

Batting behind the runner to the right side of the field and the ball lobbed

El bateo por detrás del corredor hacia la parte derecha del terreno y la bola bombeada

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RESUMEN

The technician-tactical control in the baseball at the present time is an instrument of vital importance, this it allows to reach satisfactory results in competitions. With that purpose the following objective was determined. To elaborate a system of actions to perfect the I bat from behind of the corridor toward the right part of the land with the use of the gong and the pumped ball, in which different scientific methods were used, such as: theoretical; empiric; statistical mathematical and specialists' that allowed to evaluate the operation of the trainers during the classes, approach and I eat they give exit to the component technician-tactical in the baseball.

ABSTRACT

El control técnico-táctico en el béisbol en la actualidad es un instrumento de vital importancia, este permite alcanzar resultados satisfactorios en competencias. Con ese propósito se determinó el siguiente objetivo. Elaborar un sistema de acciones para perfeccionar el bateo por detrás del corredor hacia la parte derecha del terreno con la utilización del batintín y la bola bombeada, en el que se utilizaron diferentes métodos científicos, tales como: teóricos; empíricos; estadísticos matemáticos y criterio de especialistas que permitieron evaluar el funcionamiento de los entrenadores durante las clases, y como le dan salida al componente técnico-tactical en el béisbol.

Keywords

Preparation; Offensive tactics; Control; Tactical action.

Palabras clave

Preparación táctica; Táctica ofensiva; Control; Acción táctica.

INTRODUCTION

The way of batting is one of the most important skills performed within a baseball game, since it requires a very exhaustive coordination of all movements, the majority of athletes create a unique style at the time. to become hitters. Therefore, batting technique is considered the most difficult element to master in the game, which is why this form constitutes an art, thus fulfilling an old saying that good hitters are born, not made.

In this sense, the batter has to concentrate on making contact with the ball, the action of batting requires a complicated movement in which one group of muscles works exactly opposite to its similar ones in the other arm. For example, when a right-handed batter makes the batting motion, the pronator of the forearm contracts simultaneously with the supinator of the left forearm.

Furthermore, batting is considered in baseball to be the favorite activity of everyone who practices it. The entire baseball team wants to have a good hitter, because there is no doubt that there is nothing as enjoyable as hitting a good hit.

In baseball, to be a good hitter, several hours of training are needed to acquire a good technique that is based on the fundamentals of hitting, since when the player is taking his turn at bat, his mind cannot be thinking. in the details of the execution, since at that moment your mind should only be focused on seeing the ball from the moment it leaves the pitcher's hand until your bat makes contact with it. To achieve such concentration, one must trust that the technique applied is the most correct to try to achieve good results in this offensive technique.

You can express that in today's baseball there are great challenges, one of them is hitting, this is due to the importance that it requires in the percentage of obtaining a victory. To explain why it is so difficult to bat, we must take into account that the batter has to make contact between a round bat that can be of two shapes, such as wood or a material called aluminum, whose diameter can be between 30 and 35 ounces and a ball with a diameter of approximately 2 ounces, on the other hand, there must be a confrontation between the pitcher and the batter, where the pitcher will use his speed, which will be relative since it can range from 130 km/h to above the 150 km/h or more; And to make it more complicated, not all the throws made will be straight, other throws such as breaks are already used.

The research reviewed to date that provides the most information on the subject is primarily directed at tests for determining the speed of the swing and the batted ball. The devices used for these tests, according to the works consulted, are of advanced technology and have shown a high

correlation between batting speed and body weight, lean body mass, grip strength, upper body strength, of the lower body, rotational strength and angular velocity of the hip.

In the review of the official documents that regulate the work in this direction, specifically the Comprehensive Baseball Athlete Preparation Program, a test is found that has similar objectives to those stated above. However, there is no test that evaluates elements of offensive tactical direction, and since baseball is a sport with a highly tactical content, considering that the introduction of instruments for tactical control and evaluation in this sport. That is why, during this study, the following were detected in the EPEF players from the province of Guantánamo:

Deficiencies:

- There is no test to evaluate the elements of offensive tactics in the Comprehensive Baseball Athlete Preparation Program.
- Insufficient means for evaluating the offensive tactical direction of baseball training.
- Insufficient actions used in class by teachers to enhance work with offensive tactics in baseball.

The problematic situation that serves as the basis for this research is based on the limitations in hitting behind the runner towards the right side of the field for right-handed hitters in the first category of the Guantánamo EPEF Baseball team.

The analysis of the problematic situation, as well as its foundation, allowed us to determine the following scientific problem: How to improve hitting behind the runner towards the right side of the field for right-handed hitters in the first category of the EPEF Baseball team of Guantánamo? Therefore, the following is declared as the object of study: the batting process in baseball, and consequently the following objective was determined: Develop a system of actions to perfect batting behind the runner towards the right side of the field with the use of the batintún and the pumped ball.

