14 - VOLLEYBALL HISTORY

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doi:10.16887/86.a1.14

Introduction

Often called the Brazil Volleyball and Portugal's Volleyball is a sport played on a court divided into two parts by a network, having two teams of six players on each side. The aim of the game is to pass the ball over the net so that it touches the ground within the opponent's court at the same time it prevents the opponents are able to do the same. Volleyball is an Olympic sport governed by the Fédération Internationale de Volleyball (FIVB).

History

The volleyball was invented on 9 February of 1895 by William George Morgan in the United States of America. The aim of Morgan, who worked at the Holyoke YMCA in Massachusetts, was to create a sports teams without physical contact between the opponents in order to minimize the risk of injury. Initially played with a tube basketball ball and was called Mintonette, but quickly gained popularity with the name of volleyball. Volleyball creator died on December 27, 1942 at 72 years old.

In 1947 it was founded the FIVB. Two years later, it was held the first World Championship mode, only for men; in 1952, the event was also extended to women's volleyball. In 1964 the volleyball became part of the Olympic program, and remained until today.

Recently, beach volleyball, a derived Volleyball mode, has achieved great success in several countries, including Brazil and the USA.

In team sports, the first Olympic gold medal won by a Portuguese-speaking country was taken by the men's volleyball team in Brazil in 1992. Games The feat was repeated in the 2004 Summer Olympics.

Rules

To play volleyball requires 12 players divided equally into two teams of six players each. The teams are divided by a network that is at the center of the court. A ball is required. The game begins with one of the teams that should "withdraw". Soon after the service the ball must overcome the network and move to the opponent's field where players try to prevent the ball from falling in your field using any part of the body (before was only valid to use members from the waist up, but the rules were changed). The player can hit the ball so that it passes to the opponent being allowed to field three touches on the ball before it passes, always alternating the players who give the taps. If the ball falls is the point of the opposing team. Another important rule is that during the game the players can not touch the white ribbon over the net. The same player can not give 2 or more rings followed the ball.

Volleyball Court equipment

The volleyball matches are confrontations involving two teams played in indoor gym. The field measures 18 meters long by 9 wide, and is divided by a center line into two squares with sides of nine meters that make up the blocks from each team. The main goal is to win points by making the ball touches the opponent's court or out of the playing area after being touched by an opponent.

Above the center line, it posted a network of synthetic material to a height of 2,43m to 2,24m for men or women (for youth competitions, children and youth and junior, the heights are different). Each block is in turn divided into two areas of different sizes (usually called "network" and "bottom") by a line that is located on each side, three meters from the network ("line three meters").

In volleyball, all border lines are considered an integral part of the field. Thus, a ball that touches the line is "in" (valid), and not "off" (invalid). Above the court, the airspace is bounded laterally by two antennas posted at each end of the net. Vertically, the only limits are the physical structures of the gym.

The ball used in volleyball matches is made of leather or synthetic leather and measures approximately 65cm perimeter. It weighs around 270g and must be inflated with compressed air at a pressure of 0.30 kg / cm².

Structure

Unlike many, such as football or basketball, volleyball is played by points, not by time. Each match is divided into sets that end when one of the two winning teams 25 points. There should also be a difference of at least two points in relation to the opponent's score - otherwise, the dispute continues until this difference is reached. The winner will be the one who first win three sets.

As the game ends when a team full three sets losers, each match lasts volleyball at most five sets. If this occurs, the last tie-break gets the name and ends when one team reaches the mark of 15, not 25 points. As with the others, it is also needed a difference of two points with respect to the opponent's score.

Each team consists of twelve players, six of which are acting on the court and six remain in the bank as reserves. Replacements are limited: each technician can perform a maximum of six per set, and each player can only be replaced once and must necessarily return to court to take the position that originally he had taken his place.

The six players from each team are placed in the following manner court. In the length direction, three are closest to the network, and three closest background; and in the width direction, are both closer to the left side; two, the center of the court; and two, the right side. These positions are identified by numbers: the observer posted across the network, the one that is located on the bottom right is given number 1, and following the other in ascending order according to the counterclockwise direction.

The game Positioning and rotation

At the beginning of each set, the player who holds the position 1 performs the sack, and hits the ball with his hand

intending to make it through the airspace bounded by two antennas and land on the opposite court. Opponents must then get the ball back touching it up to three times, and preventing the same player play it twice in succession.

