

Exercises to make perfect the against attack of the juvenile masculine team of volleyball of beach ***Ejercicios para perfeccionar el contra ataque del equipo juvenil masculino de voleibol de playa***

Lisette Valier-Baute³, Fredis Torres-Cribe², Alcides Preval-Sosa³

¹***Student. Physical Culture Faculty. Guantanamo University. Cuba.***

²***Ms.Sc. Auxiliary Professor. Physical Culture Faculty. Guantanamo University. Cuba.***

³***Spec. INDER. Guantanamo. Cuba.***

Email:

lissette@cug.co.cu

fredisc@cug.co.cu

alcidesps@gmail.com

Reception date: November 14, 2023

Acceptance date: December 15, 2023

ABSTRACT

The research was developed with the objective of proposing exercises to perfect the counterattack of the EIDE "Rafael Freyre" youth men's beach volleyball team from Guantánamo. A series of tasks were carried out based on a bibliographic review of the topic, which made it possible to elaborate the historicity, the theoretical references, interpret and process the different instruments: criteria issued by coaches and athletes, thereby assessing the current state of the technical-tactical problem, based on the observed insufficiencies and project new ways of solving the existing problem. We rely on historical-logical, interview, observation, systemic-structural methods.

Keywords

Exercises; To perfect; Counterattack; Equipment; Youth; Volleyball; Beach

RESUMEN

La investigación se desarrolló con el objetivo de proponer ejercicios para perfeccionar el contra ataque del equipo juvenil masculino de voleibol de playa de la EIDE "Rafael Freyre" de Guantánamo. Se realizaron una serie de tareas partiendo de una revisión bibliográfica del tema, que permitió elaborar la historicidad, los referentes teóricos, interpretar y procesar los diferentes instrumentos: criterios emitidos por entrenadores y atletas, con ello la valoración del estado actual del problema técnico-táctico, sobre la base de las insuficiencias observadas y proyectar nuevas vías de solución al problema existente. Nos apoyamos en los métodos histórico-lógico, entrevista, observación, sistémico-estructural.

Palabras clave

Ejercicios; Perfeccionar; Contraataque; Equipo; Juvenil; Voleibol; Playa.

INTRODUCTION

The development of sciences applied to sports is aimed at obtaining better performance in the preparation of athletes, significantly increasing their results. Sports activity today is followed with great interest by millions of fans, not only because of what it represents as a spectacle, but because of the admiration and interest it arouses when seeing how man is capable of improving himself, as well as, being faster, more resistant, stronger, more skilled and more intelligent every day.

The development that beach volleyball has achieved in the world in recent years requires the constant renewal of forms and work methods, which allow our specialists to systematically apply the new advances in science and technology, in accordance with These changes are directed in three fundamental directions, the improvement of technique and tactics, the increase in the height of the players and the increase in the speed with which the ball is played, together with this the constant changes that the regulations undergo of game.

The presence of beach volleyball today demands new demands in relation to the past, it consists of a points-per-play system (Rally Point), which gives a different qualitative seal to the training and demands more than ever of a training process every day. more personalized and adjusted to the conditions of the environment in which it is developed and a coach who becomes an excellent researcher, communicator and leader of the process.

In current beach volleyball there are modifications that are generated by different causes, among them we find: the technical-tactical mastery of the players, the evolution of the game regulations and the television show, this element being the one that has the greatest influence. According to Santana, J. L. (2000) *"From the period of its birth as a sport to the present day, the spectacle element is present more than ever today and has produced substantial changes in a shorter time than any other element"* (p. 4).

For its part, Cuban beach volleyball is characterized by a high level, where the height of the jump, the strength in the attack and the size stand out, but not in its technical-tactical performance, that is, in the intelligent solution during that fraction. of time when the ball, the position, the teammate and the opponent are combined, where it is necessary to give a quick and accurate motor response in this regard. Laffita, E. G. (1992), coach of the women's national team, points out... *"in the past, training could be based on the planning of physical work, while at this time it calls for a more universal dimension"* (p. 9).

