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Quantitative and qualitative benchmarks in volleyball game at girls "cadets" level (15-16 years old)

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Abstract

The aim of our research was obtaining some indicators regarding the number and the efficiency of the offensive volleyball skills during the official competition. This kind of data can and will be used by coaches as training indicators.

The research was made during Romanian National Cadets Championship "Cadets" Level (organized at national level for 15-16 years old female players) during October 2011 and April 2012. The games were video recorded and analyzed afterward. Game skills were evaluated according to the immediate impact they had on the score (point lost or point earned) or the degree of freedom and advantage they offered to the player that would further act during that game phase. The data has been synthesized focusing on offensive actions – serve, set-pass, attack.

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Keywords: volleyball, efficiency, offensive drills;

1. Aim

Obtaining the sport competition benchmarks is, and will always be, a constant pursuit of top performance coaches. We have followed to objectify the quantitative aspects of the attack actions in the game of volleyball – serve, attack, set. Game skills quantitative and qualitative evaluation during official competition of the team may become a reliable frame of the training. We consider that these indicators from during the game can be used by the coaches in programming the training – from the volume and quality of execution point of view. Research regarding these aspects was focused mainly on the level of high performance (Patsiaouras et al, 2009; Bergeles et al, 2009; Rui et al, 2008), correlated with physical and coordination indicators (Temprado and Laurent, 1997). In our research we pursued making the offensive actions in volleyball – serve, attack, set-pass – objective

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from a quantitative point of view. We did this starting from the assumption that knowing these in-game obtained indicators can be used by the coaches in further training scheduling – regarding volume and quality of execution.

2. Material and Methods

The research took place during the Romanian National Female "Cadet" Championship (15 – 16 years old) 2011-2012 Edition. The 28 official matches have been recorded on camera, in order to be processed later. The data was synthesized for offensive skills – serve, set, attack. The actions were rated on scale of 5 degrees, using an evaluation according to the immediate effect on the score or the degree of freedom and advantage given to the player who further continues the game phase. Thus, in the following order: degree, evaluation and assignment criteria, we have:

- Ace - 4 – point immediately won: the ball touches the ground or cannot be held in the game by the opponent – game phase ends.
- Excellent – 3 – total control gained, maintained: opponent cannot build the attack or team-mate has every chance to finalize (in case of a set).
- Good – 2 – limited control gained, maintained: opponent has limited possibilities of continuing the game phase, team-mate can continue the game phase, but has limited options.
- Insufficient – 1 – control lost, no control at all: the ball is still in the game but the game phase cannot be finalized with an attack.
- Mistake – 0 – point lost – game phase ends.

3. Results

3.1. Serve

During the 28 matches, a total number of 3204 serves were recorded - 23% of which were Aces, 33% were Excellent, 21% were Good, 18% were Insufficient and 5% were Mistakes. During the worst match recorded, the percentage of "Insufficient" services was 24% and during the best match we recorded more than half (52%) "Excellent" attacks.

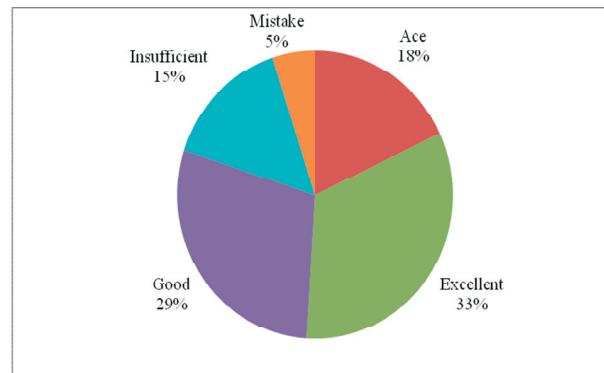


Fig. 1. Representation of the Serve average in the whole championship

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