



The effect of lower limb strength training on jump serve performance in elite volleyball players

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Abstract

The purpose of this study was to analyze the effects of lower body strength training on jump serve performance in elite volleyball players. Using a pretest-posttest experimental design, 14 elite volleyball players participated in an eight-week strength training program. The program included specific exercises such as squats, lunges, and plyometric drills designed to increase lower extremity explosive power. Data were collected through vertical jump measurements using a standardized jump tester and jump serve accuracy assessments based on the percentage of successful serves landing in the target area. Statistical analysis revealed a significant increase in jump height ($p < 0.05$) and jump serve accuracy ($p < 0.01$), indicating that lower body strength training directly affects athletic performance. In addition, athletes who showed greater strength gains also demonstrated improved postural stability and coordination during the jump serve. These findings highlight that incorporating structured strength training into volleyball training programs can optimize both the technical and physical performance of athletes, providing a competitive advantage in high-level competition.

Keywords: Strength training, lower limbs, jump serve, volleyball, athlete performance.

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Introduction

Strength training is an important component of an athlete's training program, especially for volleyball athletes who require strength and explosiveness to perform jump serve techniques (Pereira et al., 2023). Jump serve is a service technique that requires a combination of strength, speed, and high coordination (González et al., 2022). Improved jump serve performance can contribute significantly to overall volleyball match results (Martínez et al., 2024).

In sport, the lower limbs play a critical role in providing the necessary propulsion to launch the body into the air during a jump serve (Pereira et al., 2023). Several studies have shown that optimal leg muscle strength can increase jump height and serve effectiveness (González et al., 2022; Yaşar et al., 2023). A number of professional athletes have adopted science-based strength training programs to improve their specific skills in various sports, including volleyball (Martínez et al., 2024).

However, while many studies have examined the effects of strength training on athlete performance in general, research specifically examining the effects of lower limb strength training on jump serve technique in volleyball is limited (Rodríguez et al., 2023). Lower limb strength training is thought to increase jump height, stability at ball contact, and serve speed, all of which contribute to jump serve effectiveness (Martins et al., 2022). Therefore, this study aims to further analyze how a lower limb strength training program can improve jump serve performance in elite volleyball players, taking into account relevant biomechanical and neuromuscular factors (Silva et al., 2024).

Based on sport theory, strong lower limbs can generate greater reactive force at take-off, which directly contributes to jump height and landing stability in jump serve (Andrade et al., 2024; Chimera et al., 2023). Previous research has shown that increased explosive strength in leg muscles is strongly associated with improved performance in jump-based skills, including the volleyball jump serve (Milanovic et al., 2023). Furthermore, the combination of strength and plyometric training has been shown to improve explosive speed and neuromuscular coordination, which play an important role in effective jump serve technique (Torres-Luque et al., 2024). Therefore, this study aims to provide empirical evidence for the importance of strength training in optimizing jump serve performance, while also providing more specific training recommendations for volleyball athletes.

The methodology used in this study was experimental with a pretest-posttest design. Using valid and reliable measurement instruments, we

sought to gain a better understanding of the relationship between lower limb strength and jump serve performance. The importance of this study also lies in the stability and consistency of players' performance, which can be measured through structured training.

The focus of this study is to develop the strength of the major muscles involved in the propulsion and landing phases of the jump serve, namely the quadriceps, hamstrings, gastrocnemius (calf muscle), and gluteus maximus. The strength of these muscles plays a role in generating the explosive power needed to achieve optimal jump height, stability during landing, and efficiency in transferring energy to the upper body movement during the serve.

Several recent studies have shown that plyometric training, resistance training, and neuromuscular training can significantly improve jumping performance and body stability, which has a direct impact on jump serve effectiveness (Suchomel et al., 2023). In addition, training methods such as contrast training, which combines heavy weight training with explosive exercises, have been shown to increase muscle power production in volleyball athletes (Pereira et al., 2022). Volleyball federations and coaches have emphasized the role of strength training as a key factor in improving performance during competition (Crespo & Potrac, 2019). Therefore, the results of this study are expected to guide the development of better strength training programs to improve volleyball sport performance.

A kinematics and biomechanics based approach was also utilized to understand the muscle activation patterns and force distribution during the preparation, take-off and landing phases of the jump serve. By analyzing these parameters, this study aims to provide evidence-based recommendations for coaches to develop effective, efficient, and athlete-specific training programs. The results of this study will not only be beneficial in improving jump height, but also in preventing injuries due to unstable landing techniques (Moran et al., 2023).

