

History and Performance Parameters of Young Beach Volleyball Players

Dr. Rupinder Singh

Assistant Professor in Physical Education

Gobindgarh Public College,

Alour (Khanna).

Abstract

Beach volleyball is a team sport played between two teams of two players on a sandy court divided by a net. The study has mostly focused on male beach volleyball players thus far. This study focuses on the history of volleyball in India as a whole as well as the role of the Indian Sport Authority. The analysis's objective was to assess the work-to-rest ratio and physical action of men and women in terms of their position. There isn't much volleyball history in India. It is taking place on the subcontinent, which is another hand-down for colonisers' sport. And when one considers contemporary circumstances, a National system in India seems weirdly constrained while still in its early phases. Since its founding in Bangalore in 1975, SAI has worked to improve the state's volleyball competition. Services like pedagogy, summer development sessions, centres, athletic performance centres, student-level come-and-play, and exercise facilities at schools and education have all been very helpful to volleyball players.

Keyword: Beach volleyball performance and history.

I. INTRODUCTION

Physical activity strikes the perfect mix between theory and experience. 50% of it is philosophical, and 50% of it is realistic. Here, sports are used realistically. "Physical exercise is widespread and thorough than most other instruction. There are a total of 44 sports, including sports, adventure games, marine games, huge games, fighting games, ball and rockets games, etc. Physical education includes all forms of exercise. It is physical education for the development of a child's total personality, including the quality of his body, mind, and spirit.

History of volleyball

The sport was invented in 1895 by revolutionary William G. Morgan at the dilapidated YMCA gymnasium in Holyoke, Massachusetts, in the United States. The first of two millennia began with the turn of the millennium. One of the five primary international sports is volleyball, and the FIVB, which has 220 members, is the oldest foreign sports federation in the world. Volleyball has increased significantly during the past ten years. Due to the popularity of international events like the FIVB World Championships, FIVB World Cup, FIVB World Grand Prix, FIVB Grand Championships, and Olympic Games, the level of competition at all levels around the world continues to rise.

The Origin

Volleyball games were invented in New York City by William G. Morgan (1870–1942), who first dubbed them "Mintonette." The young Morgan met James Naismith, the man who created basketball in 1891, while they were both students at YMCA (Young Men's Christian Association) Springfield College. During the summer of 1895, he moved on to a Holyoke YMCA in Massachusetts where he served as the director of physical exercise. He spent his first year in Auburn, Maine, at a YMCA after finishing his studies. He got the chance to organise, establish, and direct a sizable network of male adult sports activities and courses while holding this post. He proudly attained leadership positions, and he increased in popularity in his schools. He discovered that he needed a specific type of competitive leisure game in order to change his programme. Basketball, a sport that was beginning to develop, looked amazing to young players, but older players needed to look for a sport that was less harsh and offensive.

World Wide Growth

The YMCA physical education directorates were also embraced by Springfield Town, Massachusetts College, George Williams College (now Downers Grove, Illinois), and many other countries in all of their respective communities in the United States and Europe (1900 marks the first foreign participant in the game). He discovered that he needed a specific type of competitive leisure game in order to change his programme. Basketball, a sport that was beginning to develop, looked amazing to young players, but older players needed to look for a sport that was less harsh and offensive. The YMCA physical education directorates were also embraced by Springfield Town, Massachusetts College, George Williams College (now Downers Grove, Illinois), and many other countries in all of their respective communities in the United States and Europe (1900 marks the first foreign participant in the game). According to Cubbon's estimation, there were almost 200 000 players in the YMCA (boys, young men, and older adults), 70 000 in the YWCA

(girls and women), 25,000 in schools (boys and girls), and 10,000 in colleges (young men). Cubbon predicted there will be 200,000 gamers in this piece. Young college students were able to quickly develop volleyball thanks to the YMCA's contribution to the publication of its rules and a collection of articles by the powerful Collegia National Athletic Association (NCAA) in 1916. Each squad could only have a certain number of players in 1918, and the maximum number of ball interactions was limited to three in 1922. Up to the first decade of the 1930s, there weren't many international competitions or tournaments in volleyball. Varied regions of the world had different game laws, but national competitions were held in a number of them, including Eastern Europe, where the level of play was exceptionally high.

