

THE FRAMEWORK DEVICE FOR STRIKE ATTACK AND SERVICE, THE „SINE QUA NON,, CONDITION FOR LEARNING FUNDAMENTAL TECHNIQUES SERVICE AND STRIKE ATTACK IN THE GAME OF VOLLEYBALL

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*Motto: Our existence is movement, rest means death
Blaise Pascal*

Key words: volleyball, auxiliary device, service, attack strike, performance.

Summary: In this article, I present an invention, the framework device for attack strike and service for learning fundamental techniques service and attack strike in the game of volleyball. I do a technical description of the device, I present the experiment in which it was used and I conclude by proving his utility.

Hypothesis: I assume that the use of this framework device will increase the level of technique assimilation of the processes attack strike and service, I think that the time required for learning will decrease, and the techniques will be taught properly.

Scientific novelty: As an ex performance volleyball player I saw how to do specialty training and not infrequently I found that we often learn techniques with many mistakes.

Once learned and processed in automatism I noticed that it is extraordinarily difficult to correct accumulated errors by a bad line method or poor methodology.

I concluded that we should find other ways to prevent these mistakes. This 'something else' is the auxiliary devices.

The methods used in the research are:

- Literature reviews
- Observation
- Experiment
- Graphical and tabular method

Purpose of the work: I want that this accessory device to be commonly used by specialists in volleyball and to be accepted as real and usefully with increased efficiency.

The attack strike and service framework is an invention as simple as it is effective. It consists of a supportive framework that is caught in another frame-shaped circle. It is broken at the bottom. In the bottom are located two supporters for volleyball ball.

The biggest benefit brought by this invention is that the ball is static and the attack strike / service are executed in perfect condition. In this case the performers are able to observe the execution and mistakes and they can easily correct them.

This invention is very easy to use especially by children because it removes them from the monotony, and because they love the new.

I supported the experiment with two groups of 10 persons of the same age and sex from LPS Suceava. In the predictive assessment I used the classical method of attack strike and service in both groups and in the final evaluation I used the same tests in both groups.

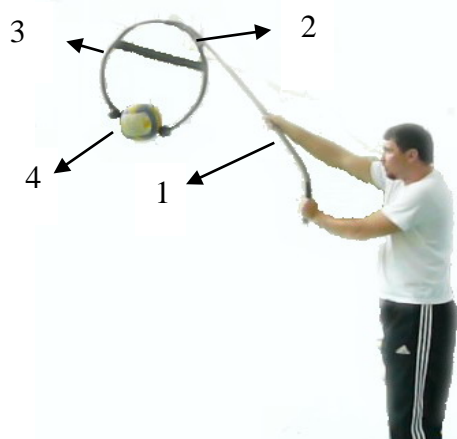


Fig. 1 The framework device for strike and serving

- 1 handle
- 2 framework supportive circle
- 3 circle frame
- 4 ball supporter

The difference was made by the means used in the experimental group. In addition to traditional means I use this invention, this framework device for attack and service.

Each examined subject executed 10 times each technique, both in initial testing and the final. The figures represent the percentage obtained by each subject; they materialize in executions technically correct. Next I present the groups who have participated in the experiment.

