Analysis of the efficiency of the attack from the second line, at the level of men senior, in the volleyball game

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Abstract

The technical evolution of any athletic event is closely related to the evolution of the other components of The novelty regarding the concept of play in performance volleyball is determined by the psychic peculiarities of the player but also by his behavior in cooperation and teamwork, but also by the cohesion of the players. Once the ball has been thrown in, only the final attack matters

In the game of volleyball, the main purpose is to win all the points put into play, which is achieved by building the attack, which must be effective. The purpose of the study is the analysis of the attack in the second line, in senior teams, participating in the National Championship, which can become an orientation in the preparation of the teams, so as to produce an increase in the efficiency of the attack in the second line, which would lead to win the matches. For this we used as research methods, bibliographic study, computer recording, statistical-mathematical method and that of graphical representations. Studying the choice of the most appropriate moment to use the attack from the second line during the game, is a modern trend that, by generalization, can contribute to improving the sporting performance of volleyball players. The use of the attack in the second line during the conduct of an official match, according to the few previous studies carried out by some researchers in the field of volleyball, reveals numerous opportunities to realize the point.

Key words: efficiency, game, attack from second line, volleyball, seniors.

Introduction

The game has become much more dynamic and the battle to be well ranked is fierce. Ten, or up to twelve teams can fight for victory, and no one can speculate who will win (Zahalka, F., Maly, T., Mala, L., et al. 2017).

The game's behaviors have changed, and because of the great combat and focus, some players have counterbalanced some weaknesses (Araujo, R. M., J. Castro, R. Marcelino and I. Mesquita. 2010).

In modern volleyball, the efficiency in the volleyball game is materialized by the individual training of each player and the strategy applied by each coach in the game, the respective match (Castro, J.M., & Mesquita, I. 2010).

The efficiency in the volleyball game is materialized by the planning, by the special forms of the training, by the specific and non-specific influencing factors and by the mental state of each player (Afonso, J., Mesquita, I., & Palao, J.M. 2005).

The reality of the game of volleyball is trying to make some models of training and training, models that can only be realized by knowing as accurately as possible the content and efficiency of the game as a whole and in the two fundamental structures, of all the players that make up a team, although of the universal player, who acts from zone 2 in line I and in zone 1, when he is in line II (Ghenadi, V. si colab. 1994).

Consequently, determining the content of the volleyball game, on set and the two fundamental game structures, upon receiving the service (Side out) and on the execution of the service (Break point), becomes a necessary objective in knowing the real content of the game of a player and a team. , in this case to the attacking players in line II, namely the universal player (opposite) and the extreme player (outside spiker), to the men's volleyball teams in division A1.

The volleyball players specialized in the attack in line II must have a general predisposition to adopt a certain position or a certain judgment, to react in a certain way according to the action of the opponent, so as to bypass the adverse blocking , to transform the attack action from the second line from safety element to efficiency element (Țurcanu, F., Țurcanu, DS, 2009, p. 22)

Some specialized studies refer to the attack strike in line II as the most dangerous individual action for the adversary, next to the one executed in line I, (Bâc, O., 1999, p. 43).

As part of the training process for improving sports, having specific information on the game of the attacking players specialized for the attack in the second line, information as close as possible to the competitive game at the senior level, is an objective necessity that must and can influence the quality. and increased training and play at this level (Castro J., Souza A., Mesquita I 2011).

The premises of the study

In the game of volleyball, the main purpose is to win all the points put into play, which is achieved by building the attack, which must be effective. The plus on which any team relies and which should bring supremacy in the attack is the attack in the second line. It is considered a surprise attack, for the attack in zones 1 and 6.

Study hypothesis

The purpose of the study is the analysis of the attack in the second line, to senior teams, participating in the National Championship, and to become an orientation in the preparation of the teams, so as to produce an increase in the efficiency of the attack in the second line, to lead. to win the matches.

