CONTENIDOS SOBRE VOLEY PLAYA

PAUTAS A TOMAR EN CUENTA PARA EL DESARROLLO DE UNA POSIBLE SESIÓN DE ENTRENAMIENTO

Dr. Carlos Echeverría

ESTRUCTURA DE LA SESIÓN (I)

Esquema tradicional:
Calentamiento – Parte principal – Vuelta a la calma

Sea como sea vuestra ficha de registro de la sesión, puede interesar que contenga la siguiente información:

- Orden de las tareas, a ser posible con separación por módulos de entrenamiento (según las partes en que se vaya dividir la sesión)
- Duración estimada (en forma de tiempo cronometrado de referencia, aunque esta variable va perdiendo importancia poco a poco)
- Objetivos que se pretenden (a nivel global de la sesión, de los módulos por separado y por cada tarea específica, tanto objetivos principales como secundarios)

ESTRUCTURA DE LA SESIÓN (II)

Esquema tradicional:
Calentamiento – Parte principal – Vuelta a la calma

- Contenidos que se van a tratar para buscar la consecución de los objetivos (en forma de ejercicios descritos o cualquier estrategia metodológica que se vaya a implantar)
- Análisis del proceso (consecución o no de los objetivos y rápida valoración)
- Cuantificación (opcional, sobre estadísticas de eficacia o simple aparición o no de la situación pretendida)
- Cómo dar la información (si se va a llevar algún tipo de seguimiento en la progresión de la información que se va aportando durante la sesión, de cara a registro de los contenidos que se quieren impartir a lo largo de una programación a medio-largo plazo)

ESTRUCTURA DE LA SESIÓN (III)

Esquema tradicional:
Calentamiento – Parte principal – Vuelta a la calma

Cada sesión es única e independiente de las demás, aunque interesa que esté enmarcada en un plan global de trabajo.

Registrar toda esta información ayuda al control racional del proceso de cara a comprobar que se progresa adecuadamente y así poder actuar lo más rápido posible ante las dificultades y retos del día a día.

Cada uno de vosotros tendrá un «lenguaje» propio en este registro de datos, por lo que os animo a probar modelos, romperlos, modificarlos, adaptarlos y repetirlos hasta que os hagáis el vuestro de una manera personal.

ESTRUCTURA DE LA SESIÓN (IV)

Cada sesión es única e independiente de las demás, aunque interesa que esté enmarcada en un plan global de trabajo.

Registrar toda esta información ayuda al control racional del proceso de cara a comprobar que se progresa adecuadamente y así poder actuar lo más rápido posible ante las dificultades y retos del día a día.

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PROPUESTA DE EVALUACIÓN

1. Diseñar vuestra propia forma de registro de entrenamientos. En las diapositivas siguientes aparecen ejemplos fácilmente encontrados a través de Google para que podáis tener una referencia de modelo y organización.
2. Una vez tengáis vuestro modelo, rellenar un ejemplo para cada uno de los tres elementos técnico/tácticos que os parezcan más útiles en iniciación en voley-playa (a elegir de todos los explicados en la sesión práctica del 2 de marzo del 2019 y que se pueden volver a encontrar detallados dentro de la página de la FIVB siguiendo la ruta de enlaces a continuación de los modelos de ejemplo).

Nota: Se recomienda seguir, para cada uno de esos tres ejemplos de modelo de entrenamiento, las progresiones repetidas a lo largo de la sesión práctica (analítico – sintético – global)

UNIDAD DIDÁCTICA:	Nº DE SESIONES:
MATERIAL:	
OBJETIVOS:	
CONTENIDOS:	
METODOLOGÍA:	

CALENTAMIENTO

TIEMPO	DESCRIPCIÓN	GRÁFICA	OBSERVACIONES

PARTE PRINCIPAL

TIEMPO	DESCRIPCIÓN	GRÁFICA	OBSERVACIONES

VUELTA A LA CALMA

TIEMPO	DESCRIPCIÓN	GRÁFICA	OBSERVACIONES

FICHA

Sesión:	Duración:	Instalaciones:	Fecha:

Objetivos:

Físicos:	Técnicos:	Tácticos:

Contenidos:

Metodología:

Material:	Nº participantes:

Edades:

Periodo	Descripción	Descripción gráfica	Min.
Calentamiento			
Parte principal			
V. Calma			

