Investigation and research on the selection of evaluation indexes for the specialized jumping ability of U16 female volleyball players in China

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ABSTRACT: This article takes the evaluation index of the special jumping ability of U16 female volleyball players in China as the object of study. The jumping ability is made up of 10 items: jumping ability, jumping ability, jumping ability, jumping ability, jumping ability, jumping ability, jumping ability, jumping ability, and jumping ability. The questionnaire was compiled through a five-level scale, and the screening was conducted to find out that the jumping ability of Chinese U16 female volleyball players focuses on the jumping ability of assisted jumping, in-situ jumping, and continuous jumping, and the test evaluation index consists of the jumping touch height, standing long jump and ten consecutive in-situ touch height movements. The coaches can then take measures to better promote the overall development of their players' specific physical abilities and thus strive to improve the development of the team's athletic ability.

KEY WORDS U16, Women's volleyball, Specialized jumping ability, Evaluation index

Reference: