

APPLYING AND EVALUATING BASIC BEACH VOLLEYBALL TECHNICAL EXERCISES EFFICIENTLY FOR INTENSIVE VOLLEYBALL STUDENTS AT BAC NINH SPORT UNIVERSITY

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Abstract:

Choosing the basic technical training in beach volleyball for intensive volleyball students at Bac Ninh Sport University and Physical Training is a practical task, aiming to improve the quality of volleyball course training. sea in the school in particular and the development of Vietnamese volleyball in general.

Key words: Evaluation; exercises; completion; technical; Beach volleyball.

INTRODUCTION

For the development of sports in general and beach volleyball in particular, applying science and technology to improve the quality and effectiveness of teaching is essential. Recognizing this problem, volleyball department has constantly conducted scientific research to improve teaching efficiency. In recent years, there have been many studies on volleyball techniques, however, the authors are primarily concerned with improving indoor volleyball techniques, building criteria for assessing the training results, evaluating physical fitness, managing students; developing individual physical strengths of volleyball players... These are the important researches that contribute a lot to the improvement of teaching volleyball effectively at Bac Ninh Sport University in particular and the development of volleyball in Vietnam in general.

In order to complete the tactics in beach volleyball, the players must master and apply basic techniques such as: Setting, bumping, serving, spiking and blocking. From the preliminary survey, we found that students still have many difficulties in handling basic technical skills of beach volleyball, especially in the stage of completing the techniques. Therefore, studying the selection of basic beach volleyball technical exercises for intensive

volleyball students at Bac Ninh Sport University is a practical task to improve the quality of the school's beach volleyball training courses in particular and the development of Vietnamese volleyball in general.

RESEARCH METHODS

Research methods used mainly include: Analyzing and synthesizing materials; interview, discuss; experimental pedagogy; Pedagogical examination; mathematical statistics.

RESULTS AND DISCUSSION

1. Selecting exercises of basic techniques training for intensive volleyball students at Bac Ninh Sport University

By analyzing and synthesizing relevant documents; and by observing the training sessions and competitions of beach volleyball teams with good performances, we have collected 92 technical exercises, divided into 07 groups to improve the basic techniques in beach volleyball for intensive volleyball students at Bac Ninh Sport University.

To ensure the objectivity in the selection process we interviewed longtime coaches, instructors, experienced with the priority level of basic technical improvement exercises in beach volleyball. The priority level is assessed by scoring at each level (1, 2, 3 points). In the interview process, we have issued 20 votes and

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collected 20 votes, the results of the interviews obtained 36 exercises of 07 groups with the total score of 90% or more, namely:

Group of ready position exercises

Exercise 1. Move in conjunction with the ready position following the signal.

Group of moving exercises: Exercise 2. Zig zag running (8-3-6-3-8); Exercise 3. Fan-shaped running (Pine); Group of overhand serving exercises; Exercise 4. Practice tossing the ball; Exercise 5. Serve the ball to different positions.

Group of setting exercises: Exercise 6. Set the ball onto the box; Exercise 7. Continuously set the ball over the head; Exercise 8. Two people set the ball. Toss and set to partner; Exercise 9. Catch the ball and set back to partner; Exercise 10. Two people standing opposite to set the ball continuously.

Group of passing (bumping) exercises: Exercise 11. Pass the ball in different directions; Exercise 12. Two people in one team, one throw the ball, one pass the ball; Exercise 13. Two people one team, one throw the ball, one pass the ball; Exercise 14. Move and pass the thrown ball; Exercise 15. One person pass two balls alternately; Exercise 16. Run to two sides of the court and pass the ball; Exercise 17. Change the passing direction; Exercise 18. Two people one ball, one serve, one pass; Exercise 19. Alternately pass balls served by the coach; Exercise 20. Two people alternately and directly pass the balls served; Exercise 21. Practice passing balls.

Group of striking in the direction of take-off exercises: Exercise 22. Hop jump with bend knees onto the sandpit; Exercise 23. Practice the last step of take-off jump; Exercise 24. Momentum running exercises; Exercise 25. Step to the sides to gain momentum; Exercise 26. Step back and forth to gain momentum; Exercise 27. Strike the ball at 4; Exercise 28. Strike the ball into the 2 bottom corners of the court; Exercise 29. Strike the ball between the two side lines and into the middle of the court bottom; Exercise 30. Strike ball to score points exercises; Exercise 31. Strike the ball against the moving target and follow the zones' numbers; Exercise 32. Strike the ball with signals;

Exercise 33. Strike the ball when the striking area is off the net.