Comprehensive Athlete Preparation Program (2020), it is stated that: *"for many years in the results of our teams, physical preparation has been the most important factor in Cuban Volleyball"* (p. 16).

However, other factors must be added to this important element in today's volleyball, such as: Playing high above the net, with speed and variability in offensive and defensive actions with excellent mental preparation. Have scientific support and research. An accurate early selection of talents for the practice of beach volleyball. Support the result with extensive development of school and youth teams. If you want to achieve higher levels in teaching and consolidating the game of beach volleyball, it is necessary to constantly improve the training methods and means so that their use allows you to streamline the process.

According to Navelo (2004):

“We are faced with the need to work on a teaching and development approach that is capable of training young volleyball players to provide answers to the demands of contemporary volleyball, which is characterized by an adequate mastery of the fundamentals technique, the richness and variability of technical-tactical actions with a high level of combinations and game systems” (p.27)

In this sense, it is in the hands of beach volleyball specialists the possibility of perfecting the conduct of training, in terms of methodological orientation, organization and execution of the technical-tactical preparation process that avoids improvisations, which affect the subsequent player development.

Beach volleyball increasingly demands from its practitioners the universalization of its players together with a solid general base acquired in the training stage (16-19 years). Regarding technical-tactical preparation, the beach volleyball player develops during the game a set of collaborative actions between him and his partner, conceived as collective actions, among them we find fractions of an individual and collective nature such as the counterattack.

Volleyball as an activity requires mastery of a system of actions that are represented by the skills of the game; serve, receive, pass, attack, is characterized by the manifestations of the technical fundamentals, but in each one there are multiple variants of execution and the conjugation of these in group actions where effectiveness depends on the collaboration of the players both for the actions of complex 1 and those of complex 2 and within these the actions of the counter attack.

For this reason, the complexity of training within the framework of each of the specialties is increasing, where individual plans are made depending on the game function, the technical-tactical variants in each of the elements that players use in competitions. and especially the characteristics of the opposites.

From observations of different training sessions, review of the statistics of the effectiveness of the counterattack, surveys and interviews applied to new coaches and coaches with a lot of experience, the following scientific problem was detected: How to contribute to the improvement of the team's counterattack youth male beach volleyball of the EIDE “Rafael Freyre Torres” of Guantánamo?

Objective: Develop exercises to perfect the counterattack of the EIDE youth men's beach volleyball team "Rafael Freyre Torres" of Guantánamo. Scientific questions:

1. What are the contextual historical background of the beach volleyball training process?
2. What theoretical references support the Beach Volleyball sports training process?
3. What is the current status of the beach volleyball training process regarding the counterattack actions of the EIDE youth men's team "Rafael Freyre Torres" from Guantánamo?
4. What exercises to use to perfect the counterattack of the EIDE youth men's beach volleyball team "Rafael Freyre Torres" of Guantánamo?

Research tasks:

1. Determination of the contextual historical background that frames the beach volleyball training process.
2. Foundation of the theoretical references of the Beach Volleyball sports training process.
3. Diagnose the current state of preparation regarding the counterattack of the EIDE "Rafael Freyre Torres" youth men's beach volleyball team from Guantánamo.
4. Preparation of exercises to perfect the counterattack of the EIDE "Rafael Freyre Torres" youth male beach volleyball team from Guantánamo

Population and sample.

To carry out this work, the population under study is 4 beach volleyball athletes who represent 100% of the youth category 16-18 years of EIDE "Rafael Freyre Torres" of Guantánamo from which the 4 athletes are taken as a sample. Within the team, taking into account the principle of specialization, they serve as defensive players and blockers, in charge of prioritizing field defense and counterattack, representing 100% of the population.

The members of the team are characterized by having an average chronological age of 17.2 years, which shows the passage of these athletes through the lower categories, with experiences in sport, whether from sports teams or from the EIDE itself.

