



*International Journal of
Physical Education and
Sports Sciences*

*Vol. VIII, Issue No. XV,
July-2015, ISSN 2231-3745*

**A STUDY ON HISTORY OF VOLLEYBALL AND
PERFORMANCE INDICATORS IN YOUNG ELITE
BEACH VOLLEYBALL PLAYERS**

AN
INTERNATIONALLY
INDEXED PEER
REVIEWED &
REFEREED JOURNAL

A Study on History of Volleyball and Performance Indicators in Young Elite Beach Volleyball Players

Dr. Meenakshi Tripathi*

Assistant Professor, Physical Education, Krishna Devi Girls Degree College, Lucknow, Uttar Pradesh

Abstract – Beach volleyball is a sport team played on a sandy courtyard separated by net among two teams of two participants. To date, primarily male beach volleyball players have been the subject of the study. The goal of this analysis was therefore to evaluate the work / rest ratio and physical action of men and women in terms of their position, and this paper focuses on volleyball history in India as a whole and on the contribution of Indian Sport Authority. Volleyball 's history is quite limited in India. It is playing out in the subcontinent, and this makes the sport of the colonisers another hand-down. And while in its early stages, a National system seems oddly confined in India, when one looks at modern times. SAI has been striving for the upgrade of the volleyball game in the state since it was founded in Bangalore in 1975. Volleyball players have been strongly supported by services such as pedagogy, summer development sessions, centre, sport performance centers, student-level come-and-play, and workout facilities at school and education.

Key Words – Beach Volleyball, Performance, History

-----X-----

INTRODUCTION

The ideal balance of philosophy and experience is physical activity. It contains 50% philosophy and 50% realistic. Here, all sports i.e. realistic means. There are a total of 44 sports, including sports, adventure games, marine games, big games, fighting games, ball and rockets games, etc.

"Physical exercise is widespread and thorough than most other instruction. Any exercise is part of physical education. It is education by physical exercise for the overall growth of a child's complete personality, excellence of his body, mind and spirit.

VOLLEYBALL HISTORY

The sport was created in 1895 by revolutionary William G. Morgan and the rundown YMCA gymnasium in the United States of Holyoke, Massachusetts. The start of the new millennium marked the first of two millennia. Volleyball is one of the five main international sports, and the FIVB is the world's oldest foreign sports organisation with its 220 members. The last decade saw volleyball rise unprecedentedly. The standard of competitiveness at all levels globally continues to rise at an increasing level, due to the popularity of global competitions, such as the FIVB World Championships, the FIVB World Cup, FIVB World Grand Prix, the FIVB Grand Championships and Olympic Games.

THE ORIGIN

Founded in New York City, William G. Morgan (1870-1942) has been the founder of volleyball games and he first called them "Mintonette." The young Morgan studied at YMCA (Young Men's Christian Association) Springfield College, where they encountered James Naismith, who invented basketball in 1891. He then transferred to a Holyoke YMCA in Massachusetts during the summer of 1895, where he was head of physical activity. After completing the studies, he spent his first year at a YMCA in Auburn (Maine) after that. In this position, he had the opportunity to set up, establish and lead a large network of male adult sports exercises and courses. He happily earned his leadership and he rose in numbers in his schools. He found that to modify his programme, he wanted a certain form of competitive leisure game. Basketball, a sport that started to evolve, looked fantastic for young people, but for older participants a less offensive and less punishing option had to be sought.

WORLD WIDE GROWTH

Springfield Town, Massachusetts College and George Williams College (now Downers Grove, Illinois), also embraced the YMCA physical education directorates in all their communities in the United States of Europe (1900 Canada is the first alien to join the game), and in several other countries

as well. The YMCA was notably sponsored by two specialised schools of physical education. Howard Crocker from China, Franklin H. Brown from Japan (1908), Dr. J.H. Gray from Burma, China and India and from other Mexican nations, South America, Europe, Africa and the rest of the world. By 1913 volleyball was established on the Asiatic continent, as it was part of the first Far-East Games programme held in Manila that year. It should be remembered that in Asia volleyball has long been played under the "Grey," which included 16 participants (to make for further match participation). An report reported in 1916 in the Spalding Volleyball Guide and written by Robert C. Cubbon provides an overview of volleyball's development in the United States. Cubbon calculated that the number of players surpassed 200 000 in the YMCA (boys, young men and older adults) 70, 000, 50,000 in the YWCA (girls and women), 25,000 in schools (boys and girls) and 10,000 in college (young men). In this article Cubbon projected the number of players to be 200,000. In 1916, YMCA was able to contribute to the publication of its rules and a collection of articles by the influential Collegia Nacional Athletic Association (NCAA) which enabled young college college students to rapidly develop volleyball. In 1918 there was a limited number of players in each squad and in 1922 the maximum number of allowed ball contacts was set at three. Volleyball was mostly a leisure and entertainment activity up until the early 1930s and there were just a few foreign tournaments and events. There were different game laws in various areas of the world but in several countries (in Eastern Europe for example, where the quality of play had an incredible standard) national tournaments were played.

