

Table 1) The mean of the scores of the dependent variables of the two experimental and control groups, consisting of members of the two sitting volleyball teams in the pre-test and post-test stages

Variables	Experimental Group	Control Group
Sport Confidence		
Pretest	88.72±4.71	88.27±13.79
Posttest	97.72±5.25	88.27±14.10
Self-Efficacy		
Pretest	64.54±5.90	66.54±10.39
Posttest	70.64±4.20	65.72±9.70
Performance		
Coaches` Pretest	0.56±0.06	0.49±0.05
Coaches` Posttest	0.70±0.04	0.52±0.04
Pretest Analysis	0.46±0.05	0.43±0.07
Posttest Analysis	0.58±0.08	0.48±0.03