

***Exercising system for the tactics of volley exceed in the players of volleyball
category 13-15 years***

***Sistema de ejercicios para la táctica del voleo-pase en las voleibolistas de la
categoría 13-15 años***

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ABSTRACT

In the thesis elaborate him tactical actions of volley, exceed in the players of volleyball the category 13-15 Guantánamo's years. The detected insufficiencies happen as from the analysis of the controls to sports workouts and competitive reports. The methods and fact-finding utilized techniques matched: Of the theoretic level, analysis synthesis, induction deduction; They utilized the observation, opinion polls, interviews and the observation of the empiric level; Of the mathematical statisticians: Variable qualitative ordinal statistical techniques and the proof of the signs or proof Wilcoxon.

RESUMEN

En la tesis se elabora un sistema de ejercicios de carácter integrador y sistémico en condiciones de competencia para el mejoramiento de la táctica del voleo-pase en las voleibolistas de la categoría 13-15 años de la EIDE de Guantánamo. Las insuficiencias detectadas surgen a partir del análisis de los controles a entrenamientos deportivos e informes de competencia. Los métodos y técnicas de investigación utilizados fueron: del nivel teórico, el análisis-síntesis, inducción-deducción; del nivel empírico se utilizaron la observación, encuestas, entrevistas y la observación; de los estadísticos-matemáticos: técnicas estadísticas variable cualitativa ordinal y la prueba de los signos o prueba Wilcoxon.

Keywords

System; Tactical actions; I volley pass; Category 13-15 years; Players of volleyball.

Palabras clave

Sistema; Acciones tácticas; Voleo-pase; Categoría 13-15 años; Voleibolistas.

INTRODUCTION

Modern volleyball has emerged as a sport with a broad competitive perspective, where changing and unexpected game situations have proliferated to the point that offense interacts with offensive concepts and vice versa. Hence the need to consider the different components of an athlete's preparation, in the physical, technical, tactical, psychological, and theoretical aspects in line with the advancements of the sport.

Tactics, according to Frederick (1976), is the part of strategy that deals with the study of the generalities of the game, its means, methods, and methods of conducting sports, and its rational application against an opponent. It is the concretization of brain tasks in practical-competitive activity, processed through thinking skills and other functions. Volleyball, like all team sports, considers both the sum of the individual actions of its players and how they are organized within the game. Therefore, collective performance is fundamental. Therefore, the importance of tactics lies in seizing the initiative against the opponent to achieve significant results.

Several authors, such as Ozolin (1983), Herrera, Ramos, and Despaigne (1996), Harre (1987), Garcés (2013), Pérez and León (2016), Gonzales (2017), and Martínez (2021), have focused on tactical preparation from the perspective of athlete preparation. However, there is a lack of research focused on integrative and systemic exercises under competition conditions for the volley-pass tactic.

The tactical preparation of volleyball in Cuba has recently been the subject of priority attention. Herrera (2013) states that "(...) the main difficulties of Cuban volleyball at the 2012 Olympic Games center on the insufficient tactical performance of the players, a determining component of contemporary preparation" (p. 15). This is a fact that is of marked interest in the development of research around this issue in order to once again achieve the historical results achieved by Cuba on a global scale Martínez (2021).

Méndez (2017) confirms that coaches' prevailing use of traditional teaching methodologies based on fragmentation, simplification, and progression of tasks decontextualized from their actual playing environment makes it difficult for volleyball players to solve actions in real-life game situations as a group.

This element is taken into account in this research in order to develop actions for improvement. According to Navelo (2004), "We are faced with the need to work on an approach to teaching and improvement that is capable of training young volleyball players to respond to the demands of contemporary volleyball, which is characterized by an adequate mastery of the fundamental techniques, the richness and variability of technical-tactical actions, and a high level of combinations

and game systems." Therefore, volleyball specialists are responsible for perfecting training in terms of methodological orientation, organization, and execution of the preparation process, avoiding improvisations that affect player development. Andux (1988) maintains that "(...) passing is the most important element of volleyball. All players must be able to make safe and accurate passes." The effectiveness of an attack depends on the correct execution of the passing technique and the correct tactical orientation for the shot. The correct tactical execution of the passer depends on the specific game situation, the quality of the reception, the positioning of the finishers, the positioning of the passers themselves, the actions of the opposing team, and the state of the game.

However, Zhelezniak (1989) points out that "...almost all exercises for perfecting technical fundamentals are closely linked to passing. Players must understand that passing constitutes the foundation of the game, that it is impossible to play without passing, and that every spike depends on it." Passing constitutes the foundation of volleyball within the sport. It is a condition for the direct construction of a team's attacking game.