The sports orientation is made up of two sports teachers who average more than 20 years of professional experience, have a university level, and high professional qualifications, coming from a group of 10 volleyball coaches from the EIDE, all of them with professional experience in sports and graduates. in Physical Culture and Sports.

METHODS

To carry out our research we rely on the following scientific methods.

From the theoretical level: Historical logical: with the purpose of determining the historical background of beach volleyball. Analysis and synthesis: magazines, Internet articles, bibliographies and specialized materials were reviewed with the aim of developing the foundation of the work.

Induction deduction: With the objective of characterizing beach volleyball and the exercises aimed at improving the effectiveness of the counterattack.

Modeling: for the determination and structuring of exercises to improve the execution of the counterattack of the EIDE youth men's beach volleyball team "Rafael Freyre Torres" of Guantánamo.

Functional structural systemic: For the development of the methodology for the application of the proposed exercise system.

From the empirical level:

Analysis of documents: To evaluate and examine from a theoretical-conceptual point of view, the elements that intervene in the counterattack of the youth men's beach volleyball team of the EIDE "Rafael Freyre Torres" of Guantánamo.

Survey: to diagnose the problem and determine the existing criteria for the counter attack. Observation: to know the current status of the counterattack preparation of the EIDE youth men's beach volleyball team "Rafael Freyre Torres" of Guantánamo.

From the mathematical level: Processing: percentage calculation: to process the data obtained in the surveys applied to the coaches and the effectiveness of the counterattack.

RESULTS

The diagnosis carried out to know the current state of the preparation of the counter attack of the EIDE youth men's beach volleyball team "Rafael Freyre Torres", was first structured with surveys applied to the 8 EIDE coaches who participate in the preparation of the athletes of the high performance structure of the province and 8 of the Sports Combines of the Guantánamo municipality that attend to the preparation of the athletes of the base, four of them serve as national referees, at the same time the athletes were interviewed with the objective of knowing the existing criteria and opinions about counterattack training.

In addition, observations were made of the training plans, classes and competitions to see how the development process of this technical-tactical element was carried out and pedagogical tests were carried out with the objective of diagnosing.

Results of interviews with student-athletes.

The results of the interviews with the student-athletes, related to the theoretical aspects of the technical-tactical actions of the main attackers whose guide appears in (Annex 2) were the following.

In the first question, the 4 athletes who constitute 100% of the sample under study generally know the elements that make up the counter attack.

In relation to question number 2, 100% the importance of counterattack because it allows maintaining the initiative in the game and keeping the team on serve, allowing the team a second opportunity to attack.

In question number 3, 100% say they know the main technical-tactical problems are in choosing the best defensive tactic related to the construction of the opponent's first attack, communication and complying with what was previously agreed, for example if the block is line the defender must be located on the diagonal.

In question number 4, the players expressed that they sometimes felt technically prepared, what affects them is communication and complying with the agreed technical-tactical plan, the poor positioning of the defender and the choice of a poor attacking tactic.

Regarding question No. 5, the responses were diverse and were related to:

- First, the tactical projection of the serve is fulfilled, directed at the opposing player who has the least quality in the attack.
- Communication and coordination of actions in compliance with the previously agreed technical-tactical plan.
- The location of the block, its technical procedure and the defending player's anticipation of the opponent's attack variant.
- The chances of getting the point from the speed of the game on the net.
- Execute an attack in anticipation of the opponent's defense possibilities, with an attack on the first and second touch of the ball with all its technical variants.

Documentary analysis of the Comprehensive Preparation Program for Beach Volleyball Athletes, in the indications for technical-tactical preparation.

The documentary study of the Comprehensive Athlete Preparation Program (see annexes No. 3) allowed us to verify that the indications for the technical-tactical preparation refer to the essential contents and the different phases for this work which is oriented towards the conception of technical work with a greater impact on tactics, increasing exercises in variable conditions to enable tactical thinking based on modeled actions.

The typical phases of the game are stated, but no exercises are proposed that allow us to treat the difficulties derived from the diagnosis of the players in the counterattack based on the same indications of the program.

