen et al., 2019). The sessions are conducted with a high level of organization and precision to ensure that every aspect of the training is consistent and effective throughout the entire intervention period. Progress within the intervention group is closely monitored through frequent evaluations and assessments, allowing for ongoing tracking and analysis of the training program's

impact on the participants' smashing performance. This continuous monitoring helps to ensure that the training is both effective and tailored to meet the needs of the students, providing valuable insights into the program's effectiveness.

Control Group: The control group consists of students who do not take part in the wave squad training program and instead follow their standard volleyball training routine. This group continues with their usual practice sessions, which adhere to conventional volleyball training methods and do not include the specialized drills or exercises associated with the wave squad training. By maintaining a consistent and traditional training regimen, the control group serves as a critical baseline for comparison within the research study. The consistent adherence to standard volleyball practice allows researchers to accurately assess and compare the specific effects of the wave squad training program by providing a reference point that isolates the impact of the intervention. Performance within the control group is carefully monitored to ensure that any observed differences in smashing results between the intervention and control groups can be attributed solely to the wave squad training. This approach helps to validate the effectiveness of the intervention by controlling for other variables that might influence performance outcomes.

Measurement: To thoroughly evaluate the impact of the wave squad training program, a detailed and systematic approach is employed, involving the measurement of students' smash results at two critical junctures: before and after the intervention (Ambu-Saidi et al., 2024). Initially, prior to the initiation of the wave squad training, both the intervention and control groups undergo a comprehensive pre-test assessment. This pre-test is meticulously designed to establish baseline data on their existing smashing abilities, capturing essential performance metrics such as the speed, power, and accuracy of their smashes. This baseline data serves as a crucial reference point, allowing for precise measurement of any subsequent changes or improvements in smashing performance that can be attributed to the wave squad training.

Following the completion of the intervention period, a post-test assessment is conducted to evaluate any modifications in smash performance resulting from the wave squad training. This assessment is executed using the same predetermined method as the pre-test to ensure consistency and reliability in evaluating the students' performance. The measurement process is comprehensive, incorporating various metrics to provide a thorough assessment of the impact of the training program. These metrics include not only the raw power and speed of the smashes but also the precision and overall effectiveness of each attempt. By analyzing these metrics, the research aims to offer a detailed evaluation of the wave squad training's effectiveness in enhancing students' smashing abilities. This rigorous measurement and assessment protocol ensures that any observed improvements can be accurately attributed to the training intervention, providing a robust and reliable evaluation of

its impact.

Data Analysis: The data collected from the pre-test and post-test measurements are meticulously subjected to rigorous and thorough statistical analysis to comprehensively evaluate the effectiveness of the wave squad training program. This extensive analytical process involves the application of sophisticated statistical methods to compare and contrast the changes observed in smash results between the intervention group, which participated in the wave squad training, and the control group, which continued with its regular training regimen. By employing these statistical techniques, the analysis seeks to ascertain whether any observed improvements in the intervention group's performance are not only statistically significant but also attributable specifically to the wave squad training rather than other potential factors (Dworkin et al., 2021). The aim is to provide clear, reliable, and actionable insights into the impact of the wave squad training program on the students' smash results in volleyball. This robust statistical evaluation serves to enhance the validity of the research findings, thereby offering valuable information that can inform the development and implementation of future training programs. The insights gained from this analysis are intended to support and guide educators, coaches, and program developers in designing more effective training regimens, ultimately contributing to the advancement of volleyball training practices and the improvement of athletic performance in extracurricular settings.

C.Results and Discussion

Case Study Planning

Intervention Implementation

The group undergoing wave squad training will follow a structured and regularly scheduled training program, while the control group will continue regular volleyball training (Smith, 2003).

Outcome Measurement

Before and after the intervention, students' smash results were measured using a predetermined method to evaluate changes in their smash technique abilities.

Data analysis

Data from measurements before and after the intervention will be analyzed to evaluate the effect of wave squad training on students' smash results.

Evaluation

After data analysis, an evaluation was carried out on the results of this case study to draw conclusions regarding the effectiveness of wave squad training in improving students' smashing ability in volleyball.

By carrying out this case study, it is hoped that it can provide valuable insight for the development of volleyball training programs at SDN 2 Lembak and make a positive contribution in improving students' smash technique abilities in ball games.

The comprehensive case study planning involves a multi-faceted approach to evaluating the impact of wave squad training on students' volleyball performance (De Biasi, 2020; Taylor-Toomay, 2024). The intervention implementation phase entails a carefully designed and systematically executed wave squad training program for one group, while the control group continues with their regular volleyball training regimen. The intervention group will engage in a series of structured and regularly scheduled training sessions, each meticulously organized to enhance critical aspects of smashing performance such as speed, strength, and coordination, ensuring consistent and effective training throughout the study period. In contrast, the control group maintains their standard practice sessions, serving as a baseline to assess the specific effects of the specialized wave squad training. Outcome measurement is a crucial component, involving the assessment of students' smash results both before and after the intervention using a predetermined and standardized method to evaluate metrics like power, speed, and accuracy. The data collected will undergo rigorous statistical analysis to determine the impact of the wave squad training on students' smash results, comparing the intervention group's performance with that of the control group to identify any statistically significant differences. Following this analysis, a thorough evaluation of the case study results will be conducted to draw meaningful conclusions regarding the effectiveness of wave squad training (Mohammed et al., 2010) in enhancing students' smashing abilities in volleyball (Smith, 2003). The insights gained are expected to contribute significantly to the development of volleyball training programs at SDN 2 Lembak, offering valuable information for optimizing training practices and improving students' smash technique abilities, ultimately benefiting their performance in both extracurricular and competitive contexts.

