

Match Analysis for Elaborate the Volleyball Training: A Review

Nelson Kautzner Marques Junior*

Independent Research

Master in Science of the Human Motricity, Castelo Branco University, Rio de Janeiro, Brazil

Member of the Scientific Committee of the Revista Observatorio del Deporte, Los Lagos University, Santiago, Chile

International Scientific Reviewer of the Revista Con-Ciencias del Deporte, UNELLEZ, Barinas, Venezuela

***Corresponding Author:** Nelson Kautzner Marques Junior, Master in Science of the Human Motricity, Castelo Branco University, Rio de Janeiro, Brazil.

ABSTRACT

The objective of the study was to explain the contents of the volleyball match analysis that the coach can use in the training. The study of the collective sports games during the match is an ancient task in sports science because in the year of 1910 the research Fullerton studied the baseball. Volleyball match analysis is important for the coach to structure the volleyball technical and tactical because the problems of the team and the sand double this task determines. Then, the study detected the important contents of the match analysis of all volleyball skills for the coach use in the training. For example, zone 1 of the master volleyball had more probability of points of the serve. The jump set had more efficiency in the indoor volleyball. The faster attack of 1st time is the best offensive action. In conclusion, match analysis is a task important for the coach practiced during the competitive season with the objective of the team to improve the game model.

Keywords: Sports, Volleyball, Exercise Movement Techniques, Athletic Performance, Perceptual Motor Performance, Motor Skills.

INTRODUCTION

The study of the collective sports games during the match is an ancient task in sports science¹ because in the year of 1910 the research Fullerton studied the baseball and determined the success of the ball throws and of the bat hit in the ball.² Messermith and Corey from the United States of America, studied in 1931 the distance covered of the basketball players.³ In 1932, Messermith and Fay published a study about the super bowl (is American football) and investigated the distance covered.⁴ From 1930 to 1944, Garganta⁴ informed that the United States of America detected the distance covered of the basketball. All the studies of 1931 to 1944 had an author, the American Messermith. However, the studies of the collective sports games during the match had more research about the physical effort and little research on the technical and tactical aspects.

But in soccer it was different, 1936 occurred the first study that determined the number of technical and tactical activities of the soccer

athlete.⁵ The first scout system was created on March 18, 1950, by Charles Reep, where he analyzed 2500 matches, the most matches were of the United Kingdom.¹ In the years 50, some socialist countries (Hungary, Soviet Union, and Czechoslovakia) began an investigation about the positives and negatives aspects of the soccer game opponent.⁶

Then, match analysis of the collective sports games is important to structure the physical training and the technical and tactical training of these sports.^{7,8} In volleyball this task is very important because the match analysis guides the coach about his team or the opponent during and after the match.^{9,10} Therefore, match analysis is a tool for the coach to study the volleyball match with the objective of achieving better performance during the championship match.¹¹⁻¹³

But Garganta⁴ informed that the first study about the volleyball match analysis was of the German Penn in 1985. Another important researcher of the volleyball match analysis was elaborated by Künstlinger, Ludwig, and Stegemann about the

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metabolic changes during the volleyball matches.¹⁴ These scientists were from West Germany. Then, the volleyball match analysis had recent studies on this topic.¹⁵

What content of the volleyball match analysis is important for the coach to use during the volleyball training?

Volleyball literature does not have this information.^{16,17} Then, this content is important for the volleyball coach.

The objective of the study was to explain the contents of the volleyball match analysis that the coach can use in the training.

MATCH ANALYSIS AND THE BALL TRAINING

Volleyball match analysis is important for the coach to structure the volleyball technical and tactical because the problems of the team and the sand double this task determines.¹⁸ Then is important the coach knows some content for he elaborates the technical and tactical training.^{19,20} Therefore, the study of the volleyball match during the championship is a fundamental activity for the coach to improve the team (indoor volleyball and sand double) in the moment of the training.