The value of passing lies in its tactical richness, which is acquired through actions that promote the development of creative thinking, study games, and control games where the player develops all his or her abilities with the goal of placing his or her attackers in an advantageous position against the opponent's block.

Passing is a skill that must be initiated from an early age, developing peripheral vision and attention distribution through special exercises. These psychological factors are decisive in the development of a second pass specialist. To improve passing in group and team exercises, it is advisable to use individual exercises that focus on technique, as well as develop passing accuracy from different starting positions to pass the ball to targets at different distances, and develop coordination while moving.

Despite the recognition of the importance of volley-passing in the game of volleyball, as one of the most frequently used fundamentals within the game, as Méndez (2017) points out, traditional teaching still prevails, based on the fragmentation, simplification, and progression of tasks decontextualized from their actual playing environment.

Hence the importance of this research in developing an integrative and systemic system of exercises under competitive conditions to improve volley-passing tactics in volleyball players in the 13-15 age group at the Guantánamo EIDE. Furthermore, the strategic planning of Volleyball for the 2021-2024 period recognizes the insufficient tactical preparation of volleyball players at the grassroots level as one of the weaknesses. In line with what Herrera (2013) stated, "...the tactical preparation of

volleyball in Cuba has recently been the subject of priority attention since among the main difficulties faced by Cuban volleyball at the 2012 Olympic Games were the insufficient tactical performance of the players, a determining component of contemporary preparation" (p. 15). This fact raises significant interest in the development of research around this issue in order to regain the historic results achieved by Cuba on a global scale.

The above highlights the need to strengthen tactical preparation, specifically in the volley-pass, an essential element of both the offense and defense of modern volleyball. This process requires the development of scientific products to address this situation.

Tactical volley-passing actions among 13-15 year-old volleyball players from Guantánamo are a current issue at the national and provincial levels, impacting the context of real-life game situations and addressing the technological demands of volleyball. An analysis of 789 negative volley-passing actions from the 2023 national games was conducted for this study. The data was obtained through the observation of 18 games from the 2023 national school championship.

The following problematic situation arises: insufficient execution of tactical volley-passing actions among 13-15 year-old volleyball players from Guantánamo. In this sense, some regularities are evident that do not allow the tactical actions of the volley-pass to be concretized in volleyball players of the 13-15 years category of Guantánamo, from the preconceived diagnosis through the observation method, the statistical results in said competitive activity and the interview with the coaches, it was possible to detect these deficiencies: insufficient methodological tools for the treatment of the volley-pass; poor tactical action of the passers during the game and the competition, inadequate decision-making of the passers in the competitions

Based on the above, the scientific problem is determined: How to improve the volley-pass tactics of volleyball players in the 13-15 age group at the Guantánamo EIDE (Educational Training Center)? To solve the identified problem, the objective is proposed: To develop an integrative and systemic system of exercises under competitive conditions to improve the volley-pass tactics of volleyball players in the 13-15 age group at the Guantánamo EIDE (Educational Training Center). Therefore, the following idea is formulated to be defended: if exercises are designed with a new concept in their planning, tactical actions with direct screening are perfected, then this contributes to the improvement of real-life game situations in youth basketball players.

Research Methods:

Theoretical Level

Analysis and synthesis: This was used to study the problem, its particularities, and characteristics, which allowed us to reveal its regularities and understand its current status. Documentary review: This was used to study and determine essential elements addressed in governing documents, regulations, and other documents related to specific aspects of the problem.

From the empirical level:

Observation: To training and game units, to gather information on the current state of tactical preparation for volley passing among volleyball players in the 13-15 age group.

Expert criteria: This was used predictively to assess the feasibility of exercises to improve tactical preparation for volley passing among volleyball players in the 13-15 age group.

Survey: This was administered to the volleyball players under study, as the research population, to gather opinions and criteria regarding their knowledge and current state of volley passing tactics.

Interview: This interview was conducted with coaches involved in the tactical preparation for volley passing among volleyball players in the 13-15 age group in Guantánamo and other specialists in the region who have knowledge of tactical preparation in volleyball.

From the statistical mathematical level:

Statistical techniques used: ordinal qualitative variable, to make before-or-after comparisons, the sign test or Wilcoxon test used.

RESULTS

During the course of the research, a system of exercises was designed consisting of 10 exercises to improve the volley-pass tactics of volleyball players in the 13-15 age group at Guantánamo. These exercises were designed for each stage of preparation, containing objectives, organization, development, methods, means, procedures, forms of organization, dosage, recovery methods, variations, and methodological guidelines.

