

A study on the efficiency of the attack using attention training in the game of volleyball

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Abstract

Background. It is known that at present in the volleyball game there is no perfect balance between the moments of attack and defense, the latter having a significant role in victory. The more frequent the sequence of the two, the more the game becomes attractive and spectacular. Attacking moments must be completed by a winning point; their failure can cause disruption in the team's mechanism, with further significant consequences, especially when they occur repeatedly.

Aims. We believe that by using specially designed methods, based on attention training, we could improve the percentage of successful attacking shots; by alternating forceful attacking moves with placed ones, a state of uncertainty will be created in the defending team's game and the possession of the ball will be altered.

Methods. The research study was conducted with two women's volleyball teams, similar in value, playing in the North series of the A2 Republican championship: the experimental group 1 (n=12), which followed an attention training program aimed at improving the efficiency of a placed attacking shot (CSU LPS Oradea), and the control group 2 (n=12), which followed a traditional training program (CNE CSS Baia Mare). To improve attention training we used a number of ten exercises that are part of a complex technical and tactical training. To quantify the results we used SPSS 17.0, mixed ANOVA, Student test for independent and paired samples, and, for assessing placed attacking shots, the so-called composite index.

Results. The data regarding the evolution of the placed attacking shot that was subject to this analysis show the improvement of the value of this method of attack as a trend for the experimental group (Lap 1=.069) and (Lap 2=.067), which means that our intervention favors improvements in placed attacking shots, as compared with the control group whose evolution was in the normal range for this game action, and followed the traditional training method.

Conclusions. If the index of significance of the difference of averages between the two evaluation moments for Lap 1 and Lap 2 are in the trending level just for the experimental group, a continuation of this study through a longer term approach of this attention method or through a restructuring of the exercise included in the intervention program should be considered.

Keywords: placed attacking shot, attention, precision, volleyball.