In conjunction with the above, a diagnosis was established through observation (annex no. 4) of different training sections where we took the following aspects as indicators, corresponding to the

different moments of the execution of the counterattack, giving an evaluation to the themselves from a qualitative and quantitative point of view, in addition to a general evaluation.

Result of observation of training sessions.

1. Training observations were carried out in the study game tasks where a group of indicators with measurable actions were taken into account to determine common errors.
2. The percentage effectiveness of the counterattack was determined through statistical indicators based on the quality of each of its elements.
3. Communication between players is not sufficient based on the same structure of the exercise that makes it possible to help better anticipate the opponent's offensive and effectively complete a counterattack.
4. Analysis of the initial test to determine the current state of the counter attack.

In the test that was carried out, it was determined that the counterattack reached 45% effectiveness evaluated as regular, where the acceptable indicators for this part of the game are between 50 and 60%. The greatest difficulties in the technical elements that make up the counter attack are:

The blocking involved not taking the flight time of the ball to execute the jump and poor hand placement.

In defense, poor placement, anticipation in relation to the opponent's possible attack.

In the overhead pass, poor ball manipulation and in the lower pass, poor leg work and in the backward pass.

Poor communication was observed during the construction of the counterattack and the definition of the opponent's defense-free zone.

Unfavorable choice of technique - tactical variant of attack.

Exercises to improve the counterattack of the EIDE youth men's beach volleyball team “Rafael Freyre Torres” of Guantánamo.

Foundation.

The general objective of the exercises is to enhance the technical execution and defensive tactical thinking in the beach volleyball players of the province in training in order to achieve the best sporting results in national competitions, which gives the possibility of solving various situations. from the defensive point of view and its offensive balance in the realization

In the execution of specific volleyball actions, the activity of the central nervous system plays a fundamental role, which guarantees the coordination of the work of large muscular planes that govern sporting gestures.

The effect of the exercises can only be perceived after a systematic process of repetitions, which results in the assimilation of new motor acts and the improvement of the acquired movements by the volleyball players.

Under the influence of the sports preparation process, it is possible to execute a set of exercises with an increasingly higher level of complexity, where quality is evident in their precision, coordination and creation.

Objective: Perfect the counterattack of the EIDE youth men's beach volleyball team "Rafael Freyre Torres" from Guantánamo.

DISCUSSION

To evaluate the benefits of exercises Trainer surveys:

When carrying out the analysis and interpretation of the survey applied to the 16 coaches, who represent 100%, to know the current state of the preparation of the counter attack of the EIDE youth men's beach volleyball team "Rafael Freyre Torres" see annex no.1).

It was first possible to verify that 16 coaches for 100% stated that the time dedicated to the development of the counterattack actions is insufficient in relation to the actions of the first attack, for example, a high percentage of group actions are executed that their starting point is a serve or a delivery and not from various attack situations of the opponent,

In question number 2, 100% of the coaches agreed that the technical-tactical actions of the counter attack of the men's youth team are insufficient in relation to the technical-tactical development of the category since deficiencies are observed in movements without the ball, anticipation and communication related to the defensive response and the subsequent build-up of the attack.

In the third question, the 14 coaches representing 87.5% assumed that the insufficiencies in movements without the ball and the lack of communication decisively affect the effectiveness of the counterattack, stating that the players do not reach the ball in the best conditions to obtain the point, 3 of the coaches representing 12.5% state that the low effectiveness rate is due to the lack of anticipation and communication with their teammate.

In the fourth question, 100% of the teachers presented their answer positively, considering that the greatest difficulties are generated by the lack of communication and coordination between the phases "before contact with the ball" "during contact with the ball", of the opponent and the choice of the defensive tactic to follow and its subsequent counterattack.

In the fifth question, 100% of the teachers agreed that they take into account tactical technical development as a determining component in their training plans, but they predict that the treatment

given to the contents for the improvement of actions is insufficient. of the counterattack, raising the importance that these have in obtaining victory because it is the second opportunity to reach the point based on the team's own actions.

