106 - FOUNDATION PLAYS AND ITS COMPLEXITIES IN THE INITIATION OF THE VOLLEYBALL

ANA CRISTINA DA SILVA CHAVES
MINAS GERAIS - BRASIL
anacristina_edf05@yahoo.com.br

1 - INTRODUCTION

Voleibol was created in the year of 1895 for the American Willian C. managing Morgan of physical education of the ACM, in the city of Holyoke, Massachusets, U.S.A.. The name of the new sport was minonete. Later passed if to call voleibol, if it in such a way delivered to the evolution prescribed techniques, tactics and. Voleibol presents five characteristic beddings technician: booty, manchete, touch, attack and blockade. E in this study will give total emphasis in the learning and complexities related and evidenced in the bedding have touched.

For its objective to be to make the ball to fall in the alone adversary is a complex sport and that they include beddings technician of difficult accomplishment. E in the initiation this aspect of complexity is well bigger, therefore the child is introduced complex the unknown abilities and repletas of new information and still must be carried through the action.

According to Bizzochi (2004), voleibol is a sport of very complex learning, for being endowed in its dynamics of ability not very practised in the day the constructed day, or either, movements to execute its beddings. It can be this construction and interrelation of abilities that cause many errors in the initiation of this modality.

Errors for that they live deeply the education of this modality, as proper professors and the beginning ones, are only when the ball falls, but this is not truth has also other errors that stops the beginning ones and many professors are very small but they must deserve an accented character of attention, therefore of these can be caused errors deeper than they will be difícieis to be corrected future, what we can call in the popular language of "vices". The errors of the beddings go since the positioning of the body tie the total execution of exactly and not only when they do not obtain to intervine in the ball. All these difficulties must mutuamente be analyzed, without exception.

Many authors argue and study the ideal age to initiate the modality voleibol. We know that it does not have an age specifies to initiate a esportiva modality, but yes periods of training of biological maturation that we must respect how much the individualities in such a way, each being answers its way and this must very be taken in consideration so that the results are recompensador. For Gallahue (1982) cited by Bizzochi (2004) of the 07 aos10 years must be introduced the abilities specifies in general way, providing the greater lives deeply generality without specification. Already of the 11 to the 13 years already it also has a specialization of some abilities and the concretion of movements. E only from the 14 years that will be apt to practise a definitive sport. Some authors divide learning of voleibol in periods of training distributed for the etária band, and in each one of these certain abilities and capacities of the individuals must be worked. If these periods of training were followed correctly would have one number minor of complexities and traumas come of the practitioners of voleibol.

For Santana (2002), the esportiva initiation is complex for being permeada of units, which occur unexpected, uncertainties and present different meanings. "Complexities are a quantitative phenomenon, possessing an amount of interaction and interferences that are established by great I number of units". (MORIN, 2000 apud SANTANA, 2002). For Morin (2000), complex is what it cannot be summarized in a law or a simple idea. Brazil today presents best voleibol of the world, then it has you evidence of great search for children to learn to play, and in the beginning it finds much difficulty in the acquisition of the abilities specifies of this sport. The objective of this work is to identify these complexities that appear in the initiation in the accomplishment of the bedding have touched, with the intention of that the half professors identify them and estabeleça of correction for one better performance and execution of the bedding has touched

3 METHODOLOGY

3,1 Population

For this study had been selected aleatoriamente eighty young, being 40 girls and 40 boys, all beginning ones in voleibol, only execute the sport recreativamente. Eighth series of Basic Ensino in a state school of the city of Lambari - MG with etária band of 11 frequent fifth a the 14 years.