Methods

Research Design

This study employed a quantitative experimental design using a pretest-posttest one-group approach to evaluate the effects of a lower limb strength training program on jump serve performance in volleyball. The purpose of this design was to determine whether significant improvements occurred in jump height and serve accuracy following the intervention. Data were collected at two time points: before the

commencement of the training program (pretest) and after the eight-week training period (posttest).

Participants

The participants in this study were 14 male volleyball athletes from LAVANI Cikeas Club, Bogor, who are also active students at UNISMA Bekasi. These athletes were selected using a purposive sampling technique based on their experience in volleyball and regular participation in training sessions. All participants were aged between 18 and 22 years and were in good health, with no history of lower limb injuries in the past six months. Prior to participation, all athletes provided informed consent.

Instrument

The following instruments and tools were used in the study:

1. Vertical Jump Tester – to measure the jump height (in centimeters) of each participant. The vertical jump test is widely recognized for assessing lower limb explosive power.
2. Jump Serve Accuracy Score Sheet – to record the number and percentage of successful jump serves that landed within the designated opponent's playing area. Accuracy was measured during structured training sessions, with a minimum of 10 serves per trial.
3. Training Logbook – to document attendance, exercise performance, and load progression during the eight-week training program.

Procedure

The study was conducted in three main stages: pretest, intervention, and posttest.

1. Pretest: Prior to the training intervention, baseline data on jump height and jump serve accuracy were collected. Each participant performed three trials of vertical jumps and 10 jump serve attempts. The best vertical jump and the percentage of successful serves were recorded.
2. Training Intervention: Participants underwent a structured lower limb strength training program lasting eight weeks, with a frequency of three sessions per week. The training program focused on major lower limb muscle groups, including the quadriceps, hamstrings, gluteal muscles, and calves. Exercises included:
 - a. Bodyweight and weighted squats
 - b. Lunges (forward and reverse)
 - c. Calf raises
 - d. Box jumps (as a plyometric complement)

Each week, the principle of progressive overload was applied by increasing either the volume (repetitions and sets) or intensity (load/resistance) of the exercises to stimulate continuous muscular adaptation. All training sessions were supervised by a certified strength and conditioning coach.

3. Posttest: At the end of the eight-week intervention, the same performance tests were repeated using identical protocols to those in the pretest. This allowed for direct comparison of performance improvements.

Data Analysis

The collected data were analyzed using descriptive and inferential statistical techniques. Mean and standard deviation values were calculated for each performance variable (jump height and jump serve accuracy) at pretest and posttest stages.

To evaluate the effect of the training program, a paired sample t-test was conducted to compare pretest and posttest scores. A significance level of $p < 0.05$ was set to determine statistical significance. Additionally, percentage change was computed to reflect practical improvements. All analyses were performed using SPSS software version XX (or any software used).

Result

After training for 8 weeks, a post-test was conducted to determine jump serve performance, the results are summarized in table 1.

The results of the data analysis in [Table 1](#) showed a significant increase in the average jump height of the participants from 54 cm before the intervention to 66 cm after the intervention. The average jump height increased by 12 cm ($p < 0.05$). In addition, jump serve accuracy increased from 70% to 85% and average jump serve accuracy increased by 15% ($p < 0.01$). These data support the hypothesis that lower limb strength contributes to jump serve performance through improved jumping ability and stability while serving.

To determine whether or not the changes after the intervention were significant, the authors tested using the t-test, the results of which are shown in [Table 2](#).

The analysis showed that jump height had a t-value of 7.93 with 13 degrees of freedom and a p-value < 0.0001 . This indicates that there is a highly significant difference between the pretest and posttest jump height scores, such that the null hypothesis (H_0) of no difference cannot be accepted. This provides strong support that the strength training used contributed to the increase in jump height.

Table 1. Data Analysis of Jump Height and Jump Serve Accuracy Before and After Intervention

Variables	Pre-Test	Post-Test	P-Value	Significance Level
Jump Height (cm)	54.0 ± 5.2	66.0 ± 4.8	< 0.05	Significant
Jump Serve Accuracy (%)	70.0 ± 6.1	85.0 ± 5.7	< 0.01	Very Significant

Table 2. T-test results for jump height and jump serve accuracy

Variables	Value of T	Degrees of Freedom (df)	P-Value	Conclusions
Jump Height (cm)	7.93	13	< 0.0001	Significant
Jump Serve Accuracy (%)	6.45	13	< 0.0001	Significant

Similarly, there was a significant difference between the jump serve accuracy before and after the intervention, with a t-test result of 6.45 and a p-value <0.0001. This means that strength training has a positive effect on the player's ability to perform a more accurate jump serve, which also rejects the null hypothesis.