The permanent analysis of the registration sheets, which highlights the technical-tactical efficiency parameters of the attack from the second line, can represent a training model, which will make the attack of the own team and the one achieved from the second line more efficient.

Methods of work

For the elaboration of the paper I have established the following tasks:

- Studying the specialized bibliography;
- Establishing research hypotheses;
- Establishing indicators to record;
- Elaboration of the registration sheets specific to the actions we have in study;
- Registration of game actions and data centralization in specially designed tables;
- Determining the efficiency index of the attack action for each type of match recorded;
- Drawing up the final conclusions

Research methods

- The method of bibliographic study
- The method of computer recording;
- Statistical-mathematical method;
- The method of graphical representations

Results

The results of the registration of the coefficient of efficiency for the attack in the second line, were realized in the tour of the National Volleyball Championship, the A1 Men's division, from the competition season 2018 - 2019, using the Registration Sheet elaborated by the Data Volley program 2017.

Table 1 The coefficient of efficiency in relation to the attack zones

The moment of the game	Attack zones	
	Zone VI	Zone I
Break point	0.30	0.25
Side-out	0,52	0,42
Game	0,41	0,34

Table2 Share of decisive attack actions

The moment of the game	The direction of attack		
	$Z_6 \rightarrow Z_1$	$Z_6 \rightarrow Z_6$	$Z_6 \rightarrow Z_5$
Break point	34.50 %	7.17 %	48.33 %
Side-out	$Z_1 \rightarrow Z_5$	$Z_1 \rightarrow Z_1$	$Z_1 \rightarrow Z_6$
	30.77 %	69.23 %	18,46 %

Table nr. 3 The overall coefficient of efficiency at the end of the tour

Player/Club	Efficiency index
I.R / CS Arcada Galați	0.50
L.L / SCMU Craiova	0,49
O.N.A / CSM Câmpia Turzii	0,42
M.C. / ACS Volei Municipal Zalău	0,41
P.C.C / CSA Steaua	0,40
N.V.G / U Cluj	0,37

The results of the registration of the coefficient of efficiency for the attack from the second line, were realized in the return of the National Volleyball Championship, Division A1, from the competition season 2018 - 2019, using the Registration Sheet elaborated by Data Volley and proposed for validation.

Table 4 The coefficient of efficiency in relation to the attack zones

The moment of the game	Attack zones	
	Zone VI	Zone VI
Break point	0,32	0,27
Side-aut	0,53	0,44
Game	0,43	0,36

Table no. 5 Share of decisive attack actions

The moment of the game	The direction of attack		
	$Z_6 \rightarrow Z_1$	$Z_6 \rightarrow Z_6$	$Z_6 \rightarrow Z_5$
Break point	46.16 %	0	53.84 %
	$Z_1 \rightarrow Z_1$	$Z_1 \rightarrow Z_6$	$Z_1 \rightarrow Z_5$
	66.65 %	11.12 %	22.23 %
Side-aut	$Z_6 \rightarrow Z_1$	$Z_6 \rightarrow Z_6$	$Z_6 \rightarrow Z_5$
	37.50 %	4.17 %	58.33 %
	$Z_1 \rightarrow Z_1$	$Z_1 \rightarrow Z_6$	$Z_1 \rightarrow Z_5$
	18,26 %	9,28 %	45 %

Table 6 The general coefficient of efficiency

Player/Club	Efficiency index
I.R / CS Arcada Galați	0,53
L.L / SCMU Craiova	0,51
O.N.A / CSM Câmpia Turzii	0,45
M.C. / ACS Volei Municipal Zalău	0,44
P.C.C / CSA Steaua	0,43
N.V.G / U Cluj	0,41

Discussions

In the first part of the championship, in table 1 we can see that the efficiency of the attack performed in zone 6 is more efficient (0.41), compared to the one realized in zone 1 of the playing field (0.25). It should be said that in general, the number of attacks in Z6 is lower, which would explain why the efficiency is higher. Usually the attack in Z6 is based on the effect of the surprise attack, being performed by the player outside spiker.