3,2 Evaluations

Were observed the practical one of the bedding have touched executed by this population in the following way: had the lack of metodológicos referenciais for the execution of an experimental protocol, a protocol was mounted by the researcher that contained the main excellent aspects in the bedding has touched. A pupil of each time of front for an ample wall and received a ball from vôlei of the mark Pênalti 6.0. They were dresses adequately for the practical one. E received the order to execute repetitive touchs against this wall of the skill that found correct. Parallels to this execution were written down by the researcher, by means of letters, B, C or D that they mean excellent, good, regular and weak, respectively, in a table the excellent aspects as basic positioning, correct sequence of touchs, tonicidade, attention, coordination among others. For posterior it analyzes of complexities present in the execution.

3,3 Questionnaire Applied

A questionnaire of eleven closed questions having in measured three options of choice each one of them. Asking regarding the bedding it has touched and its characteristics

3,4 Treatment of the data

The data of the evaluation and the data of the questionnaire had been written down and to follow they had been analyzed qualitatively and distributed percentile by means of graphs.

4- RESULTS And QUARREL

Of the total of 80 observed young, the following results in relation to the joined difficulties when executing had been gotten the bedding have touched for top.

TABLE 1

TABLE 1
Difficulties presented by the beginners to the they execute the foundation plays (%)

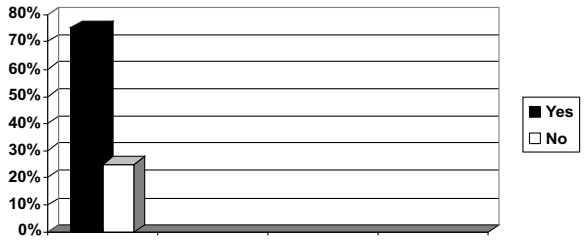
Force	70
Coordination	85
Agility	60
Attention	47,75
Incorrect positioning of the arms	85
Incorrect positioning of the legs	90
Incorrect positioning of the truck	50

In the TABLE 1 it can be observed that 70% of the beginning ones present difficulties with tonicidade, do not obtain to correctly dose the force in the execution however carries through it very strong however weak excessively, 85 % of the beginning difficulties with coordination. The interesting one is that Pellegrini (2000) affirms in its study that the beginning ones present lack of coordination in the movements, this study can prove the affirmation of this author. Still 60% present difficulties with agility.

For Pellegrini (2000) the novato/iniciante presents uncertainty of as to act, this affirmation also if it became verídica with this study. E 47.75% presents difficulties with attention, or either, makes for making, without if concentrating duly in the task that this executing. Ladewing (2000) affirms that the attention has great importance and influence in the learning. Figure 11 demonstrates the main difficulties presented for the beginning ones how much to the basic positioning, where 85% present incorrect positioning of the superior members, 90 % incorrect positioning of inferior members and 50% incorrect positioning of the trunk when carrying through the bedding has touched for top. This incorrect positioning causes a incorrect touch, therefore the correct positioning of the body influence directly in the efficiency of the touch. The figure, to follow sample that only 25% of the beginning ones had presented a correct sequence of touchs and the great majority (75%), had not presented this correct sequence of touchs.

It can - to become an interrelation between figure 11 and 12, therefore with difficulties with the basic positioning to carry through the bedding it has touched, will affect relatively to the sequence of execution of the bedding.

FIGURE 12 - Percentile distributions in relation correct sequence of touchs during the comment.



The analyzed young theoretically knows to the certain all the necessary aspects for a well effected action, however in the practical this if it becomes controversial, therefore when carrying through the bedding has touched, presents innumerable difficulties that go since the basic positioning tie the execution of the bedding, errors this that if not perceived and worked for its correction, with certainty will cause an erroneous work of automatization, making with that the biomechanics of this bedding is not perfect, influencing of this form negative for a good performance.

CONCLUSION

When analyzing the data that sobrevieram in this study, can be concluded initially that beginning when carrying through the bedding touch presents innumerable difficulties, for being a difficult bedding that demands not natural abilities and for being white of innumerable new information and they do not know what to make with them. Difficulties these that had been found since the basic positioning until its complete execution. The results gotten in this study in them clearly leave that the paper of the attention in the accomplishment and the interference of the professor/técnico in these difficulties can help to minimize these difficulties, providing one better performance of this bedding inside of the scarce dynamics of voleibol becoming many errors. It can be concluded then that the professor has a basic paper in the minimização of these difficulties knowing to control the 0 variable inside of the learning of the ability specifies to promote successes future

REFERENCE BIBLIOGRAPHICAL

BIZZOCHI, Carlos "Cacá".**O voleibol de alto nível:**da iniciação à competição.Barueri, SP: Manole, 2004.