The first contact with the ball after the serve is called receipt or pass, and its primary goal is to avoid it reaches a valid area of the field. Then usually up following the survey, which seeks to put the ball in the air to allow a third player realize the attack, ie, set it so as to make it land on the opposite court, winning this way the point.

By the time the opponent will attack, players who occupy the positions 2, 3 and 4 can jump and extend your arms in an attempt to prevent or hinder the passage of the ball across the net. This movement is called blockade, and is not allowed for the other three athletes who make up the rest of the team.

Technically, the players who occupy the positions 1, 5 and 6 can only hit the net height above the ball towards the opponent's court if the "background" of his own court. For this reason, not only the lock becomes impossible, as additional restrictions apply to the attack. To attack from the bottom, the athlete must jump without touching with your feet in line of three meters or in the area delimited by it; the subsequent contact with the ball, however, can occur in the airspace front.

After the opponents attack, the team seeks to intercept the trajectory of the ball with your arms or other body parts to keep her land on the court. If successful, it is said that a defense was made, and follow up new lift and strike. The game continues until one team makes a mistake or can make the ball touch the opposing side of the field.

If the team that won the point was not the same that had drawn, players must move clockwise, occupying the next number one position lower than its on the court (or position 6, in the case of athlete who occupied position 1). This movement is called rotation.

Libero

The libero is a specialized athlete in the fundamentals that are performed more often in the backcourt, that is, reception and defense. This function was introduced by the FIVB in 1998 with the purpose of allowing disputes longer points and make the game more attractive this way to the public. A specific set of rules applies only to this player.

The libero must use uniform different from the others, can not be captain of the team, not attack, block or draw. When the ball is not in play, you can swap places with any other player without prior notification to the referees and their replacements do not count toward the limit that is allowed per set each technician.

Finally, the libero can only hold Touch surveys block from the bottom. If you are stepping over the line of three meters or the area for her delimited should only exercise headline surveys, otherwise you touch above (fingertips) the attack must be run with the ball below the upper edge of network.

Points

There are basically two ways to score points in volleyball. The first is to get the ball to land on the opponent's court as a result of an attack, a successful blockade or, more rarely, a service that was not properly received. The second occurs when the opposing team makes a mistake or a foul.

Several situations are considered errors:

-The ball touches anywhere except in one of the twelve athletes who are on the court, or the valid field of play ("ball out").

-The player consecutively touches the ball twice ("double-tap").

-the player pushes the ball, rather than to hit it. This movement is called "load". The ball is played over three times before returning to the opponent field.

-The ball touches the antenna, or passes over or outside the antenna towards the opponent's court.

-The player touches the net with any part of the body except the hair.

-A player who is in the backcourt holds a lock.

-A player who is in the court of the bottom step on the line of three meters or in the front area before making contact with the ball above the top of the net ("Background invasion").

-The player blocks the opponent's service.

-The player is out of position at the time of withdrawal.

-The player draws when not in position 1.

-The player touches the ball in the air space above the opponent's court in a situation that is not configured as a block ("up for trespassing").

-The player touches the opponent's court under the net with any part of the body except the hands or feet ("invasion from below").

-The player takes more than eight seconds to draw

-At the time of withdrawal, the player steps on the baseline or the court before making contact with the ball

-The "two taps" are allowed in the first contact of the team with the ball, from occurring in a "simultaneous action" - the interpretation of what is or is not "simultaneous" is left to the judge.

-Unless the blockade. The touch of the ball during the block is not counted.

-The invasion by low of hands and feet is permitted only if some of the members keep in touch with the center line.

Fundamentals

A team that want to compete at the international level need to master a set of six basic skills, usually called under "fundamentals." They are: serve, pass, lifting, attack, block and defense. Each of those pleas comprises a number of skills and techniques that have been introduced over the history of volleyball and are now considered common practice in the sport.

Serve or service

Player preparing to withdraw

The looting or service marks the start of a dispute points in volleyball. A player called up behind his block bottom line, reaches out and hits the ball in order to make it through the airspace above the network delimited by the antennas and land on the opponent's court. Its main objective is to hamper the reception of your opponent controlling the acceleration and trajectory of the ball.

A service that the ball lands directly on the opponent's court without being touched by the opponent - is denominated in volleyball "ace", as in other sports such as tennis.

In the contemporary volleyball, they were developed many different types of withdrawals:

-Decrease under or over: indicates how the withdrawal is carried out, that is, if the player hits the ball underneath, at waist level, or first launches it into the air and then hit it above the level of shoulder. The reception serve underneath is usually

considered very easy, and therefore this technique is no longer used in high-level competitions.

