

Table of Contents

Abstract	I
Acknowledgements	III
Table of Contents	IV
1. Introduction	01
1.1. Volleyball spike: the theory and contributory factors to it	01
1.1.1. Volleyball spike phases	03
1.1.2. Stretch-Shortening Cycle	05
1.1.3. Force-time curve	07
1.1.4. Factors influencing volleyball spike performance	08
1.2. Overview of knowledge, and the questions leading to this research	10
1.2.1. Question 1: What force-time curve variables are the main contributors to higher spike jump heights?	12
1.2.2. Question 2: What variables are the main contributors to the volleyball spike success rate?	13
1.2.3. Question 3: Is that lower limb or upper limb that play a pivotal role in spike success rate?	15
1.2.4. Question 4: Can we generalize the spike performance accomplishment/errors to all players? ...	16
1.3. Aims	16
1.3.1. General aims	16
1.3.2. Specific aims	16
1.4. Research questions	16
1.5. Hypothesis	16

2. Published Manuscripts	17
2.1. Study 1: Force-time curve variables of countermovement jump as predictors of volleyball spike jump height	18
2.2. Study 2: Kinematic differences between successful and faulty spikes in young volleyball players	25
2.3. Study 3: Analysis of Whole-Body Coordination Patterning in Successful and Faulty Spikes Using Self-Organising Map-Based Cluster Analysis: A Secondary Analysis	32
2.4. Study 4: Whole-body coordination patterning in volleyball spikes under various task constraints: exploratory cluster analysis based on self-organising maps	45
3. Discussion	60
3.1. Limitations	71
4. Conclusion	72
5. Summary	74
6. References	75