Observaciones:

xxxxxx Temporada xx/xx – xª xxxxxxxx

Periodo: xxxxxx	Mesociclo: x	Microciclo: x	Sesión: x/x/x/x
Fecha: X xx-xx-xx x	Duración: xxx' / xx'	Lugar: xxxxx	
Pulsómetro: xxxx	Volumen: xxxxx pls	Distancia: x,x km	
Calorías: xxxx Cal	FC Media: xxx ppm	Velocidad Media: x,x km/h	

Actividades y Ejercicios

1.-
2.-
3.-
4.a.-
4.b.-
5.-

Material	Objetivos Tácticos	Objetivos Físicos
· xxxx	· xxxxx	· xxxxx
· xxxx	· xxxxx	· xxxxx
· xxxx		

Objetivo Motivacional	Post
· xxxxxx	· xxxxx

Observaciones

· xxxxxx·

Incidencias

· xxxxxx·

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

¿CUÁL PODRÍA SER UNA PRIMERA FUENTE DE INFORMACIÓN?

A la hora de entender referencias y aceptar fiabilidad en la información, las webs de las federaciones correspondientes y los repositorios de artículos científicos nos dan datos y modelos que tienen aplicabilidad inmediata en el entrenamiento

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BEACH VOLLEYBALL NEWS

Top seeds Vakili and Salemi start Vizag Open with win over hosts

BeachVolleyball - Visakhapatnam, India, March 1, 2019 - Top-seeded pair Arash Vakili and Bahman Salemiinjehbouroun of Iran opened their campaign with a win in their first pool play match at the FIVB Beach Volleyball World Tour Vizag Open on Friday.   Read Article

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2018 FIVB Challenge System Regulations

Handbook 2019 (Age Group WCHS)

Media Guide 2017

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BEACH VOLLEYBALL NEWS

Brunner and Priddy off to strong start at Sydney

BeachVolleyball - Sydney, Australia, March 6, 2019 – The United States' Theodore Brunner and William Reid Priddy are off to a solid start, securing a spot in the main draw of the FIVB Beach Volleyball World Tour Sydney 3-star on Wednesday.   Read Article

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BEACH VOLLEYBALL

HOW TO ORGANIZE | INTRO | HOW TO OFFICIATE | **HOW TO PLAY** | OTHERS

HOW TO
ORGANIZE

HOW TO
OFFICIATE

HOW TO
PLAY

SERVING

Go Directly To : Introduction
Where To Serve The Ball
Target Areas
Types Of Serves
Where To Serve The Ball From
How To Contact The Ball
How To Float Serve
How To Jump Float Serve
How To Spike Serve
Serve Routine

INTRODUCTION

Serving starts the Play. Serving is a very unique skill in Beach Volleyball because:

- no one else contacts the ball before the server

- the server doesn't have to rely on anyone else

- the server has full control of the ball before they contact it.

NO ONE ELSE
CONTACTS THE
BALL BEFORE THE

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How To Officiate
How To Play
Tutorial

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INTRO

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ENLACES DE INTERÉS

http://www.fivb.org/EN/BeachVolleyball/

https://www.youtube.com/user/videoFIVB

https://www.youtube.com/user/Volleyball1on1Videos/

https://www.teamusa.org/USA-Volleyball

https://preparazionefisicapallavolo.it/

👤 Palao, J. M., Ortega, E.

Skill efficacy in men's beach volleyball

The purpose of this study was to analyse and compare the frequency and efficacy of the technical and tactical actions between winning and losing men's teams in beach volleyball (World Tour). The sample of this study was composed of the actions executed by 91 players in 13,939 rallies, corresponding to 84 matches (179 sets) of the 2008 men's World Tour beach volleyball organised by the Fédération Internationale de Volleyball (FIVB). An action's performance was evaluated in relation to the success of the action and the options it gave the opponent. The data analysis included occurrence, coefficient, ratios, and performance efficacy. A univariant, discriminant analysis of the data was done. Winning teams had significantly higher coefficients and efficacy for the serve, reception, set, and side-out spike. Winning teams are differentiated from losing teams by the serves that allowed no attack options, block points, serve points, and counter-attack points. Success was achieved by men's beach volleyball teams through the interaction of different game skills. The unrelated analysis of the actions risks misinterpretation of the data. The use of different performance values for the various skills is recommended for the analysis of their performances.

Lopez-Martinez, A. B., Palao, J. M.