Therefore, the field of action is framed. Batting behind the runner to the right side of the field in Baseball on the Guantánamo EPEF team.

To support this research, the following scientific questions were asked:

1. What is the background related to the baseball training evaluation process?
2. How to systematize the theoretical foundations that support the baseball training evaluation process?
3. How to diagnose the current status of the evaluation process for hitting behind the runner in the Guantánamo EPEF baseball team?
4. How to evaluate the feasibility of the test proposal based on the criteria of the specialists?

Research tasks:

1. Determine the background related to the baseball training evaluation process.
2. Systematize the theoretical foundations that support the baseball training evaluation process.
3. Assess the current status of the evaluation process for hitting behind the runner in the Guantánamo EPEF baseball team.
4. Evaluate the hitting behind the runner in the Guantánamo EPEF baseball team, based on the criteria of the specialists.

METHODS

The sample was selected intentionally and is made up of the 9 regular players of the main team. In addition, 2 coaches from said team will participate, coaches considered specialists in the sport due to the number of years they have been working and the results obtained in them.

This research was developed under the general dialectical and materialist philosophical and methodological approach, a scientific conception of the world, which allows the multilateral analysis of phenomena, in which research methods and techniques were used, which, properly combined, allowed determining quantitative and qualitative elements, which favor the solution of the proposed scientific tasks, they are:

At a theoretical level, the analysis – synthesis, for the assessment of the results obtained.

Induction – deduction, to establish links between the different conceptions and positions that in particular contribute to general conceptions, and the systemic-structural-functional, for the preparation of the proposed instrument.

From the empirical level, observation, to obtain information on the current state of the baseball training evaluation process. The measurement was used to record numerical values of the research. To obtain information and corroborate the problematic situation of the study, the survey was used.

From the mathematical level, the percentage calculation for the quantitative processing of information.

A documentary study was carried out to collect information about the solutions that have been proposed so far to solve the problem by different researchers and take the positive aspects from them. The Comprehensive Athlete Preparation Program and other regulatory documents were included in the review; as well as doctoral, master's and specialty theses related to the subject.

An analysis was carried out that allowed us to systematize and synthesize the necessary theoretical foundations of the technical-tactical preparation process with emphasis on batting behind the runner towards the right side of the field for right-handed hitters, the processing of the information offered by the different applied instruments. to diagnose the current state of the problem and draw conclusions.

Multiple training sections were observed to determine the didactic preparation of the coaches and to verify what methodological variants they use for the treatment of batting behind the runner towards the right side of the field for right-handed hitters and also to verify the level of performance of the baseball students. of the EPEF.

RESULTS

To carry out the diagnosis, a survey was applied to the coaches of the Guantánamo baseball team of the first category, with the objective of knowing what tests were applied to control the training. Athletes were also subject to the application of this procedure, which pursued the same objective. Likewise, consultations were made to the governing documents of the sports training process in this team, specifically to the training plan, to know when the controls would be carried out and in this way to be able to organize the observation of the training sessions that would correspond to these.

The study of the Comprehensive Baseball Athlete Preparation Program was also carried out.

All of the above highlighted yielded the following results:

- Among the tests applied by the coaches of the first category baseball team of the Guantánamo team, there is none that is used to evaluate offensive tactics, specifically batting towards the opposite hand.
- The survey applied to the athletes confirmed what was stated above, as well as the observation of the training sessions where the different tests would be applied.

The proposed solution to the problem of our research lies in a test that allows evaluating elements of offensive tactics, specifically batting towards the opposite hand, which becomes more important every day in today's baseball as it allows runners to advance to scoring positions.

Structure and operation of the proposal.

All the elements that are part of the proposed test are described below.

Test name:

Batting behind the runners.

Definition of what is measured:

It is the ability of the batter to hit the pitch, regardless of where it comes from and the type of pitch it is, towards the second base area if right-handed, or towards the shortstop area if left-handed.

Test objective:

Evaluate the ability to connect the throw to the opposite hand. Fundamentación teórica:

Baseball is a sport that has increasingly acquired a tactical nuance, even in our country where the idea has always predominated that baseball players must be “men of strength at bat” who are capable of resolving the situation with a hit.

However, current events have shown that within a baseball team even the men with the greatest power at bat must be able to execute offensive tactical plays to contribute to the ultimate goal of the game, which is to score runs. The aforementioned can be seen in two of the highest level baseball leagues in the world: The MLB of the United States and the KBO of Korea, where third bats in the line-up have even been seen touching the ball.

Placing runners in scoring positions, no matter the medium, is the key to scoring runs, and in the game of baseball the winning team is the one that scores the most runs, and not the one that connects the most extra bases.