BOJIKAN, João Crisóstomo Marcondes. **Ensinando voleibol.** 2 ed. São Paulo: Phorte, 2003.

BORSARI, José Roberto; SILVA, João Bosco. **Volibol:** fundamentos, aulas e circuitos. São Paulo, SP, 1972.

CARVALHO, Oto Morávia de. **Caderno técnico moderno;** voleibol moderno; o ensino e as técnicas dos fundamentos.Brasília,1980.

DÜRRWÄCHTER, G. **Voleibol Treinar jogando.** Rio de Janeiro: Livro técnico S/A, 1984.

LADEWING, Iverson.**A importância da atenção na aprendizagem de habilidades motoras.** Revista Paulista de Educação Física, São Paulo, supl.3,p.62-71,2000.

LEMOS, Ailton Sousa. **Voleibol escolar.** Rio de Janeiro: Sprint, 2004

Suvorov,Y. P.; Grishin O.N. **Voleibol iniciação.**Rio de Janeiro: Sprint, 1990.

PELLEGRINI, Ana Maria. **A aprendizagem de habilidades motoras:** o que muda com a prática? Revista paulista de Educação Física, São Paulo, supl.3,34,2000.

SANTANA, Wilton Carlos de. **Iniciação esportiva e algumas evidencias de complexidade.** In: SIMPOSIO DE EDUCAÇÃO FÍSICA E DESPORTOS DO SUL DO BRASIL, XIV. 2002 Ponta Grossa.

SCHMIDT, R.A.; WRISBERG, C.A. **Aprendizagem e performance motora:** uma abordagem da aprendizagem baseada no problema. 2 ed. Porto Alegre: Artmed Editora, 2001

SUVOROV,Y. P.; GRISHIN O.N. **Voleibol iniciação.**Rio de Janeiro: Sprint, 1990.

TONELO, Maria Georgina Marques; PELLEGRINI, Ana Maria. **A utilização da demonstração para a aprendizagem de habilidades motoras em aulas de Educação Física.** Revista Paulista de Educação Física, São Paulo, 12(2): 107-14 jul./dez. 1998.

FOUNDATION PLAYS AND ITS COMPLEXITIES IN THE INITIATION OF THE VOLLEYBALL

ABSTRACT

In view of that he does not have theoretical referenciais that they identify and they clarify the complexities of the bedding technician has touched in the initiation of the sport voleibol, the professor must identify them to assist in the motor learning of this bedding. The present work comes to clarify some of these complexities found for beginning in the accomplishment of the bedding the technician has touched. The bedding has touched in the initiation, when analyzed theoretically it does not have you evidence of excellent complexity, but when analyzing itself how much practical the this factor of complexity increases significantly. They find many times these difficulties for receiving you vary new information at the same time, thus making it difficult the learning of the motor ability. It is necessary to have in mind that in the accomplishment of this bedding technician of voleibol, do not have only the evidences of common errors, but other aspects complex and of difficult solution, but not impossible to reach optimum performance of the same.The used methodology to identify to these complexities/difficulties was by means of questionnaires with intention to inquire the knowledge, practical of the sport and its possible difficulties the respect of the touch, together with comment of the practical one, in which 80 beginning pupils of a state school in voleibol amongst the etárias bands of 11 the 14 years.They carried through repetitive touchs, and parallel the difficulties had been written down how much to the basic positioning and other factors that intervene with the good performance of this bedding such as: force, attention, speed, agility and coordination.The study it allowed the following conclusions: (a) despite theoretically knowing the importance of the correct positioning of the body in the execution, practically the beginning ones if do not worry about (b) inadequate

tonicidade (c) the same carry through the touch with the espalmadas hands (d) it has touched carried through in the height of the eyes not to the front and above of the head (e) lack of coordination in the accomplishment (f) although to have one practical weekly considerable one it presents difficulties in the bedding (g) all know the real importance of this bedding for voleibol (h) the pupils have conscience of these difficulties that they present in the execution of the touch (i) they do not execute it with attention. At last it has many complexities in this bedding that must be perceived and be worked.