Effect of serve execution on serve efficacy in men's and women's beach volleyball

The purpose of this study was to assess the effect of serve technique and its manner of execution on the efficacy of the serve in beach volleyball according to gender. A total of 1073 serves from 25 sets of the 2003 World Championship and the 2004 Olympic Games were analyzed (508 serves from men's games and 576 serves from women's games). The variables studied were: type of serve (standing serve or jump serve), manner of execution (origin, destination, and distance), serve efficacy, result of the action, and gender. Descriptive and inferential analyses of the data were done (chi-square test and likelihood ratio) with a level of statistical significance set at $p < 0.05$. The results show that for both genders: a) the jump serve involved a higher number of errors, points, and actions that limited the opponent; b) the jump serve and standing serve involved similar levels of efficacy; c) the serve directed toward the interference zone between receivers was the most effective; d) players used the jump serve and the standing serve; and e) no relationship was found between type of serve and result of the rally.

Medeiros, A. I. A., Marcelino, R., Mesquita, I. M., Palao, J. M.

Performance differences between winning and losing under-19, under-21 and senior teams in men's beach volleyball

This study aimed to compare beach volleyball performance indicators between winning and losing teams in different age groups. Game actions from the 2010 to 2011 Men's World Championships were observed using video match analysis (6095 from under-19, 5138 from under-21 and 8705 from senior matches). Variables assessed were: number of points won in each complex of the game, number of points and errors by game action (serve, attack in side-out, attack in counterattack, block and other errors); and performance coefficient of game actions (serve, reception, set in side-out, set in counterattack, attack in side-out, attack in counterattack, block and dig). Practical

significance of data was analysed using magnitude-based inferences. Results have showed similar patterns in the three age groups. There were differences in the game profile according to the game result and age group. Winning teams scored more points in counterattack: points from the opponent's attack errors, counterattack points, block points and points from other errors. The article provides new insights to beach volleyball coaches and performance analysts, emphasising the need to consider the interaction between different performance indicators, both in training process and match analysis in beach volleyball.

👤 Häyrinen, M., Tampouratzis, K.

Differences between winning and losing teams in top-level female beach volleyball

Top-level beach volleyball matches are often very even and the purpose of this study was to analyse technical skills as possible determinants on winning in international top-level female beach volleyball. In total 31 normal (to 21 points) beach volleyball sets played in World Tour 2010 and 2011 and European Championships 2011, were analysed using Data Volley -match analysis software. The teams that played on these matches were placed 3-38 on the World Tour ranking. Serve was analysed using a 6-level scale, reception and attack using a 5-level scale, dig using 3-level scale. Attacks were also divided to attacks after reception and attacks after dig. Also the number of successful blocks and the number of opponent's errors were analysed. The success and error percentages were calculated for each team in each skill in each set. The normality of every variable was tested using Shapiro-Wilk test and then either t-test for paired samples or Wilcoxon signed-rank test was used to compare the winning and losing teams.

The teams that won sets were found to be significantly better in overall attacking (success% 59.8 % vs. 46.2 %, $p < .001$, error% 11.6 % vs. 18.5 %, $p < 0.01$), attacking after reception (success% 60.7 % vs. 46.5 %, $p < .001$, error% 11.6 % vs. 18.6 %, $p < 0.01$), transition attacking (success% 53.5 % vs. 45.4 %, $p < .01$) and blocking (1.5 blocks/set vs. 0.6 blocks/set, $p < .001$). The set winners had a smaller error percentage in reception (6.7 % vs. 11.3 %, $p < .05$). On the contrary the success or error percentages for serves (success% 29.0 % vs. 23.6 %, ns., error% 11.0 % vs. 12.5 %, ns.) and digs (success% 65.0 % vs. 64.8 %, ns., error% 23.1 % vs. 24.8 %, ns.) did not differ significantly. The error percentages for transition attacks (10.1 % vs. 17.4 %, ns.) did not differ significantly. Also no significant difference was found in the number of points received from the opponent's errors (4.7 vs. 4.4 points/set). (Figure 1.)

The results suggest that attacking and blocking were the most decisive skills concerning winning in top-level female beach volleyball. Especially the attack after reception considered to be a very important skill. Also the quality of receiving had an effect to winning.

👤 Häyrinen, M., Tampouratzis, K.

