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Current situation of the efficiency of quick spiking in front of the face at the third position of young male volleyball player in Nghe An province

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Abstract

Quick spiking is often used in the third position because this position is very convenient in attack, near the second pass is the center to organize attacks and coordinate tactical quick transformation: spiking the ball at wide angle can perform in many different directions.

Keywords: Current situation, spiking, the third, altheles, Nghe an province

Introduction

Put The Issue

In actual volleyball competition, hitting a strong ball may not be very effective because the opponent organizes to block the ball very well, so the problem is to change the pieces in quick situations in order to surprise rivals to win. Especially today, the height, the resilience, the level of the athletes develop, the faster attack trend shows its importance.

Research Method

The research process uses the following methods: analysis and synthesis of documents; interview ; pedagogical observation; pedagogical examination; mathematical statistics.

Research Result and Discussion

Current situation of the efficiency of quick spiking in front of the face at the third position of young male volleyball player in Nghe An province.

To solve task 1, we conduct a review of the efficiency of the technique of quick spiking forward the face at the third position in training and tournament. Then choosing the appropriate exercises.

Investigating the current situation of quick spiking forward the face at the third position of the young men's volleyball team in Nghe An province

To evaluate the effect of quick spiking forward the face at the third position compared to other spiking techniques. We observed 10 young men's volleyball matches held in 2012 at the Bac Ninh Stadium, including teams: Young men in Nghe An province; young men in Hanoi; Military Region 5; Military Region 9.... The results are as follows

From the results of Table 1, the domestic or foreign men's teams use the quick spiking technique forward the face at the 3rd position many times and score points with higher efficiency than other spiking techniques.

In summary, the actual observation shows that volleyball players often use quick spiking forward the face at the 3rd position in the tournament with the number of times used, the score is 300, accounting for 18.8% only after the Line and Cross-court Shot No. 4 is 29.0%, much better than the technique of spiking like break arrows No. 4 and line and Cross-court Shot No.2... This quick spiking technique forward the face this proves its advantages compared to other techniques of the attack technique group and it is confirmed that: The offensive technique is fast, powerful and has the most overwhelming pressure.

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Table 1: The results of the statistics on the usage and the efficiency of the technique of attacking by spiking at the national young men's volleyball tournament in 2013 at the stadium in Bac Ninh province (n=10)

Number of the matches	The spiking technique	Performed (times)	Percentage (%)	Score	Percentage (%)
10	Line and Cross-court Shot No. 4	785	23,5	465	29,0
	Line and Cross-court Shot No.2	520	15,6	240	15,0
	Quick spiking No. 3	550	16,5	300	18,8
	Spiking like break arrows No. 4	515	15,4	195	12,1
	Medium spiking No. 3	470	14,0	150	9,3
	Other spikings	495	14,8	250	15,6
Total		3335	100	1600	100

The actual situation of quick spiking forward the face at the 3rd position compared to other quick spiking techniques of the young men volleyball team in Nghe An province we

conducted observations in 5 matches in the young men's volleyball tournament held in 2013 at Bac Ninh Stadium. The results are as follows:

Table 2: The results of statistics on the use and efficiency of smashing technique of the young male volleyball team in Nghe An province at the National Young Men Volleyball Tournament in 2013 at the Stadium of Bac Ninh Province.

Number of matches	Spiking technique	Performed (times)	Percentage (%)	Score	Percentage (%)
5	Line and Cross-court Shot No. 4	117	23,9	73	26,5
	Line and Cross-court Shot No. 2	94	19,2	57	20,7
	Quick spiking No. 3	75	15,3	45	16,4
	Spiking like break arrows No. 4	63	12,9	32	11,6
	Medium spiking No. 3	71	14,5	33	12,0
	Other spikings	69	14,1	35	12,8
Total		489	100	275	100

Through the results in Table 2 we find that the number of quick spiking forward the face at the 3rd position of the young male volleyball team in Nghe An province is relatively high but the efficiency of the implementation is not good.

We conducted an observation of the reasons for the scores of 10 matches at the national young male volleyball tournament held in 2013 at the stadium in Bac Ninh province. After data processing, the results are presented in Table 3.