FONDEMENT A TOUCHÉ ET LEURS COMPLEXITÉS DANS L'INITIATION DU VOLLEY-BALL

RÉSUMÉ

En vue de qu'il n'y ait pas de référentiels théoriques qui identifient et éclaircissent les complexités du fondement technique contact dans l'initiation du sport volley-ball, l'enseignant doit les identifier pour assister dans l'apprentissage moteur de ce fondement. Présent travail vient éclaircir certaines de ces complexités trouvées par les commençants dans la réalisation du fondement technique a touché. Le fondement a touché dans l'initiation, quand analysé n'a théoriquement pas prouves de complexité importante, mais s'analyser combien la pratique ce facteur de complexité augmente significativement. Trouvent beaucoup de fois ces difficultés par recevoir varies des informations nouvelles en même temps, en rendant difficile ainsi l'apprentissage de l'habilité motrice. Il faut avoir à l'esprit qui dans la réalisation de ce fondement technique du volley-ball, n'a pas seulement les évidences d'erreurs communes, mais autres aspects complexes et de la difficile solution, mais impossibles de ne pas atteindre la meilleure performance du même.La méthodologie utilisée pour identifier à ces complexités/difficultés est au moyen de questionnaires avec l'intention d'enquêter la connaissance, la pratique du sport et leurs possibles difficultés à respect du contact, conjointement avec commentaire de la pratique, dans laquelle 80 élèves d'une école de l'état commençants dans le volley-ball parmi les bandes étaires de 11 à 14 ans.Ils réalisaient des contacts répétitifs, et parallèlement ont été annotés les difficultés combien au positionnement basique et autres facteurs qui interviennent dans la bonne performance de ce fondement tels comme : force, attention, vitesse, agilité et coordination.L'étude il a permis les suivantes conclusions : (a) malgré savoir théoriquement de l'importance du positionnement correct du corps dans l'exécution, pratiquement les commençants ne s'inquiètent pas avec le même (b) tonicité inadéquate (c) réalisent le contact avec les mains espalmadas (d) tu as touché réalisé à l'occasion des yeux non au devant et au-dessus de la tête (e) manque de coordination dans la réalisation (f) malgré avoir d'une pratique hebdomadaire considérable il présente des difficultés dans le fondement (g) tous connaissent le Réal de l'importance de celui-là fondement pour le volley-ball (h) les élèves a conscience de celui-là difficultés que ils présentent dans l'exécution du contact (i) ne l'exécutent pas avec attention. Enfin il y a beaucoup de complexités dans ce fondement qui doivent être perçues et être travaillées.