Volleyball match analysis is important for the coach to detect the good, medium, and bad volleyball skill for the coach to elaborate the training.²¹ For example, a female team sub 15 of the Paraná state, Brazil, competed in the Curitiba Cup (was 3rd place), in the 1st Phase of the Paraná Championship (was 3rd place), and in the 2nd Phase of the Paraná Championship (was 7th place).²² The reception of the 2nd Phase of the Paraná Championship (performance coefficient of 2.23 ± 0.59) was better than the 1st Phase of the Paraná Championship (PC of 2.08 ± 0.62). The set of the 2nd Phase of the Paraná Championship (PC of 2.13 ± 0.46) was better than the 1st Phase of the Paraná Championship (PC of 1.93 ± 0.54). The attack of the 2nd Phase of the Paraná Championship (PC of 2.37 ± 0.72) was better than the Curitiba Cup (PC of 2.12 ± 0.78).

However, the result was interesting because in the 2nd Phase of the Paraná Championship the female team was in 7th place and in other championships was 3rd place. Therefore, in some skills, the female team had a good performance with the 7th place. Curitiba Cup was a championship that occurred first after was the 1st Phase of the Paraná Championship, and in third

occurred the 2nd Phase of the Paraná Championship. Therefore, the reception training and the set training after 1st Phase of the Paraná Championship caused improvement in these skills. Figure 1 illustrates these results.

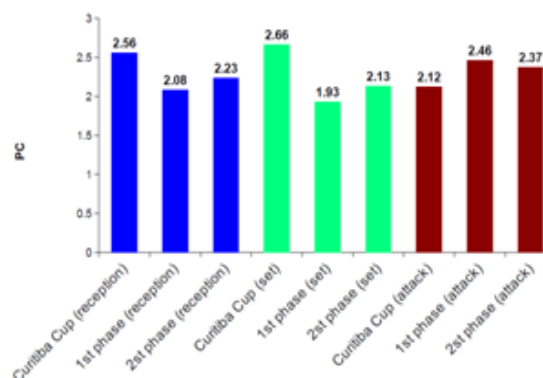


Figure 1. Performance coefficient of three championships of a female team sub 15 (Illustration elaborated by the author).

Then, the study about the volleyball match analysis of each skill is important to informing the coach because several contents of this article can be applied during the technical and tactical. In the sub-chapters, the reader will learn about each skill that the volleyball match analysis detected how a problem of the volleyball team for the coach guides the team or the article provided some information for the coach use in the training.

Serve Match Analysis

The serve is the first attack of the volleyball match, then this skill is very important for a volleyball team. Kountouris et al. detected that the performance of the serve is different between men and women during four Olympic Games (00, 04, 08, and 12).²³ The men practiced more serve aces ($5 \pm 0.9\%$) than the women ($4.5 \pm 0.7\%$) ($p = 0.45$) and the men practiced more serve errors ($15.2 \pm 1.5\%$) than the women ($8.7 \pm 0.2\%$) - $t = 7$, $p = 0.001$. Perhaps the men had more serve aces and serve errors because they have more strength during the serve.

A motive of more errors of the men's volleyball was the increase of the practiced of the jump power serve and the decrease of other serves.^{24,25} The sand volleyball with the double game the jump power serve had more errors and aces (8.02% of aces and 17.83% of errors) than the overhand float serve (5.98% of aces and 7.90% of errors), and than the jump float serve (6.89% of aces and 9.04% of errors).²⁶ However, in men sand volleyball the winners practiced more aces (2.59% of aces and 9.29% of errors) and fewer errors than the losers (2.11% of aces and

12.44% of errors).²⁷ But Cieminski informed that the women (1.43 ± 0.43) practiced more aces per set than the men (1.29 ± 0.48) during the European Championship ($p > 0.05$).²⁸

Then, the suggestion is the volleyball practice the type of serve according to the moment of the match. For example, at a decisive moment of the sand volleyball when the player is tired the ideal is to practice the overhand float serve for the player practice an active rest.²⁹

The male master volleyball of the category 35 years or more of the Carioca Championship of 2016 and 2017 determined the probability of points of the volleyball serves in the reception zone.³⁰ Figure 2 illustrates the results.

zone 4 0%	zone 3 0%	zone 2 0%
zone 5 6.43%	zone 6 6.81%	zone 1 8.18%

Figure2. Probability of points of the serve in each zone (Illustration elaborated by the author).³⁰

Valhondo et al. detected the quality of the serve in the front zone and in the back zone.³¹ Figure 3 illustrates the results.