-Star Trek: a specific type of sack underneath, where the ball is right in order to achieve great heights (around 25 meters). The increase in radius of the parable described by the trajectory makes the ball go down almost straight, and at speeds of 70km / h. Popularized in the 1980s by the Brazilian team, especially by former player Bernard Rajzman, it is now considered outdated and is no longer used in international competitions.

-Serve in effect, called in English "spin serves," it is a service in which the ball picks up speed along the trajectory, rather than lose it thanks to a pulse produced bending effect at the time of contact.

Floating weightless serve or serve: serve where the ball is touched only lightly on the contact time, which causes it to lose speed and trajectory suddenly become unpredictable.

-Travel to the seabed: looting in which the player shoots the ball, makes the approach in past as at the time of the attack, and hits it with force towards the opponent's court. It is assumed that this decrease existed since the 1960s, and has come to Brazil at the hands of the player Feitosa. Nevertheless, it only became popular from the second half of the 80s.

-Eastern serve: the player put on the profile bottom line for the court, throws the ball in the air and hits it with a circular movement of the opposite arm. The name of this withdrawal comes from the fact that its contemporary use is restricted to some women's volleyball teams in Asia.

Pass

Pass performed with headline

Also called reception, the pass is the first contact with the ball by the team that is not withdrawing and consists, ultimately, in an attempt to prevent the ball touches its court, which would let the opponent score a point. In addition, the main objective of this foundation is to control the ball in order to make it come quickly and in good condition in the hands of the lifter, so that it is able to prepare an offensive move.

The foundation pass basically involves two specific techniques: the "headline" in which the player pushes the ball with the inside of the arms straight, usually with legs bent and below the belt; and "touch" in which the ball is manipulated with the fingertips above his head.

When, by a cross fault, the ball does not remain in the player's court who is at the desk, but crosses over the net towards the court of the opposing team, it is said that it received a "ball of grace."

Headline

It is a reception technique performed with linked arms and with outstretched arms, the headline of the movement begins in the legs and is made from the bottom up in a more or less comfortable position, it is important that the leg is flexed at the time of movement, ensuring greater accuracy and comfort on the move. It is used in balls coming in low height, and has no chance of being returned to the touch. It is considered one of the defense pleas, the type of defense serve and cut more used in the volleyball game. It is one of the essential techniques for the libero but is also used by some lifters for better placement of the ball to the attacker.

Lifting

The survey is usually the second contact of a team with the ball. Its main objective is to position it to allow an offensive action by the staff, or an attack.

Like the pass, one can distinguish the survey by how the player performs the movement, that is, as "lifting of touch" and "headline lifting". As the first usually allows greater control, the second is only used when the pass is so low that it does not handle the ball with his fingertips, or beach volleyball, where rules are stricter in regard to violation of "charging".

Also it is customary to use the term "back lifting" in reference to the situation where the ball is thrown in the opposite direction to that for which the lifter is looking.

When the player does not raise the ball to be attacked by one of his teammates, but decides to launch it directly towards the opponent's court in an attempt to win the point quickly, it is said that this is a "ball second." Attack

Attacking player

The attack is usually the third contact a team with the ball. The purpose of this foundation is to make the ball land on the opposite court, thus winning the point in dispute. To carry out the attack, the player gives a series of numbered steps ("last"), jumps and then design your body forward, thus transferring your weight to the ball upon contact.

Contemporary volleyball involves several individual techniques of attack:

- background attack: attack by a player who is not on the network, or by a player who does not occupy the positions 2-4. The attacker can not step in line or three meters in front of the court before touching the ball, although it allowed him touchdown in this area after the attack.

-Diagonal or Parallel: indicates the direction of the trajectory of the ball on offense in relation to the side of the court lines. A fairly sharp angle diagonal, with the ball landing on the front part of the opponent's court, is called "short diagonal."

-Cut or Shot: refers to an attack where the ball is right with force, aiming to make it to land as soon as possible on the opponent's court. A cut can reach speeds of about 200 km / h.

-Start: refers to an attack where no player hits the ball hard, but before touching it gently, trying to direct it to a region of the opponent's court that is not well covered by the defense.

-Explore the blockade refers to an attack where the player does not intend to make the ball touch the opponent's court, but before reaching the blockade opponent with her so that she subsequently aterisse in an area out of play.

-without force attack: the player hits the ball but it reduces the power and therefore its acceleration, in an attempt to confuse the defense.

-Sheikh Ball: refers to the cut performed by one of the players who is on the network when the team gets a "ball of grace" (see cross above).