In the sixth question, 100% of the answers were affirmative. From the point of view of what the shot represents in the construction of the attack, it would be very productive to have on hand a proposal of exercises aimed at this important part of the game.

BIBLIOGRAPHIC REFERENCES

- Álvarez, J. (1989). Voleibol. Impresiones desde el banquillo. Federación Voleibol del Principado de Asturias. Gijón.
- Álvarez, J. (2001): Voleibol de la Cancha a la Arena. Imprenta y Fotografía. Terminal Gráfico S. A, La Rosa Madrid. 121 p.
- Andux, C. (1996). Modelo de dirección metodológica para la racionalización, objetividad del aprendizaje del voleibol en la clase de Educación Física. III
- Andux, C., E. Hernández y G. González. (1988): Programa de Preparación del Deportista Voleibol. 198 p.
- Barrios, J. y A. Ranzola (1998). Manual para el deporte de iniciación y desarrollo. Ciudad de La Habana, Editorial Deporte.
- Bayer. C. (1987). Técnica: La formación del jugador. Barcelona, Editorial. Hispano Europea.
- Becali, A. E. (2006). El Voleibol y su historia. Editorial Deportes, Ciudad Habana.
- Borroto, E. (1999). Rasgos que caracterizan el entrenamiento deportivo en los equipos nacionales de voleibol de Cuba [tesis de Maestría/no publicada, Universidad de la Cultura Física y el Deporte, La Habana]. Repositorio Institucional UCH. Ciudad de La Habana.
- Borroto. E y col. Voleibol 1. Ciudad de La Habana. Editorial Pueblo y Educación (1992).36p.
- Colectivo de autores. Voleibol. Colección Los deportes Olímpicos. Primera edición. España: 1884.
- Comisión Nacional de Voleibol. (2017 - 2020): Programa de Preparación del Deportista de Voleibol, La Habana. 79 p.
- Dmitrievich, Y. (s/f). Voleibol: Teoría de la preparación. Barcelona, Editorial Paidotribo.
- Froner, B. (s, a): Skills in Volleyball Training, Leipzig.
- George, E. (2000). Ganamos jugando otro voleibol. Revista Bohemia. N° 26. Ciudad de La Habana.
- Herrera, G., J. Ramos y J. Despaigne: (1996): Voleibol. Manual de Consulta Operativo para Entrenadores, Editorial Federación Vasca de Voleibol, Bilbao. 128 p.

- Ivoilov, A. V. (1988): Voleibol Ensayo de biomecánica y metodología del entrenamiento, Editorial Científico Técnica, Ciudad de la Habana. 124 P.
- Kleschov, Y. V. Tiurin, Y. Furaev (1977): Preparación Táctica de los Voleibolistas, Editorial Pueblo y Educación, Ciudad de la Habana. 129p
- Moras. G. (2000). La preparación integral en el voleibol. 2da. ed. Barcelona, Editorial Paidotribo.
- Moreno, O. (2010) La historia del voleibol. Editorial Deportes. Ciudad de la Habana, 109 p.
- Navelo, R. (1991) Algunas Consideraciones acerca del desarrollo del Pensamiento Táctico en los Jolene's Voleibolistas. Trabajo presentado en la Jornada Metodológica de Facultad de Villa Clara. 8 p
- Navelo, R. (2001): Modelo Didáctico Alternativo para la Preparación Técnico-Táctica de los Jóvenes Voleibolistas. Tesis presentada con opción al título de doctor en Ciencias de la Cultura Física, ISCF "Manuel Fajardo
- Navelo. R. (2004). El joven voleibolista. Editorial José Martí. Ciudad de la Habana.
- Reig, C. E. (2002). Los inicios del voleibol en Cuba. Periódico Juventud Rebelde. Ciudad de La Habana.
- Zhelezniak. Y. A., Y.N. Kleeshev. O. S. Chejov. (1989). La Preparación de los Voleibolistas Jovenes, Editorial Científico Técnica Ciudad de la Habana, 291p.