37.8% permits attacking
40% does not permit attacking
20% permits attacking
42.3% does not permit attacking

Figure3. Serve performance of the high-level volleyball (Illustration elaborated by the author).³¹

The studies of the volleyball serve that were practiced identified some curiosities. When the volleyball player sleep well he had more accuracy (77.21%) of the serve than when he sleeps little (69.67%).³² Other researchers studied the hemisphericity. Hemisphericity is a strong tendency of the mental processing of the left or of the right hemisphere.¹⁹ Left hemisphere (LH) has a tendency for rational thought, and verbal analytic tasks. The right hemisphere (RH) has a tendency for motor

tasks, nonverbal information, spatial and holistic perception. Marques Junior and Arruda studied the serve performance of a female team sub 15 of the Paraná state according to the hemisphericity. In the first championship the players of the right hemisphere (performance coefficient of 2.31 ± 0.74) had the best performance than the player of the left hemisphere (PC of 2.04 ± 0.45).³³ This result was expected because the right hemisphere had high performance in motor tasks.³⁴ But the second and the third championship the result was similar between the left and the right hemisphere (2nd championship: performance coefficient of the LH 2.35 ± 0.50 and PC of the RH of 2.34 ± 0.55 ; 3rd championship: PC of the LH 2.14 ± 0.51 and PC of the RH of 2.14 ± 0.55). The motive the study did not detect.

The last study was about caffeine, Soares et al. Selected male amateur players ($n = 19$, 24±4 years).³⁵ The volleyball players ingested 6 mg.kg⁻¹ of caffeine capsule or placebo capsule with 200 mL of water. The players practiced the serve in several court locations that were measured by the precision test of the North Carolina State University Volleyball Skills. The results detected a statistical difference between placebo (29.31 ± 3.31 points) and caffeine (32.21 ± 3.95 points) ($p \leq 0.02$).

Then, sleep, hemisphericity, and caffeine are important information for coach use during the serve training.

Reception and Defense Match Analysis

The reception system evolved in 1984 during the Olympic Games with the selection of the United States of America (USA).⁹ The volleyball team of the USA used two outside hitters (Kiraly and Berzins) for the reception system and the team had 87% of reception success, but the other teams had 70% of the reception system.³⁶ Actually a volleyball team uses three volleyball players in the reception system because the jump power serve is used a lot, getting difficult to practice reception with two players. Then, a volleyball team uses two outside hitters and the libero.

The libero was introduced in the volleyball in 1998. This player is more important for indoor volleyball because he improved the reception.³⁷ Marques Junior evidenced that the libero had more success in the reception (77.91% of the reception efficiency) than the outside hitters (69.4% of the reception efficiency).³⁸ Another benefit of the libero is to improve the defense.²⁵

But the volleyball team the libero replaces the middle blocker when the middle blocker is in the defense (is the back zone). But when the coach needs of a team more offensive, Marques Junior indicated the middle blocker in the defense for he attacks from the backcourt.³⁹ Figure 4 illustrates this information.

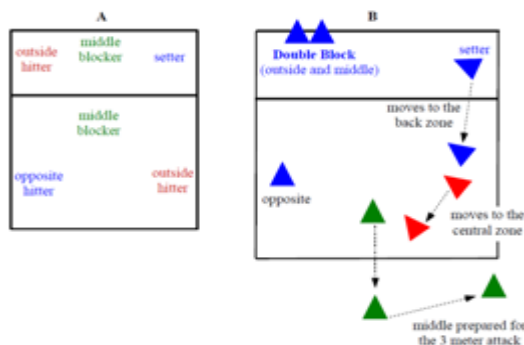


Figure4. (A) Players position, (B) middle blocker in the 3-meter attack (Illustration elaborated by the author).³⁹

The volleyball studies detected that zone 2 and 4 the players of the front zone practiced a few defenses.¹¹ Then, the suggestion is the following defensive position:⁴⁰

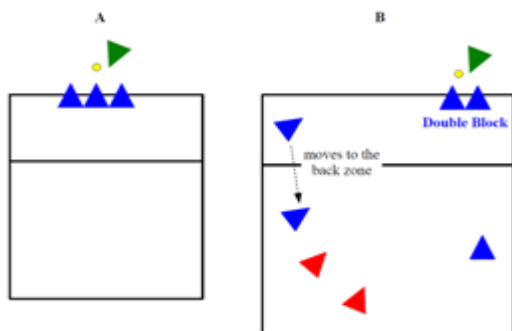


Figure5. (A) Triple block during the attack in the middle of the volleyball net, and (B) four players to defend in the back zone (Illustration elaborated by the author).⁴⁰