Blockade

Triple block

Blocking refers to the actions taken by the players who occupy the front of the court (positions 2-3-4) and are intended to prevent or hinder the attack of the opposing team. They consist, in general, extend your arms above the level of the network in order to intercept the trajectory or decrease the speed of a ball that was cut by the opponent.

Called "offensive blocking" the situation in which players aim to completely intercept the attack, making the ball remain in the opponent's court. For this, it is necessary to jump, extend your arms into the air space above the opponent's court and keep your hands turned around 45-60 ° toward the wrist. A block offensive particularly well executed, in which ball is directed straight down in a nearly orthogonal trajectory to the ground, is called "stub".

A lock is called, however, "defensive" it aims only touch the ball and thus decrease its speed, so that it can be better defended by players who are in the backcourt. For the implementation of defensive blocking, the player reduces the penetration angle of the arms on the opponent's court, and seeks to keep the palms facing towards his own court.

The lock is also rated according to the number of players involved in "simple", "Double" and "Triple".

Defense

The defense consists of a set of techniques that aim to prevent the ball touch the court after the opponent attack. Beyond the headlines and touch, as discussed in the sections relating to the pass and the survey, some of the specific actions that apply to this foundation are:

-Goldfish: the player shoots up in the air, as if diving to intercept a ball, and ends the movement in the abdomen itself.

-Bearing: the player rolls sideways on her body after making contact with the ball. This technique is used especially to minimize the possibility of bruising after the fall is the result that the force with which a ball cut off by the adversary.

-Hammer: the player hits the ball with both hands closed on themselves like a prayer. This technique is used especially to intercept the trajectory of balls that are at a height that does not allow the use of headlines, but for which the use of touch is not appropriate, because the speed is too great for the correct handling with fingertips.

Major competitions

Organized by the International Federation (FIVB), the main volleyball competitions are international tournaments which can be divided into two groups: major events that occur in cycles of four years and annual events created from the decade of 90. Of lesser importance but also traditional, are the tournaments organized by each of the five major continental confederations.

Finally, several federations have tournaments and leagues, which gain in prestige according to the amount of capital invested and the quality of the athletes involved.

Among the main volleyball competitions, are: International

- Olympic Tournament Volleyball: every four years since 1964
-World Volleyball Championship: every four years since 1949 (men) and 1952 (women)
-World Cup: every four years since 1965 (men) and 1973 (women)
-World League: annually since 1990
-Grand Prix: annually since 1993
-Cup of Volleyball Champions: every four years since 1993

National

Superliga (Brazil)
National Volleyball League (World)

CONCLUSION

All activities, especially team sports in general when worked from the perspective of high-yield, requires a caloric and physical well major expense. We observed that history has shown that volleyball is a sport originally created to not have physical and caloric expenditure. Morgan wanted to create an inclusive sport and not yield. More volleyball over time assumed characteristic due to its acyclicity situation of a fast sport and a lot of speed and strength. Thus giving the characteristic of performance sport and also a sport that requires analysis of situations taken immediate decisions. We realize, in this historic course, fit the volleyball modality has come (and come through) in recent decades with the intuto to become a massificador sport.

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VOLLEYBALL HISTORY

ABSTRACT

Often called the Brazil Volleyball and Portugal's Volleyball is a sport played on a court divided into two parts by a network, having two teams of six players on each side. The aim of the game is to pass the ball over the net so that it touches the ground within the opponent's court at the same time it prevents the opponents are able to do the same. Volleyball is an Olympic sport governed by the Fédération Internationale de Volleyball (FIVB). The volleyball was invented on 9 February of 1895 by William George Morgan in the United States of America. The aim of Morgan, who worked at the Holyoke YMCA in Massachusetts, was to create a sports teams without physical contact between the opponents in order to minimize the risk of injury. Initially played with a tube basketball ball and was called Mintonette, but quickly gained popularity with the name of volleyball. Volleyball creator died on December 27, 1942 at 72 years old. A team that want to compete at the international level need to master a set of six basic skills, usually called under "fundamentals." They are: serve, pass, lifting, attack, block and defense. Each of those pleas comprises a number of skills and techniques that have been introduced over the history of volleyball and are now considered common practice in the sport.

KEYWORDS: History, Volleyball, Fundamentals.