D. Conclusions

The results of the study show that wave squad training has a positive effect on smash performance in volleyball games among extracurricular students. The implication of this study is the importance of incorporating wave squad training into volleyball training programs to enhance students' smash abilities.

E. Acknowledgment

The members of the editorial team of PPSDP International Journal of Education extend the gratitude to all of the reviewers who have contributed to the peer review process of the manuscripts in this issue. Professional support and assistance from all respected reviewers have made this journal qualified to be published.

References

Al-Haliq, M. (2020). The Effect of a Training Program Using Speed-Specific Strength Exercises on Sensory-Motor Perception in Learning Stroke Forehand Smash in Badminton Material for Students of the Hashemite University. *International Journal of Human Movement and Sports Sciences*, *8*(6), 299–307. https://doi.org/10.13189/saj.2020.080601

Ambu-Saidi, B., Fung, C. Y., Turner, K., & Lim, A. S. S. (2024). A Critical Review on Training Evaluation Models: A Search for Future Agenda. *Journal of Cognitive Sciences and Human Development*, *10*(1), 142–170. https://doi.org/10.33736/jcshd.6336.2024

Chua, M. T., Chow, K. M., Lum, D., Tay, A. W. H., Goh, W. X., Ihsan, M., & Aziz, A. R. (2021). Effectiveness of On-Court Resistive Warm-Ups on Change of Direction Speed and Smash Velocity during a Simulated Badminton Match Play in Well-Trained Players. *Journal of Functional Morphology and Kinesiology*, *6*(4), 81. https://doi.org/10.3390/jfmk6040081

De Biasi, A. (2020). *The Interplay of Talent and Discipline: A Study of the Experience of Elite Italian Volleyball Players* (Doctoral dissertation, Fielding Graduate University). https://www.proquest.com/openview/f56b83398768a3903ccf325504373fc2/1?pq-origsite=gscholar&cbl=18750&diss=y

Dworkin, R. H., Evans, S. R., Mbowe, O., & McDermott, M. P. (2021). Essential statistical principles of clinical trials of pain treatments. *PAIN Reports*, *6*(1), e863. https://doi.org/10.1097/PR9.0000000000000863

Haugen, T., Seiler, S., Sandbakk, Ø., & Tønnessen, E. (2019). The Training and Development of Elite Sprint Performance: an Integration of Scientific and Best Practice Literature. *Sports Medicine - Open*, *5*(1), 44. https://doi.org/10.1186/s40798-019-0221-0

Keoliya, A. A., Ramteke, S. U., Boob, M. A., & Somaiya, K. J. (2024). Enhancing Volleyball Athlete Performance: A Comprehensive Review of Training Interventions and Their Impact on Agility, Explosive Power, and Strength. *Cureus*. https://doi.org/10.7759/cureus.53273

Maggioni, M. A., Bonato, M., Stahn, A., La Torre, A., Agnello, L., Vernillo, G., Castagna, C., & Merati, G. (2019). Effects of Ball Drills and Repeated-Sprint-Ability Training in Basketball Players. *International Journal of Sports Physiology and Performance*, *14*(6), 757–764. https://doi.org/10.1123/ijspp.2018-0433

Mohammed, S., Ferzandi, L., & Hamilton, K. (2010). Metaphor no more: A 15-year review of the team mental model construct. *Journal of management*, *36*(4), 876-910. https://doi.org/10.1177/0149206309356804

Nur, A., Akhmady, A. L., & Bakar, A. (2023). the Effect of Vertical Jump Exercises on Volleyball Smash Abilities. *Jurnal Pendidikan Glasser*, *7*(2), 439. https://doi.org/10.32529/glasser.v7i2.2923

Reinebo, G., Alfonsson, S., Jansson-Fröjmark, M., Rozental, A., & Lundgren, T. (2024). Effects of Psychological Interventions to Enhance Athletic Performance: A Systematic Review and Meta-Analysis. *Sports Medicine*, *54*(2), 347–373. https://doi.org/10.1007/s40279-023-01931-z

Smith, D. J. (2003). A framework for understanding the training process leading to elite performance. *Sports medicine*, *33*, 1103-1126. https://doi.org/10.2165/00007256-200333150-00003

Taylor-Toomay, R. (2024). *How Women Successfully Navigate the NCAA Division III Volleyball Coaching Journey* (Doctoral dissertation, University of La Verne). https://researchworks.laverne.edu/esploro/outputs/doctoral/How-Women-Successfully-Navigate-the-NCAA/991004258659606311