In the beach volleyball the defense player needs to defend in the local that the block player is not protecting the sand court.²⁹ However, the block player needs to intercepting the attack ball because the reaction time and after the movement time of the defensive player is slow to occur the defense. The reader needs to consult the study of Seweryniak, Mroczek, and Lukasik to know the best defensive positions.⁴¹

Set Match Analysis

The setter is a position of the volleyball more important for the performance of the team.¹⁸ For example, at the Olympic Games of 1992 the Brazilian men`s volleyball team had the worst reception of the competition and the setter

Maurício caused a high performance during the distribution of the Brazilian attack because the set had a high correlation with the attack performance.^{25,36}

The quick set practiced by the setter occurs in the front zone and the back zone of the volleyball. For example, in 1970 the setter practiced 5% of quick set and 95% of the slow set (is the high ball attack) and in 2004 the setter practiced 99% of quick set and 1% of the slow set.²⁵ The same vision was recommended for the sand volleyball with the double game.²⁹

The jump set is the best action of the setter for practiced the quick set because this set reduces the number of blockers.⁴² The same does not occur with the standing set. Then, this is the motive of the international setters practiced more the jump set (64.63%) than the standing set (35.37%).⁴³ But the young volleyball the setter players practiced more the standing set (59.57 to 61.49%) than the jump set (38.51 to 40.43%). Volleyball literature detected that the jump set was used more and had more efficiency when the setter of the indoor volleyball was the winner in the game.⁴⁴ Therefore, the coach needs to guide the greatest use of the jump set because this action is the best for the setter.

Attack and Block Match Analysis

The attack is the first skill more determinant in the victory and the second is the block.^{24,45} This occurs in indoor volleyball and the sand volleyball.¹⁵

The performance of the attack and the block is different between men and women during four Olympic Games (00, 04, 08, and 12).²³ The men practiced more attack point (47.1±0.4%) than the women (39.6±1.8%) (t = 8.20, p = 0.001) and the men practiced more attack errors (16.5±1.4%) than the women (15±0.5%) (p = 0.08). The men practiced more block point (18.6±1.9%) than the women (17±1.5%) (p = 0.23) and the men practiced more block errors (39±3.6%) than the women (31.5±4.3%) (t = 2.65, p = 0.04).

However, in the men`s World League of 2005, the team that competed at home had the best attack performance coefficient (PC) of 2.67 than the team that competed away from home with PC of 2.60 (p≤0.05).⁴⁶ The block was similar, the team that competed at home had the best PC of 1.56 than the team that competed away from home with PC of 1.49 (p>0.05).

Mesquita informed that the volleyball is an easy game of the opponent identifies the offensive actions because this game has no field invasion and does not have game time.²⁰ Then, in indoor volleyball and sand volleyball the different attack combinations with faster balls should success.^{11,29} For example, the master volleyball team that was Brazilian champion in 2016 and 2017 practiced faster attack of 1st time with 40 and 53%, in second was the slower attack of 3rd time with 36 and 48%, and in last the faster attack of 2nd time with 8 and 11%.¹¹ Therefore, the coach needs to structure the team with a game of faster attack of 1st and 2nd time for block action has difficulty.

The visual fixation number of the block player during the actions of the setter is 0.99 of the setter, 0.58 of the forearm, 0.53 of the head, 0.38 of the ball, 0.34 of the shoulder and of the forearm, and 0.31 of the hip.⁴⁷ But the article did not report the best visual fixation for the player practiced the block point.

So, we have a question: Which is the best visual fixation for the player to practice a good block?

However, volleyball literature does not have this information.^{48,49}

But the block training needs to be similar with the competition.⁵⁰ Then, the best ball training for the block and the attack is the game training and the game situation training because for the player improve these skills the brain needs of situations similar to the competition.

CONCLUSION

Match analysis is important for the coach to structure the ball training of the indoor and beach volleyball because the study of the game detects the positive and negative aspects of the team. However, the review article identified some topics of the serve, of the reception, of the set, of the attack, of the block, and the defense for the coach use in the ball training. In conclusion, match analysis is a task important for the coach practiced during the competitive season with the objective of the team to improve the game model.

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