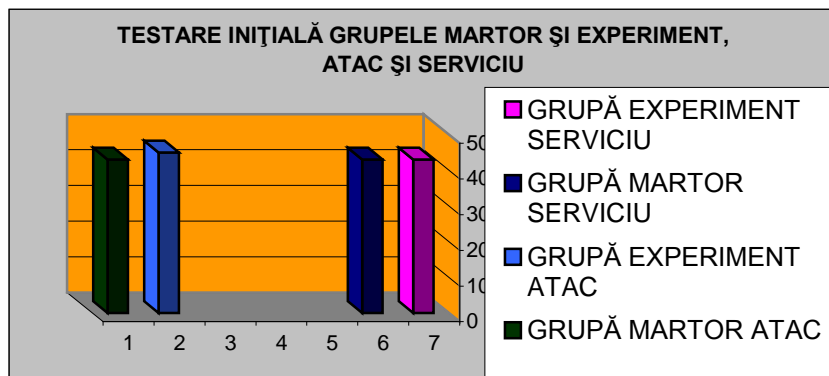
Group control

Group experiment

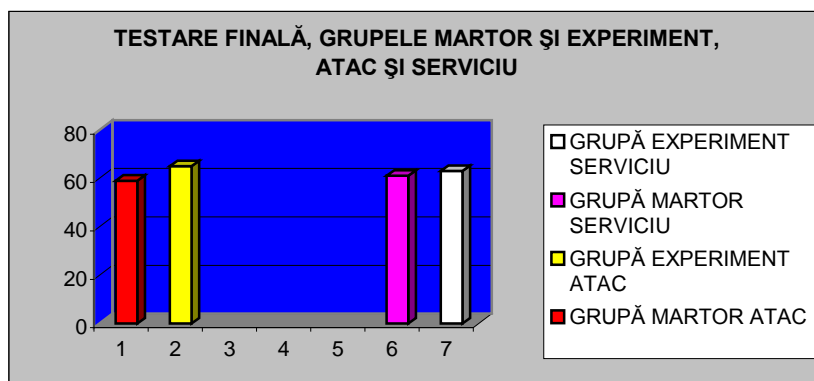
Initial testing, control and experimental groups, strike attack and service

No.	Name	Age	Service		Attack	
			Initially	Final	Initially	Final
1	M.D	13	40	60	30	50
2	S.L	13	30	60	40	60
3	U.B	12	40	60	30	60
4	N.L	13	40	60	40	60
5	H.M	13	50	70	50	60
6	U.L	12	60	60	60	70
7	N.T	13	50	60	30	50
8	J.N	12	30	50	40	60
9	E.K	12	40	50	50	70
10	S.K	12	50	60	60	70

No.	Name	Age	Service		Attack	
			Initially	Final	Initially	Final
1	R.P	12	40	70	30	50
2	I.R	12	30	60	30	60
3	Z.P	12	40	60	40	70
4	T.H	12	40	60	40	60
5	K.P	13	60	80	50	60
6	R.I	12	60	80	60	60
7	E.D	13	60	60	30	50
8	A.W	12	30	50	50	70
9	F.V	12	40	60	40	70
10	S.H	12	50	70	60	80



Final testing, control and experimental groups, strike attack and service



Conclusions

After conducting the research both the subjects and the framework device for attack strike and service behaved very well in all respects. This device has proved helpful for the technical contributions made by the subjects.

The parallel between the test data from initial and final tests showed that the progress of the experimental group was different increased from that of the control group.

The hypothesis which we left turned out to be true, so I recommend to all specialists in volleyball to use this device with confidence and benefit from the surplus made by him.

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Titlu: Aparatul cadru pentru atac și serviciu o condiție „sine qua non” pentru învățarea tehnicii fundamentale de atac și serviciu în jocul de volei.

Cuvinte cheie: volei, dispozitiv auxiliar, serviciu, atacul, performanță.

Rezumat: În acest articol este prezentată o invenție, dispozitivul cadru pentru atac și pentru serviciu, destinat învățării tehnicii fundamentale de atac și serviciu în jocul de volei. Am realizat o descriere tehnică a aparatului și o descriere a experimentului din care rezultă utilitatea utilizării acestui aparat.

Titre: Le dispositif de l’attaque et service, la „sine qua non” condition de apprentissages des fondamentaux techniques des service et l’attaque dans le jeu de volley-ball

Mots - clé: volley-ball, un dispositif auxiliaire, le service, la attaque, la performance.

Résumé : Dans cet article, je présente une invention, le dispositif cadre d’attaque et le service pour l’apprentissages des techniques fondamentaux de services et de attaque dans le jeu de volley-ball. Je fais une description technique du dispositif, je présente l’expérience dans laquelle il a été utilisé et je conclus en prouvant son utilité.