Vertical Jump and Hand Grip Ability of Male East African University Volleyball Players

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Abstract

Explosive strength (Vertical jumping) requires high levels of explosive muscular power. The double legged volleyball spike jump and block jumps are very different in technique, but fundamentally they are similar. Volleyball players typically jump from one leg to perform a lay up, and from two legs to rebound jump, again both are very different styles of jumping which are fundamentally similar in their movement patterns.

Methods: twenty players from four teams participating the 2004 East African University teams participated in this study. Seargents' jump method was used to establish the vertical jump scores of the subjects while a handgrip dynamometer was used to get the handgrip scores. Findings: The teams had a mean explosive strength of 64.11 and handgrip of 49.47.

Key words: Grip, muscular power, explosive strength.