It is evident that the offensive tactical action is built through the activation of productive thinking, in which all the elements involved in its content are developed.

According to García, A. (1998), tactics are all the intelligent motor actions carried out in the game with spatio-temporal adaptation, the result of observing previous situations of teammates and opponents, and in addition to their spatial or postural modifications.

Methodology:

To carry out the test, the players are placed on defense and a runner on first base who must steal the throw executed by the pitcher.

Each batter is given 8 pitches, 2 straight in the outside zone, 2 straight in the inside zone, 2 in breaking in the outside zone, and 2 in breaking in the inside zone.

Task:

The batter must hit from a rolling or line drive towards the second base area if he is right-handed, or towards the shortstop area if he is left-handed.

Standardization guidelines:

- The test is performed after 15 minutes of warm-up.
- The batter is given 5 preparation pitches before starting to count those valid for the test.
- All athletes will face pitchers who have the same technical qualities, for example, who are straight, who throw the ball at the same exit angle, and who have an average speed.

Means and instruments:

The means that will be used to carry out the test will be the following:

1. Bates.
2. Protective helmets.
3. Balls.
4. Gloves.
5. Baseball field.

Qualification form:

The test will be graded by the effectiveness of the hit and the complexity of the pitch.

Consult the specialists.

To give solidity to the proposal, it was determined to consult specialists on the subject, who are distributed as follows:

- They all have a degree in Physical Culture.
- Of them, 3 hold the title of Graduate Baseball Specialist and 2 have degrees in physical culture.

7 specialists were consulted. These came from the INDER Provincial Directorate, the Provincial Baseball Department, the Faculty of Physical Culture, the Provincial Baseball Academy, and the School Sports Initiation School (EIDE).

For this consultation, a Likert-type scale was applied, which allows the specialists' criteria to be collected independently and analyzed statistically. Furthermore, it constitutes one of the best-known methods for measuring the variables that constitute attitudes by scales.

This method was developed by Rensis Likert in the early 1930s; However, it is a current and quite popular approach. It consists of a set of items presented in the form of statements or judgments, to which the reaction of the subjects to whom they are administered is requested. That is, each statement is presented and the subject is asked to express his or her reaction by choosing one of the five points on the scale.

Each point is assigned a numerical value. Thus, the subject obtains a score regarding the statement and at the end the total score is obtained by adding the scores obtained in relation to

all the statements. Statements qualify the attitude object being measured and should express only a logical relationship.

The information was processed based on the evaluations issued by the specialists; an anonymous dialogue was established until a consensus of opinions was reached.

The aspect regarding the structural and methodological conception of the proposal was evaluated among the categories of Totally Agree: 3 (43%), Agree: 3 (43%), Neutral: 1 (14%), and Disagree: 0 (%).

The logical and methodological ordering of the steps of the proposal was evaluated as Strongly Agree: 4 (57%), Agree: 2 (29%), Neutral: 1 (14%), Disagree: 0 (0%).

Regarding the level of satisfaction of the proposal, as a solution to the problem and the real possibilities of its implementation, it was evaluated as Completely Agree: 1 (14%), Agree: 5 (72%), Neutral: 1 (14%).

In general sense, after knowing the results of the previous evaluations, the test proposal could be positively evaluated, observing that the results by specialists were located between the categories of Totally Agree: 4 (57%), Agree: 3 (43%), and Neutral: 0 (0%).

DISCUSSION

The proposed methodology is aimed at technical-tactical preparation based on a system of actions to perfect hitting behind the runner towards the right side of the field with the use of the batintín and the pumped ball, which has the following characteristics:

- This has as a novel element a systemic, integrative and contextualized approach that contrasts with traditional conceptions for teaching this sport.
- Regarding the principles provided by Addine (2004), they allowed the actions developed to be accessible and affordable for both coaches and baseball players from a theoretical and practical point of view, which allowed a better understanding of the conceptual and procedural elements.
- The postulates of Ausubel (2002) on meaningful learning were also taken into account, which made it possible to establish the necessary links between the contents to be learned and those already known, in such a way that a coherent system is formed and, in this way, favor the construction of meanings in the assimilation of defensive tactical content.

On the other hand, the conceptualization of technical-tactical preparation provided by Navelo (2004) was of great importance for this research because it allowed us to know the essential elements that make up this type of preparation, which were taken into account when conceiving the proposed actions.

By way of conclusions, it should be noted that the system of actions developed is based on theoretical foundations: philosophical, sociological, psychological, pedagogical, didactic; It contains a system of actions to contribute to the improvement of the defensive technical-tactical preparation of EPEF baseball players. The introduction of the actions in praxis confirmed their feasibility and scientific-methodological relevance based on their verification through the criteria of specialists and the socialization workshops, which demonstrates that the research developed offers a solution to the scientific problem and meets the proposed objective. .

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