Discussion

The results of this study clearly demonstrate that lower limb strength training makes a significant contribution to improving jump serve performance in elite volleyball players. The observed increase in jump height suggests that the increase in leg muscle strength, specifically the quadriceps, hamstrings, and calves, has a direct effect on the athletes' ability to jump higher during the jump serve.

The increase in mean jump height from 54.0 cm to 66.0 cm indicates that the lower limb strength training program had a significant impact on the athletes' explosiveness. These results support recent findings that resistance training focused on leg muscles can improve vertical jump performance through neuromuscular adaptation and muscle hypertrophy (Jiménez-Reyes et al., 2019; Suchomel et al., 2020).

Some studies have also shown that increased jump height correlates with the strengthening of key muscles such as the quadriceps, hamstrings, gluteus, and calves, which play a role in generating optimal propulsive force during jumping (Loturco et al., 2021). Exercises such as squats, lunges, and plyometric exercises have been shown to increase power production, which is a key factor in effective jump serve technique (Rossi et al., 2022).

A 15% increase in jump serve accuracy is a significant indicator that lower limb strength training contributes to stability, coordination, and body control during serving. These findings are consistent with recent research that leg and core strength play an important role in consistency of stroke technique and control of movement in the air (Torres-Torrelo et al., 2022; Lehnert et al., 2023). By strengthening the quadriceps, hamstrings, gluteal muscles, and calf muscles, athletes are able to improve postural balance and body control during

jumps and ball contact (Ramos-Campo et al., 2021). This stability allows them to adjust the angle of the shot and the speed of the ball with greater precision, which directly affects the accuracy of the serve to the opponent's target area (Campos et al., 2022).

In addition, the increased neuromuscular capacity resulting from strength training allows for faster and more efficient muscle responses that support the body's reactions in maintaining optimal position during jump serves (Slimani et al., 2023). This factor is critical in improving serve effectiveness, especially in match situations that require directional and powerful serves. Thus, the implementation of structured strength training not only contributes to jump explosiveness, but also improves jump serve accuracy through improved movement control, stability, and coordination.

The results of this study indicate that lower limb strength has a significant relationship with jump serve technique performance in volleyball. Optimal muscle strength allows athletes to generate more force, increase body stability during jumps, and improve control of arm and hand movements when making contact with the ball (Torres-Torrelo et al., 2023).

In sports that require quick reactions and high technical skills, such as volleyball, the balance between muscle strength and motor control is critical for executing an accurate and powerful jump serve (Katic et al., 2023). Increased lower limb strength not only contributes to jump height, but also allows players to adjust their timing and coordination between jumping and hitting the ball, which is essential for effective serve execution (Campos et al., 2022).

Other studies have also shown that specific strength training can improve neuromuscular capacity, allowing muscles to react more quickly and with better control during explosive movements such as the jump serve (Ramos-Campo et al., 2021). In addition, athletes with greater lower limb strength tend to have greater postural stability, reducing the likelihood of losing balance during technique execution (Slimani et al., 2023).

Thus, the results of this study confirm that a structured strength training program can directly contribute to the improvement of volleyball

technical skills, particularly jump serve technique. Coaches and athletes can optimize training programs by focusing on the development of explosive strength and motor control, thereby increasing the effectiveness and accuracy of serves in competition.

These findings suggest that coaches and trainers should consider incorporating structured strength training programs as an important part of their overall training regimen. Given the importance of lower limb strength in improving jump serve performance, it is recommended that a variety of exercises, including squats, lunges, and other plyometric drills, be incorporated into the weekly training program.

Conclusions

Thus, the results of this study provide scientific evidence to support the importance of strength training in improving jump serve performance in elite volleyball players. Training focused on lower limb strength not only improves physical skills such as explosive power and balance, but also directly contributes to technical skills including accuracy and stability during the jump serve. Furthermore, increased lower limb strength positively impacts performance consistency, reduces the risk of injury from repetitive jumping, and enables players to react more quickly in dynamic game situations. These findings suggest that a holistic training approach - combining strength training, technique development, and biomechanical strategies - can lead to optimal on-court performance improvements and provide a significant competitive advantage for athletes in high-level tournaments.

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