Making serv action more efficient in female volley-ball through attentional training

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Abstract

Background. The theory of sport, as well as for the sport practice, scientific research leading to success is of particular importance. Research factors that can influence success, as well as the quality of these influences can become basic steps to improve sporting activity.

Aims. The paper aims at highlighting the use of an attention program designed to optimize the serve game action in performance volleyball.

Methods. We have studied two female volleyball teams, close in value, of A2 level in the Northern Series. Experimental group 1 (n = 12), to which a program designed to optimize the serve game action was applied, CSU Oradea LPS, and control group 2 (n = 12) who followed a traditional training program, CNE CSS Baia Mare.

The improvement of the attention capacity was tried by using a number of 12 exercises that are part of a complex technical and tactical training. The quantification of the results was done using SPSS 15.0, mixed ANOVA, Student test, for paired and independent focus groups, and, for assessing serve activities, for practical reasons, the so-called composite index.

Results. The data for assessing serve actions reveal a significant level for the S0 and S3 value only in one experimental group, which supports the proposed program's effectiveness. For attention control group 2, the development falls into to the normal limits for this game action.

Conclusion. The scores achieved in four levels of serve action analyzed indicate that the number of actions that do not cause major difficulties in building attacking actions for the opponent is higher than the actions with a high degree of difficulty. If for the high level game of volleyball, risk acceptance for each high-difficulty action is normal, we cannot say the same about actions in the A2 division investigated.

Keywords: service, precision, attention, volley-ball.