VOLLEYBALL IN INDIA

Tracking volleyball past remains a burdensome job, and it is much more challenging to summarise the details obtained. In general, as Europeans and Americans who document all significant changes and preserve them for our century to come, we Indians are not worried about our history. It is commonly accepted that the game was invented by Madras YMCA in India in 1920. Some say it was brought in by Mr J.H. Gray in 1900 by certain people. The popularisation of the game in Myanmar (Burma) and China was also a credit. But the birth of the game in India is followed by accurate knowledge for three or four years. It was only the seventh in Calcutta in 1857, Trivendrum in 1873, Bombay, 1875, Madurai (1884), Bangalore in 1885 and Otty, 1886 that Kunnamkulam YMCA was founded on the 1st of January, 1880. The YMCA was only introduced in 1890. Mr. K.T. Paul was devoted here in his formative years to decorate the programmes of the YMCA. Mr. J.H. Fowler was later with him. The YMCA then worked in a tiny building with a tiny patio. Kunnamkulam – as its name implies is a hill and dales region-is a flat region for sports such as soccer, football or cricket. It was very challenging to get flat. The YMCA was only enough for a volleyball court so the American Mr. Fowler had taught the game in the

kitchen, planned a courtyard and trained local citizens in the game. At the beginning of the court, Mr. Fowler said, "The volleyball game is being played for the first time in India." 1896-97 was the year. The game was common in many regions quite quickly: the game was different from the game played in the area; the people, most of them very tall, had courage and power to play the game in the centre of the old town close to their houses. Volleyball was really different from today at the period. Just six foot high six inch, any contact was allowed, each team had nine men ... The old timer claims the net was only 6 feet wide.

PERFORMANCE INDICATORS IN YOUNG ELITE BEACH VOLLEYBALL PLAYERS

The aim of the sports training is to ready sportsmen for gaming criteria (García-de-Alcaraz et. al., 2016). Coaches require benchmarks to direct and prepare preparation and development of athletes for such requirements (Sheppard et. al., 2009). The knowledge on this issue is often linked to professional or foreign players' physical demands. Since this is an intrinsic factor of the rivalry (Hughes and Franks, 2004, 2008), coaches still aim towards optimisation of their team results. In recent years, sport game research has been more and more relevant for players (Koch and Tilp, 2009). However, the demands of games for various age ranges are little understood. This knowledge is important to include proper, specific instruction on the multiple phases of growth of an individual and to stop relying on physical attributes (Zemková et al. 2017). -- sport has its own rules and features, which involve unique standards to direct preparation for athletes at various levels of growth. Beach volleyball, a sporting programme operated between two sand court teams of two participants (Natali et. al. 2017). Play Volleyball games are broken up into two stages. The following acts are done in beach volleyball: serving, catching, arranging, hitting, locking and digging. The side-out process contains: receipt, setup and attack. The counter assault involves blocking, searching, setting and assaulting (Costa et al., 2012). In 1996 beach volleyball became a competition of the Olympics and since then it has rapidly grown. In the 2006 World Tour, for example, 29 tournaments worldwide were organised, with an average of 11–20 competitions. While the aspects of the game were observed, sports are continuously evolving and need to be continually examined. In 2001, court regulations and the score-system modified, prompting writers to explore how the game has been influenced. Some research analysed the size of the court and some were based on the scoring method. According to the International Federation of Volleyball (FIVB), the amendments to the regulations did not yield successful outcomes. In addition, some experiments explored strategic and operational issues such as the side-out and counter-attack stages of winning teams and losing teams, receipts and discrepancies. Studies are also required to compare tactical and engineering characteristics of women and men as possible discrepancies could affect the game. This research therefore aims at

examining tactical and technological actions in young, professional beach volleyball players at various ages and genders.