Objective: To improve the volley-pass tactics by trying to evade the opposing block, ensuring that the spikers execute the ball with a minimum number of blockers, or without them, among volleyball players in the 13-15 age group at the Guantánamo EIDE.

Aspects to consider: the ball's trajectory after receiving the ball, the team's own technical and tactical mastery, characteristics of the team's spikers, the team's playing system, and the strengths and weaknesses of the opposing block.

Methodological foundations of the drill system for improving volley-pass tactics in volleyball players in the 13-15 age group at Guantánamo.

The proposed drills are based on the tasks to be developed to achieve the objectives of technical-tactical and physical training, with the aim of carrying out work more targeted to each player's specialty within the training process.

The starting objective for the 13-15 age group is to demonstrate a level of athletic mastery achieved through the execution of motor skills, demonstrating the physical strength essential at competitive levels appropriate to the age group. The objective of the developed drills is to improve volley-pass tactics in volleyball players in the 13-15 age group at the Guantánamo EIDE. Example of drills

Drill 3. Volley pass to zone 2, with penetration from zone 1 upon receiving a pass.

Objective: Pass from Zone 2, penetrating Zone 1 from the ball's trajectory after receiving it under variable and standard conditions.

Organization: Organized in two lines in the middle of the field, they will execute passes and action.

Methods: Standard and variable repetitions.

Means: Balls, net, whistle.

Procedures: Frontal in groups.

Organization methods: Lines.

Dosage: 6 to 8 repetitions.

Recovery methods: Complete. Dynamic and on-the-fly.

Variations: Same as above, but with blocking.

Methodological guidelines.

Demand the ball's parabola after receiving it, their own technical and tactical mastery, the characteristics of their team's spikers, the team's system of play, and the strengths and weaknesses of the opposing block.

Perform the pass depending on the characteristics of their team's spikers.

Exercise 4. Volley pass to zones 2 and 4, with penetration from zone 1 with obstacles located at different distances (3 meters from the net).

Objective: Pass to zones 2 and 4, with penetration from zone 1 with obstacles located at different distances (3 meters from the net), under variable and standard conditions.

Organization: Organized in two lines in the middle of the court, they will execute the pass and action.

Methods: Standard repetitions.

Means: Balls, net, whistle.

Procedures: Frontal in groups.

Organization methods: Lines.

Dosage: 6 to 8 repetitions.

Recovery methods: Complete. Dynamic and on the fly

Variations: same but with blocking

Methodological Guidelines

Require the ball's parabola after receiving, their own technical and tactical mastery, the characteristics of their team's hitters, the team's system of play, and the strengths and weaknesses of the opposing block.

Drill 5. Volley pass to zones 2 and 4, with penetration from zone 1 with obstacles placed at different distances (5 meters from the net).

Objective: Pass to zones 2 and 4, with penetration from zone 1 with obstacles placed at different distances (5 meters from the net).

Organization: Organized in two lines in the middle of the court, they will execute the pass and action.

Methods: Standard and variable.

Means: Balls, hoop, whistle, stopwatch.

Procedures: Frontal in groups.

Organizational methods: Lines.

Dosage: 6 to 8 repetitions.

Recovery methods: Complete. Dynamic and on-the-fly.

Variations: Same but with block.

Methodological Guidelines

Require the ball's parabola after receiving, their own technical and tactical mastery, the characteristics of their team's hitters, the team's system of play, and the strengths and weaknesses of the opposing block.

Drill 6. Volley pass to zones 2 and 4, with penetration from zone 1 with obstacles placed at different distances (7 meters from the net).

Objective

Organization: Organized in two lines in the middle of the court, they will execute the pass and action.

Methods: Standard and variable.

Means: Balls, net, whistle.

Procedures: Frontal in groups.

Forms of organization: Lines.

Dosage: 6 to 8 repetitions.

Forms of recovery: Complete. Dynamic and on the fly.

Variations: Same but with block.

Demanding the ball's parabola after receiving it, the team's own technical and tactical mastery, characteristics of the team's spikers, the team's playing system, and the strengths and weaknesses of the opposing block.

Methodological Indications

CONCLUSIONS

In the research, a system of integrative and systemic exercises was developed under competitive conditions to improve the volley-pass tactics of 13-15 year-old volleyball players at the Guantánamo EIDE. These exercises include objectives, organization, development, methods, means, procedures, forms of organization, dosage, forms of recovery, variations, and methodological indications.

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