Group of blocking exercises: Exercise 34. Coordinate simulation of blocking above the net; Exercise 35. Move and block the balls in pairs; Exercise 36. Block the balls constantly in different positions.

2. Determining the effectiveness of the basic technical training system in beach volleyball of the intensive volleyball students at Bac Ninh Sport University

After selecting the exercises system, the number of training sessions per week and the training time of the session, we divided the experimental group and the control group (the intensive volleyball course 1 session 50th is the experimental group, the intensive volleyball course 2 session 50th is the control group), each group has 20 people. Before the experiment, we evaluate these two groups' levels with six tests that were used annually to test beach volleyball techniques in the fifth module of the program. Specifically: Test 1: Overhand serving, (ball flies) into the bottom 2 meters area of the court (count points 10 times); Test 2: Passing from position 1 and 5 to position 3 (count points 10 times); Test 3: Setting from position 3 to position 4 (count points 10 times); Test 4: Striking in the direction of position 4 take-off (count points 10 times); Test 5: Blocking in the strike direction of the opponent (count points 10 times); Test 6: Physical fitness, zigzag running exercises (8-3-6-3-8) on beach volleyball court (1 timing turn). Results are presented in Table 1.

The results are shown in Table 1. Compare the performances of two experimental and control groups through 6 tests. The results obtained by statistical methods allow us to conclude that the difference in the technical level of the experimental group and the comparison group is not statistically significant ($P \leq 0.05$). In other words, before the experiment, the basic techniques in beach volleyball of the two groups is equivalent.

Based on that, we have built up the experimental process, the experiment time is 4 months.

After the training period, we will check again

the effectiveness of using the basic beach volleyball technical exercises of intensive volleyball students at Bac Ninh Sport University using the 6 tests above. The results of the tests after 4 months are presented in Table 2.

From the results in Table 2, it was found that after 4 months of experiment, there are significant differences in the effectiveness of applying the basic beach volleyball technical exercises for intensive students. Experimental team has a better basic technical level than the control group.

From the above results, we can make the

Table 1. Results of baseline beach volleyball testing of two pre-experimental groups (n = 20)

Parameters \ Groups	Test 1		Test 2		Test 3		Test 4		Test 5		Test 6	
	EG	CG	EG	CG	EG	CG	EG	CG	EG	CG	EG	CG
$\bar{X}$	7	6.8	6.2	6.35	6	6.25	5.5	5.6	6.45	6.5	6.75	6.8
δ^2	0.5578		6.3671		1.3868		0.2921		0.946		0.5513	
T _{calculated}	0.8467		0.1858		0.537		0.5851		0.2925		0.2129	
T _{control}	1.96											
P	5%											

Table 2. Results of basic technical testing in beach volleyball of the 2 groups after 4 months of experiment (n = 20)

Parameters \ Groups	Test 1		Test 2		Test 3		Test 4		Test 5		Test 6	
	EG	CG	EG	CG	EG	CG	EG	CG	EG	CG	EG	CG
$\bar{X}$	8.7	8	8.35	7.3	8.25	7.15	7.9	7.25	8.35	7.75	8.25	7.2
δ^2	0.4394		0.546		0.9552		1.1144		0.6184		0.446	
T _{calculated}	3.3643		4.4933		3.559		3.0519		3.5097		4.9716	
T _{control}	1.96											
P	5%											

The research project has selected 36 exercises to improve the basic techniques of beach volleyball of intensive volleyball students at Bac Ninh Sport University: Group of ready position exercises (01 exercises); Group of moving exercises (02 exercises); Group of overhand serving exercises (02 exercises); Group of setting exercises (05 exercises); Group of passing (bumping) exercises (11 exercises); Group of striking in the direction of take-off exercises (12 exercises); Group of blocking exercises (03 exercises). The selected exercise system has been proven to efficiently improve the basic technique of beach volleyball through four months of experimental pedagogy.

REFERENCES

following remarks: After 4 months of experiment, the difference in basic beach volleyball technical level of intensive volleyball students at Bac Ninh Sport University between 2 groups Experimental and Control are reliable ($P \leq 0.05$).

The exercise system we have selected and proposed has the efficiency of improving the basic beach volleyball techniques, after 4 months of experiment, it has worked to complete the basic beach volleyball techniques of intensive volleyball students at Bac Ninh Sport University.

CONCLUSION

From the above results, we can make the

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