Table 3: Cause to get points

Number of matches	Cause of the effect	Serving	Double passes	Quick spiking	Blocking	Spiking of all kinds	Another factor	Total
10	Score	120	38	300	150	952	40	1600
	Rate	7,5	2,4	18,8	9,3	59,5	2,5	

Through Table 3, we see that the cause to get points is the spiking. Spiking is more effective than serving, double passes or blocking. Specifically, the score of quick spiking is 300 points, accounting for 18.8% many times higher than serving, blocking and double passes. Therefore, we can easily determine where the score is to find the most effective measure in the tournament.

In order to select the exercises to enhance the efficiency of quick spiking, especially the quick spiking forward the face at the 3rd position of young male volleyball player Vinh Phuc, we observed and discussed with the coaches and experts on the factors that govern the effect of quick spiking forward the face at the 3rd position. The results are presented in table 4.

Table 4: Factors that govern the effect of quick spiking with an athlete

Dominant factor	Physical strength		Technique		Mentality	
	Good	Not good	Good	Not good	Good	Not good
18 athletes	11	7	8	10	11	7
Percentage (%)	61	39	44	56	61	39

Through table 3.4 shows: 11 spiking athletes with good effect were due to good physical strength, accounting for 61%, 8 athletes with good technique accounted for 44% and 11 athletes with good mental state accounted for 61%, the rest athletes had the not good physical mobilization and psychological skills.

In volleyball tournament, the physical strength plays an important role, the physical strength is the foundation for the implementation of techniques and all tactical behaviors.

To evaluate athlete's fitness level, we continue to observe the effect of the spiking in 10 national youth volleyball matches in 2013 at Bac Ninh Stadium. Observed results are presented in Table 5

Table 5: The efficiency of quick spiking in the matches at the national youth volleyball tournament in 2013 at the stadium in Bac Ninh province

Number of the matches	The effect of match	Total	Achieved	
			Time(s)	Percentage (%)
10	I	293	252	30,5
	II	268	224	27,1
	III	228	195	23,6
	IV	110	87	10,5
	V	75	68	8,3

Table 5 shows: Most of the stressful tights of fast thrashing have been reduced (the duration) of matches lasting 4-5 times, the physical strength is reduced (top guarantee) leading to technical Incomplete and inaccurate at the same time heavily affected psychology.

In fact, we see that the good rebound of the athlete also greatly affects the effect of the ball. But for a more scientific basis, we investigated the relationship between resilience and batting efficiency.

To find out the correlation, we tested each athlete's body-weighting resilience and the duty of spiking of each athlete to test the resilience.

The result is a correlation between the height of bounce with momentum and the effect of quick spiking with $r_{\text{count}} = 0,96$ (The results are presented in Appendix 4).

Therefore $r_{\text{count}} = 0,96 > r_{\text{table}} = 0,6319$ at the probability threshold $P = 0,05$.

Conclusion: The correlation between the height of bounce and momentum with the score of spiking into the box (the effect of spiking) is strongly correlated at the threshold $P = 5\%$ meaning that when the height of the bounce with good momentum is effective (score), the spiking is high.

Current situation of using the exercises to enhance the efficiency of quick spiking forward the face at the third position for young men volleyball of Nghe An.

Through the interview with the coach of Nghe An young men volleyball team, we see the current situation of using exercises to enhance the effect of quick spiking forward the face at the third position for young men volleyball players in Nghe An province systematized 8 exercises.

Thus, the situation of using exercises of young men volleyball team in Nghe An province is quite little can not meet the development of modern volleyball.

From the above practical basis, we find it necessary to study some exercises to improve the efficiency of quick spiking forward the face at the third position for young men volleyball of Nghe An.

Conclusion

From the current situation in training, we came to the following remarks:

Nghe An province's initial training phase of volleyball coaching program ensures the science and conformity with the trend of modern volleyball.

The quick spiking effect of male volleyball players aged 16-18 in Nghe An province is limited and not really uniform. The exercises that develop the quick spiking effect currently in use are not appropriate.

In order to enhance the efficiency of volleyball training, Nghe An Provincial Training Committee needs to strengthen the exercises in time to improve the efficiency of smashing the ball.

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