EL LECHO HA TOCADO Y SUS COMPLEJIDADES EN LA INICIACIÓN DEL VOLEIBOL

RESUMEN

Debido a ésa que él no tiene referenciais teóricos que identifiquen y clarifican las complejidades del técnico del lecho han tocado en la iniciación del voleibol del deporte, el profesor debe identificarlas para asistir a aprender de motor de este lecho. El actual trabajo viene clarificar algunas de estas complejidades encontradas para comenzar en la realización del lecho que el técnico ha tocado. El lecho ha tocado en la iniciación, cuando le está analizado teóricamente no le tiene evidencia de la complejidad excelente, pero cuando se analiza cuánto práctico el este factor de la complejidad aumenta perceptiblemente. Encuentran muchas veces estas dificultades para recibirle para variar la nueva información al mismo tiempo, así haciendo le difícil aprender de la capacidad del motor. Es necesario tener en mente que en la realización de este técnico del lecho del voleibol, no tenga solamente las evidencias de los errores comunes, solamente otros aspectos complejos y de la solución difícil, pero no imposible alcanzar el funcionamiento óptimo igual.La metodología usada a identificar a estas complejidades/dificultades estaba por medio de los cuestionarios con la intención de investigar el conocimiento, práctico del deporte y de sus dificultades posibles el respecto del tacto, junto con el comentario de el práctico, en el cual 80 pupilas que comienzan de una escuela pública en voleibol entre las vendas de los etárias de 11 los 14 años.Llevaron a través de touchs repetidores, y son paralelo a las dificultades habían sido anotados cuánto a los factores de colocación y otros básicos tal como los cuales intervenga con el buen funcionamiento de este lecho: fuerza, atención, velocidad, agilidad y coordinación.

El estudio permitió las conclusiones siguientes: (a) a pesar de teóricamente saber la importancia de la colocación correcta del cuerpo en la ejecución, el principio unos si no se preocupe (b) del tonicidade inadecuado (c) igual lleva prácticamente con el tacto con las manos de los espalmadas (d) ha tocado llevado a través en la altura de los ojos no al frente y arriba (e) de la carencia principal de la coordinación en el (f) de la realización aunque para tener un uno considerable semanal práctico presenta dificultades en el lecho (g) todo sabe la importancia verdadera de este lecho para el voleibol (h) las pupilas tiene conciencia de estas dificultades que presenten en la ejecución del tacto (i) que no lo ejecutan con la atención. En el último tiene muchas complejidades en este lecho que deba ser percibido y ser trabajado.

RESUMO

Tendo em vista que não haja referenciais teóricos que identifiquem e esclareça as complexidades do fundamento técnico toque na iniciação do desporto voleibol, o professor deve identificá-las para auxiliar na aprendizagem motora desse fundamento. O presente trabalho vem esclarecer algumas dessas complexidades encontradas pelos iniciantes na realização do fundamento técnico toque. O fundamento toque na iniciação, quando analisado teoricamente não há evidencias de complexidade relevante , mas ao analisar-se quanto a prática esse fator de complexidade aumenta significativamente. Encontram muitas vezes essas dificuldades por receberem varias informações novas ao mesmo tempo, dificultando assim a aprendizagem da habilidade motora. É necessário ter em mente que na realização desse fundamento técnico do voleibol, não há apenas as evidências de erros comuns, mas outros aspectos complexos e de difícil solução, mas não impossíveis de atingirem o melhor desempenho do mesmo. A metodologia utilizada para identificar essas complexidades/dificuldades foi por meio de questionários com o intuito de averiguar o conhecimento, prática do esporte e suas possíveis dificuldades a respeito do toque, juntamente com observação da prática, na qual 80 alunos de uma escola estadual iniciantes no voleibol dentre as faixas etárias de 11 a 14 anos.Realizavam toques repetitivos, e paralelamente foram anotadas as dificuldades quanto ao posicionamento básico e outros fatores que interferem no bom desempenho deste fundamento tais como: força, atenção, velocidade, agilidade e coordenação.O estudo permitiu as seguintes conclusões: (a) apesar de saberem teoricamente a importância do posicionamento correto do corpo na execução, praticamente os iniciantes não se preocupam com o mesmo (b) tonicidade inadequada (c) realizam o toque com as mãos espalmadas (e) toque realizado na altura dos olhos não à frente e acima da cabeça (f) falta de coordenação na realização (g) apesar de terem uma prática semanal considerável apresenta dificuldades no fundamento (h) todos conhecem a real importância desse fundamento para o voleibol (i) os alunos tem consciência dessas dificuldades que apresentam na execução do toque (j) não o executam com atenção. Enfim há muitas complexidades nesse fundamento que devem ser percebidas e trabalhadas.