BEACH VOLLEYBALL

Play volleyball is a cross sport of a game played on a sand court separated by a net between two teams of two participants. Beach volleyball is marked by repeated acts of high strength interspersed by brief periods of rehabilitation. The success requires skipping, quick sprints, shifts in course and diving digs (e.g. assaulting, serving, blocking). A match concludes when two sets are taken by one of the two teams in the court. The former and the latter finishes when a team hits 21 points; when the former two sets conclude in a tie, the latter sets 15. In 1996 beach volleyball became an olympic sport in Atlanta but was no longer considered a summer leisure variant of volleyball and began a progress and growth path. Beach volleyball has been critical in the last years from a media point of view. However, a few studies centred on this activity, considering the growing success of beach volleyball. FIVB (Federation Internationale de Volleyball) World Tour men's and women's beach volleyball Match 2000-2010. The authors stated that, regardless of number of packs, tournament stage or gender, the total length of the game varied from 30 to 64 minutes. Rallying takes about eight seconds during men's tournaments, and the rest time for two rallies varies about 17 and 21 seconds. The first and second sets have an overall length of about 18. The number of minutes and points per collection is an average of 37-38. The average playtime, amount of scores, hops and hits in the first two sets have been stated to be close. Important variations between the methodology and the strategies of the men and the women of beach volleyball are recorded, for all six techniques (serving, collecting, setting, hitting, blocking and defence). Facing discrepancies between men and women in other competitive sports, the physical success of matches in female beach volleyball competitors has not yet been recorded in some reports. This knowledge could be useful for periodication preparation. The technological as well as strength and conditioning coaches should implement a comprehensive awareness of the work-rest ratio in the playground during training sessions. Players are generally categorised as blockers and safety (defenders) professionals, based on their position. The formers are always challenged to leap and avoid the assault of the rivals, whilst the latter would avoid the ball from crashing through their courts. In realistic words, the choice of positions relies upon the player's anthropometric, physical and technological characteristics. Recent studies have explored the success in beach volleyball according to the position of participants. Around 46 hops and 43 strike players are performed by the protective, with 67 springs and 39 hits during the matches by the blockers. Blockers and blockers made 27 hops and 21 hits respectively and 31 leaps and 21 hits. However, only men can view current data. Therefore, we concluded that an

assessment of performance disparities in the positions of women athletes will be interesting. The purpose of this analysis is therefore to identify and equate the physical behavior and resting ratio of female volleyball players with male counterparts.

RULES OF THE GAME

- Volleyball is played on a field separated by a net between two teams of six participants.
- The aim of the game is to put the ball over the net to avoid the winning side from getting the ball back into their court.
- Each team has 3 hits to try to bring the ball back.
- The ball is played with a service to the adversaries reach through the net (may the net contact)
- The volley starts, otherwise a player cannot return the volleyball accurately, before the ball enters the courtyard.
- The volleyball team wins a point and the privilege to operation as it earns. • The players rotate one place in the direction of the clock.
- If a volleyball is captured by the service side, it earns a certain amount.

SKILLS

Volleys

Fingers strong, hands are the form of the rim, just in front of the forehead touch, braces and handles (similar to an upward basketball chest).

Bumps

Shrug and squeeze arms out in front, bend on the hip, "push" and/or lean in the direction you want the ball to go.

Serve

Keeping the ball straight with a hitting bracket, pulling the arm behind the head; tossing the ball straight up; stepping the opposite foot and hitting the ball with the handle of the hitting bracket, do not snatch the elbow.

Spikes

Start just behind the line of the strike, take two large strides, then leap, swing your arms (as you run,) raise up your hands toward the ball, bring the arm back up,

then twist the wrist when you reach the ball with the hand at the end (which allows the spin end).

Blocking

Stand approximately an arm from the net, leap a split second after hitter Leaps, stretch your fingers wide, and tighten your body to achieve a certain "attitude" in your block. You should reach over the net as far as possible.

Switching

If the ball has been served, players should swap positions to ensure sure you don't cross with the players adjacent to you (before the serving).