Table no. 2, it emphasizes the attack directions of the attackers, so that the attack made from Z6, on Break point, has dominance as direction Z5 of the opposing ground (48.33%), compared to the direction towards Z6 (34.50%). Most Z6 attacks look for corners of the field, as the attacker must bypass the opposing block, which tries to cover half the ground..

When receiving the service (side out), it can be observed that most of the attacks in Z1 go to the adverse Z1 (69.23%), which means that the opponent in zone 3 (middle blocker), has reached the blockade or not at all, which directed the attack towards Z1. The attack from Z1 to Z5 is lower, it is a parallel attack with the lateral line of the opposing field, on a corridor (30.77%).

At the end of the championship round you can see the efficiency index (table no. 3), of the most efficient players, the first 6, with an efficiency from 0.37 to 0.50.

In the second part of the championship, we see an increase in the efficiency in attack, from the second line (table 4), on all the attack zones, but also on the structures of the game.

The attack directions from the specific areas of the attack from the second line are kept (table 5), ie on the break point the dominant directions are from Z1 to Z1 (66.65%, and from Z6 to Z5 (53.84%). When receiving the service, side out, from Z6 the dominant direction is Z5 (58.33%), and in the situation of the attack from Z1, the direction is Z5 (45%).

Extremely important is that in the second part of the championship, on the side out, the dominant direction of attack in Z1 is Z5, compared to the championship round, where the dominant was towards Z1.

At the end of phase I of the championship (table 6) we can notice an improvement in the efficiency of the registered players.

The ability to orientate plays a considerable role in the game of volleyball, where the athlete must continuously adapt his movement according to the action to be taken by the opponent. In this sense, the spatial-temporal orientation refers to choosing an optimal action depending on the path of the volleyball, but without neglecting the action of the opposing player.

Thus, the attacker in the second line will have the concern to direct the attack avoiding the blockage and to a free zone in the opponent's field.

Studying the choice of the most appropriate moment to use the attack from the second line during the game, is a modern trend that, by generalization, can contribute to improving the sporting performance of volleyball players.

Conclusions

The use of the attack in the second line during the conduct of an official match, according to the few previous studies carried out by some researchers in the field of volleyball, reveals numerous opportunities to realize the point.

This must take into account a specific physical training for the players who execute the attack in the second line, by using numerous driving techniques organized by their own, diversified technology, in which are found elements of development of the lower train detention, for the development of the explosive force of the skillful arm but also for the development of the specific displacement speed for the execution of this technical element.

Due to the use of their own technology for recording the attack in the second line and their interpretation through the graphic method, a modern approach of the technical-tactical training specific to the volleyball game can be realized, which will follow the achievement of the performance objectives thus increasing the potential of the game. of athletes

This confirms the hypothesis that *the permanent analysis of the registration sheets, highlights the technical-tactical efficiency parameters of the attack in the second line, which may represent a model of preparation, which will make the attack of the own team and the realized one more efficient. from line II.*

The use of the attack in the second line has lately gained a new orientation regarding the strategy of construction on the offensive phase due to the increased attack options of the attackers, to the detriment of the players who perform the blocking action.

Participation in the combination is done with an attack solution for all 5 players in the field, the teams having 1-2 players specialized for the attack in line II, usually in the variant of agglomeration with the players of line I in an area on the grid and the attack from the second line with the player in the diagonal zone, less the "doubled" attack on the same side with the corresponding player from the second line. Priority in line II is attacked in zones 1 and 6, on an elevation with an average trajectory in the space of 3 m (as for line I), with a detachment in forward jump and attack in general with long trajectory in force. For the construction in line I, the aim is to crowd the area of the field with two players and the displacement of the third, with an opposing player at the block, but without shifting a priority area at the end. The domination of the area in special situations is determined according to the characteristics of the opponent.

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