Indian Volleyball

It is still difficult to research volleyball's past, and it is much harder to summarize the information that is discovered. We Indians are generally not concerned about our history because Europeans and Americans document all key changes and preserve them for our century to come. It is widely believed that the Madras YMCA in India created the game in 1920. Some claim that Mr. J.H. Gray brought it in in 1900 on their behalf. Another plus was that the game became well-known in China and Myanmar (Burma). However, accurate information has been available for three to four years following the game's creation in India. The Kunnamkulam YMCA was established on January 1st, 1880, becoming the eighth, after those in Calcutta in 1857, Trivandrum in 1873, Bombay in 1875, Madurai in 1884, Bangalore in 1885, and Otty in 1886. The YMCA wasn't founded until 1890. Mr. K.T. Paul dedicated himself to YMCA programming during his early years. Later, Mr. J.H. Fowler joined him. The YMCA then operated out of a small structure with a little patio. As its name suggests, Kunnamkulam is a region of hills and dales, but it is also a flat area ideal for sports like cricket, football, and soccer. It was quite difficult to get flat. The American Mr. Fowler had taught volleyball in the kitchen, constructed a courtyard, and instructed locals in the game because the YMCA only had space for one volleyball court. Mr. Fowler announced, "The volleyball game is being played for the first time in India," at the start of the court. The year was 1896–1897. The game immediately became popular in many areas because it was unique to the area and because the players, the majority of whom were quite tall, had the guts and strength to play it in the heart of the historic district near to their homes. At the time, volleyball was very different from what it is today. Only six feet, six inches tall, any contact was permitted, and each team had nine players. According to the veteran, the net was only 6 feet wide.

Performance Indicators in Young Elite Beach Volleyball Players

The purpose of athletic training is to prepare athletes for competitive standards (Garca-de-Alcaraz et al., 2016). Coaches need benchmarks to direct athletes' development and preparedness for such demands (Sheppard et. al., 2009). The physical demands on professional or foreign players are frequently tied to expertise on this subject. Since this is a fundamental aspect of the rivalry (Hughes and Franks, 2004, 2008), coaches continue to work on improving the performance of their teams. Sport game research has been increasingly important for players in recent years (Koch and Tilp, 2009). The requirements of games for different age groups, however, are not well understood. This understanding is crucial in order to cease relying just on physical characteristics and to provide appropriate, detailed education on the various stages of an individual's growth (Zemková et al. 2017). — Each sport has its own set of regulations and standards that guide the training of athletes at different stages of development. Beach volleyball is a sport played on sand courts between two teams of two players (Natali et. al. 2017). Volleyball matches are divided into two phases. In beach volleyball, the following actions are performed: serving, catching, arranging, hitting, locking, and digging. Receiving, setting up, and attacking are all parts of the side-out procedure. The counterattack entails blocking, looking, positioning, and attacking (Costa et al., 2012). Beach volleyball started growing quickly after it was added as an Olympic sport in 1996. For instance, 29 tournaments were held globally during the 2006 World Tour, with each tournament hosting an average of 11–20 competitors. Even though the game's components were noticed, sports need to be regularly scrutinised because they change all the time. Court rules and the scoring system changed in 2001, which prompted authors to examine how the game has changed. Some studies looked at court size, while others were based on scoring systems. The International Federation of Volleyball (FIVB) claims that the results of the regulation changes were unsuccessful. Additionally, some trials investigated tactical and strategic aspects, such as the winning teams' side-out and counter-attack phases, receipts, and disparities. Studies comparing the tactical and engineering traits of men and women are also necessary because any inconsistencies could have an impact on the game. Therefore, the purpose of this study is to investigate the tactical and technological decisions made by young, skilled beach volleyball players of different ages and genders.

Beach Volleyball

Play volleyball is a cross-sport in which two teams of two players compete against one another on a sand court divided by a net. Beach volleyball is characterized by repetitive, highly physical actions interrupted with brief times of recovery. Skipping, fast sprints, course changes, and diving digs are necessary for success (e.g. assaulting, serving, blocking). When one of the two teams on the court wins two

sets, the match is over. When a team scores 21, the first and second sets are over; if the first two sets are tied, the third set begins. Beach volleyball stopped being seen as a summertime recreational variation of volleyball and started on a path to development and expansion when it was made an Olympic sport in Atlanta in 1996. In recent years, beach volleyball has received a lot of media attention. However, given the rising popularity of beach volleyball, a few research focused on this sport. Men's and women's beach volleyball competitions on the FIVB (Federation International de Volleyball) World Tour from 2000 to 2010. The overall game time ranged from 30 to 64 minutes, according to the authors, regardless of the amount of packs, tournament level, or gender. In men's tournaments, a rally lasts approximately eight seconds, and the rest period between two rallies ranges between 17 and 21 seconds. The duration of the first and second sets together is roughly 18. There are typically 37–38 minutes and points in each collection. The first two sets' average runtime, scoring totals, hops, and hits have all been reported to be close. All six beach volleyball styles show significant differences between men and women in their methodology and tactics (serving, collecting, setting, hitting, blocking and defense). The physical success of matches for female beach volleyball competitors has not yet been documented in some reports, similar to differences between men and women in other competitive sports. For the preparation of periodicities, this information might be helpful. A thorough understanding of the work-rest ratio on the training field should be implemented by the technological coaches as well as the strength and conditioning coaches. Based on their position, players are typically divided into blockers and safety (defenders) pros. While the latter would stop the ball from crashing through their courts, the former are constantly forced to leap and dodge the assault of the rivals. In more concrete terms, a player's anthropometric, physical, and technological traits influence the roles they play. Recent research has looked at how participants' positions affect beach volleyball success. The defensive players perform about 46 hops and 43 strikes, while the blockers perform 67 springs and 39 hits during the games. Blockers made 31 leaps and 21 hits, as well as 27 hops and 21 hits, respectively. However, only men have access to the most recent information. We came to the conclusion that it would be interesting to evaluate performance gaps in female athletes' positions. To identify and compare the physical behavior and resting ratio of female volleyball players with that of their male counterparts is the aim of this investigation.