HISTOIRE DU VOLLEYBALL
RÉSUMÉ

Souvent appelé le Brésil de volley-ball et de volley-ball du Portugal est un sport joué sur un terrain divisé en deux parties par un réseau, avec deux équipes de six joueurs de chaque côté. Le but du jeu est de passer la balle sur le net jusqu'à ce qu'il touche le sol dans la cour de l'adversaire dans le même temps il empêche les adversaires sont capables de faire la même chose. Volley-ball est un sport olympique régi par la Fédération Internationale de Volleyball (FIVB). Le volley-ball a été inventé le 9 Février 1895 par William George Morgan aux Etats-Unis d'Amérique. Le but de Morgan, qui a travaillé au YMCA de Holyoke dans le Massachusetts, était de créer une des équipes sportives sans contact physique entre les adversaires afin de minimiser le risque de blessure. Initialement joué avec un ballon de basket-ball et le tube a été appelé Mintonette, mais il a rapidement gagné en popularité avec le nom de volley-ball. Volley-ball créateur est mort le 27 Décembre, 1942 à 72 ans. Une équipe qui veut faire concurrence à l'échelle internationale ont besoin de maîtriser un ensemble de six compétences de base, généralement appelés sous «fondamentaux». Ils sont: servir, passer, levage, attaque, bloc et de la défense. Chacun de ces moyens comprend un certain nombre de compétences et de techniques qui ont été introduites au cours de l'histoire de volley-ball et sont maintenant considérés comme une pratique courante dans le sport.

HISTORIA DE VOLEIBOL
RESUMEN

A menudo llamado el Brasil Voleibol y Voleibol de Portugal es un deporte que se juega en una cancha dividida en dos partes por una red, que tiene dos equipos de seis jugadores en cada lado. El objetivo del juego es pasar la pelota sobre la red de modo que toque el suelo dentro de la cancha del oponente, al mismo tiempo que evita que los opositores son capaces de hacer lo mismo. El voleibol es un deporte olímpico regido por la Federación Internacional de Voleibol (FIVB). El voleibol fue inventado el 9 de febrero de 1895 por William George Morgan en los Estados Unidos de América. El objetivo de Morgan, que trabajaba en la YMCA de Holyoke en Massachusetts, fue la creación de un equipo deportivo sin contacto físico entre los opositores a fin de minimizar el riesgo de lesiones. Inicialmente se juega con una pelota de baloncesto tubo y se llamó Mintonette, pero rápidamente ganó popularidad con el nombre de voleibol. Creador Voleibol murió el 27 de diciembre de 1942 en 72 años. Un equipo que quiere competir a nivel internacional tienen que dominar un conjunto de seis habilidades básicas, generalmente llamados en "fundamentos". Ellos son: servir, pasar, elevación, ataque, bloqueo y defensa. Cada uno de estos motivos comprende una serie de habilidades y técnicas que se han introducido durante la historia del voleibol y ahora se consideran una práctica común en el deporte.

PALABRAS CLAVE: Historia, Voleibol, fundamentos.Mots-clés: Histoire, Volley-ball, les fondamentaux.

HISTÓRIA DO VOLEIBOL
RESUMO

Chamado frequentemente no Brasil de Vôlei e em Portugal de Vólei é um desporto praticado numa quadra dividida em duas partes por uma rede, possuindo duas equipes de seis jogadores em cada lado. O objetivo da modalidade é fazer passar a bola sobre a rede de modo a que esta toque no chão dentro da quadra adversária, ao mesmo tempo que se evita que os adversários consigam fazer o mesmo. O voleibol é um desporto olímpico, regulado pela Fédération Internationale de Volleyball (FIVB). O voleibol foi inventado em 9 de Fevereiro de 1895 por William George Morgan nos Estados Unidos da América. O objetivo de Morgan, que trabalhava na ACM de Holyoke no Massachusetts, era criar um esporte de equipes sem contato físico entre os adversários de modo a minimizar os riscos de lesão. Inicialmente jogava-se com uma câmara de ar da bola de basquetebol e foi chamado Mintonette, mas rapidamente ganhou popularidade com o nome de volleyball. O criador do voleibol faleceu em 27 de dezembro de 1942 aos 72 anos de idade. Um time que deseja competir em nível internacional precisa dominar um conjunto de seis habilidades básicas, denominadas usualmente sob a rubrica "fundamentos". Elas são: saque, passe, levantamento, ataque, bloqueio e defesa. A cada um destes fundamentos compreende um certo número de habilidades e técnicas que foram introduzidas ao longo da história do voleibol e são hoje consideradas prática comum no esporte.

PALAVRAS-CHAVE: História, Vôlei, Fundamentos.