Team play

Volleyball is basically a game of transformation, with choreographed squad coordination between ball actions, from one of the above abilities to the next. The unit motions are focused on the method, offensive framework, coverage and defense method decided by the players. The reception system is the preparation utilized by the receiving party to aim to move the ball to the appointed placer. Systems can have five receivers, four recipients, 3 recipients, and in certain circumstances two recipients. A three recipient configuration comprising of two left faces, and a libero receiving per rotation, is the most common configuration on high levels. The centers and right parties are then best prepared to strike and move. Aggressive schemes are the classes that try to push the ball into the opposing court (or collect points otherwise). Training also consists of specified player roles of advanced skills (see player degree, below). The 4-2, 6-0 and 5-1 structures are common training sessions (see Formations below). There are also some attacking strategies teams that can preserve equilibrium in the competing protection. Coverage programs are simulation methods that the offence utilizes in the case of a blocked assault to defend its appeal. When performed by a five offensive player who does not attack the ball directly, players transfer to allocated positions around the attacker to dig into their own court any ball which disengages the block. The 2-3 system and the 1-2-2 system are the most common formations. Some teams just utilize the random coverage of the player closest to the batter instead of a method. Defensive schemes are the defensive strategies that the opponent side utilizes to shield against the goal. Based to where the offensive side attacked, the framework outlines which players are liable for different parts of a field. The 6-Up and 6-Back-Deep and 6-Back-Slide defenses belong to common schemes. There are also numerous blocking systems teams that may work to interrupt the attack of the offensive side. Other teams will position their five other players on a board to block the vision of the receiving team until they are ready for duty. The activity is only unlawful if the server uses the device and the referees determine how the device affects the

recipient's capacity to move the ball. This practise is not approved. A W formation, which requires the most horizontal room available, is the most frequent screening type.

CONCLUSION

Studying the history of volleyball games in India suggested that the government could not encourage the fundamental standard of volleyball games. The biggest challenge for gaming is to discover sponsors such as cricket, soccer, basketball, kabbaddi, etc. It's quite hard to inspire the game in the youth especially in rural areas of countries especially districts without the sponsors of sports. Furthermore, the relevance of volleyball today and the operational facets of the Sports Authority of India have not been studied. Furthermore, The latest thesis has therefore been performed by the researcher to investigate the history and growth of volleyball.

REFERENCES

- García-de-Alcaraz, A. G., Valadés, D., and Palao, J. M. (2016). Evolution of game demands from young to elite players in men's volleyball. *Int. J. Sports Physiol. Perform.* 12, pp. 788–795. DOI: 10.1123/ijspp.2016-0027
- Sheppard, J. M., Gabbett, T. J., and Stanganelli, L. C. R. (2009). An analysis of playing positions in elite men's volleyball: considerations for competition demands and physiologic characteristics. *J. Strength Cond. Res.* 23, pp. 1858–1866. DOI: 10.1519/jsc.0b013e3181b45c6a
- Hughes, M., and Franks, I. (2004). *Notational Analysis of Sport. Systems for Better Coaching and Performance in Sport.* M. Hughes, & I. Franks eds, 2nd Edn. London: Routledge
- Hughes, M., and Franks, I. (2008). *The Essentials of Performance Analysis.* London: Routledge
- Koch, C., Mauthner, T., Tilp, M., and Schrapf, N. (2009). Evaluation of visual position estimation in beach volleyball. *Int. J. Perform. Anal. Sport* 9, pp. 332–343. DOI: 10.1080/24748668.2009.11868490
- Zemková, E., Vilman, T., Cepková, A., Uvacek, M., Olej, P., and Simonek, J. (2017). Evaluation of a test module to measure relevant components of ball release height in jump throws in team handball. *J. Hum. Sport Exerc.* 12, pp. 29–40.
- Natali, S., Ferioli, D., La Torre, A., and Bonato, M. (2017). Physical and technical demands of elite beach volleyball according to playing position and gender. *J. Sports Med. Phys. Fit.*

59, pp. 6–9. DOI: 10.23736/S0022-4707.17.079 72-5

Giatsis, G., and Zahariadis, P. (2008). Statistical analysis of men's FIVB beach volleyball team performance. *Int. J. Perform. Anal. Sport* 8, pp. 31–43. DOI: 10.1080/24748668.2008.11868420

Costa, G. C., Afonso, J., Brant, E., and Mesquita, I. (2012). Differences in game patterns between male and female youth volleyball. *Kinesiology* 1, pp. 60–66.

Couvillon, A. (2004). *Sands of Time. The History of Beach Volleyball*. VO:3. Hermosa Beach: Information Guides.

Corresponding Author

Dr. Meenakshi Tripathi*

Assistant Professor, Physical Education, Krishna Devi Girls Degree College, Lucknow, Uttar Pradesh