Rules of the Game

- On a pitch divided by a net, volleyball is played between two teams of six players.
- To prevent the winning team from getting the ball back into their court, the goal of the game is to put the ball over the net.

- Each team is allowed three hits in an effort to get the ball back.
- The volley begins; otherwise, a player cannot precisely return the volleyball before it enters the courtyard.
- The ball is played with a service to the opponents' reach through the net (May the net contact).
- The volleyball team receives a point and the right to play after earning it. The players move one space in the clockwise manner.

Skills

- **Volleys:** Strong fingers, hands in the shape of the rim, a touch on the forehead, braces, and handles (similar to an upward basketball chest).
- **Bumps:** When you want the ball to go in a certain way, push or lean in that direction while shrugging and squeezing your arms out in front.
- **Serve:** When using a hitting bracket, keep the ball straight while pulling the arm behind your head, throwing it straight up, stepping with the opposite foot, and hitting the ball with the hitting bracket's handle without grabbing your elbow.
- **Spikes:** Start at the strike line, take two long strides, leap, swing your arms (while running), raise your hands toward the ball, bring the arm back up, and then twist your wrist when you reach the ball with the hand at the end (which allows the spin end).
- **Blocking:** To create an "attitude" in your block, position yourself around an arm's distance from the net, leap a millisecond after the hitter leaps, spread your fingers, and tense your body. The net should be crossed as far as you can.
- **Switching:** Players should switch places once the ball is served to avoid crossing paths with players nearby (before the serving).
- **Team Play:** Volleyball is essentially a game of metamorphosis from one of the aforementioned skills to the next, with choreographed squad cooperation between ball moves. The offensive framework, coverage, and defensive strategy chosen by the players are the main topics of the unit motions. The receiving party's preparation to move the ball to the designated placer is known as the reception system. Systems may have five receivers, four receivers, three receivers, or, under some conditions, two receivers. On elite levels, a three recipient setup with two left faces and a libero receiving per revolution is most typical. The ideal parties to strike and move are then the centres and the right. Classes using aggressive tactics attempt to force the ball into the opposing court (or collect points otherwise). Additionally, training includes advanced skill roles for certain

player roles (see player degree, below). Training sessions frequently use the 4-2, 6-0, and 5-1 formats (see Formations below). There are some attacking tactics teams that can maintain balance in the rival defence. Coverage programmes are simulation techniques that the offence use to support its appeal in the event of a blocked assault. Players move to designated locations around the attacker to dig into their own court any ball that disengages the block when a five offensive player attacks the ball indirectly. The most popular formations are the 2-3 and 1-2-2 systems. Some teams don't even have a strategy; they simply cover the batter at random with the player nearest to him. The defensive tactics that the opposing team employs to block the goal are known as defensive schemes. The framework explains which players are accountable for certain portions of a field depending on where the offensive side attacked. Typical defences include 6-Up, 6-Back-Deep, and 6-Back-Slide. There are also many blocking system teams that could try to stop the attacking side's attack. Other teams will arrange their additional five players on a board to obstruct the receiving team's view until they are prepared for duty. Only if the server utilises the gadget and the referees assess that it interferes with the recipient's ability to move the ball is the conduct illegal. This method is not permitted. The most common screening configuration is a W formation, which needs the most horizontal space.

II. CONCLUSION

The government was unable to support the essential standards of volleyball competition, according to research into the history of volleyball matches in India. Finding sponsors for games like kabaddi, basketball, cricket, soccer, etc. is the largest issue. It can be difficult to encourage young people to play sports, particularly in rural sections of nations or in locations where there are no sports sponsors. Additionally, neither the operational aspects of the Sports Authority of India nor the relevance of volleyball today have been researched. Additionally, the scholar has investigated the development and history of volleyball in his most recent thesis.

III. REFERENCES

1. 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/ijsp.2016-0027
2. 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

3. 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
4. Hughes, M., and Franks, I. (2008). *The Essentials of Performance Analysis*. London: Routledge
5. 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
6. 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.
7. Natali, S., Feriali, 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/S0022-4707.17.07972-5
8. 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
9. 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.
10. Couvillon, A. (2004). *Sands of Time. The History of Beach Volleyball*. VO: 3. Hermosa Beach: Information Guides.