Technical and tactical game analysis of elite female beach volleyball

The purpose of this study was to make an update on the technical and tactical game analysis of top-level female beach volleyball to set a reliable view of game. Another goal was to analyse different technical skills as possible determinants on winning in international top-level female beach volleyball.

A temporal analysis concerning the duration of the rallies, breaks and sets was made. For the technical and tactical analysis 1174 rallies from 31 sets and 16 different matches played in World Tour 2010 and 2011 and European Championships 2011 between world top female beach volleyball teams were analysed. All ball contacts were analysed using a coding system developed for this study using Data Volley 3.4.8 -match analysis software.

The rally duration in female elite beach volleyball was 6.9 seconds, the real playing time in one set 4 min 26 s, the duration of a set 18 min 10 s and the duration of a break 24 s. 61 % of the points were scored by attacking, 24 % from the opponent's errors, 9 % by serving and 5 % by blocking. 39 % of the points were scored in break point situation and 61 % in side out situation. The start of the set proved to be very important, because 87 % of the sets were won by the teams which were ahead at the technical time-out.

Attacking was the most used skill followed closely by setting and serving. Blocking was the least used skill; still a lot of blocking attempts without ball contact were made. The attacks were divided equally to spikes and shots whereas majority of the attacks were executed in side out situation. Jump float serve was the most used serving technique and so the most used reception type was jump float receiving.

Jump float and float serves were found to be as effective and jump serve the least effective serve technique. Especially the error percentage in jump serving was high. The efficiency of spikes in side out attack situations was little lower than shots. In counter attack situations the efficiency of shots was higher. The success percentage in side out attack situation was higher than in counter attack situation and error percentage little higher, respectively. More block touches were achieved after opponent's spike attacks when compared to shot attacks and also more kill blocks were similarly achieved after spike attacks. The digs were performed almost as often after opponent's spike and shot attacks, but the players were more successful in defending opponent's shot attacks than spike attacks.

The set winners were clearly better in side out attacking and blocking and also in counter attacking, receiving and serving. In side out attacking the winners and losers were especially differentiated by succeeding in spiking. In blocking the winners were clearly better in blocking against spikes.

In conclusion it can be said that the loading of a female beach volleyball match has decreased slightly. The results suggest that attacking and blocking were the most decisive skills concerning winning a set in top-level female beach volleyball. Especially the side out attacking considered being a very important skill.

👤 Palao, J. M., Valades, D., Ortega, E.

Match duration and number of rallies in men´s and women´s 2000-2010 FIVB world tour beach volleyball

After the 2000 Olympic Games, the Fédération Internationale de Volleyball (FIVB) modified the scoring system used in beach volleyball from side-out to a rally point system. The goal was to facilitate the comprehension of the game and to stabilize match duration. The purpose of this study was to assess the duration and number of rallies in men´s and women´s beach volleyball matches (2000-2010 FIVB World Tour). Data from 14,432 men´s matches and 14,175 women´s matches of the 2000-2010 World Tour were collected. The variables studied were: match duration, total rallies per set and match, number of sets, team that won the set and match, type of match (equality in score), and gender. The average match duration in beach volleyball is stable, ranging from 30 to 64 minutes, regardless of the number of sets, the stage of the tournament (qualifying round or main draw), or gender. The average number of rallies per match were 78-80 for two-set matches and 94-96 for three-set matches. Matches from the main draw are more balanced than matches from the qualifying round. More balanced matches (smaller point difference between teams) have longer durations. It is not clear why there is no relationship between the number of rallies and match duration. Future studies are needed to clarify this aspect. The results can serve as a reference to guide beach volleyball training (with regard to duration and number of rallies) and to help understand the effect of the rule change

Lopez-Martinez, A. B., Palao, J. M.

Effect of serve execution on serve efficacy in men's and women's beach volleyball

The purpose of this study was to assess the effect of serve technique and its manner of execution on the efficacy of the serve in beach volleyball according to gender. A total of 1073 serves from 25 sets of the 2003 World Championship and the 2004 Olympic Games were analyzed (508 serves from men's games and 576 serves from women's games). The variables studied were: type of serve (standing serve or jump serve), manner of execution (origin, destination, and distance), serve efficacy, result of the action, and gender. Descriptive and inferential analyses of the data were done (chi-square test and likelihood ratio) with a level of statistical significance set at $p < 0.05$. The results show that for both genders: a) the jump serve involved a higher number of errors, points, and actions that limited the opponent; b) the jump serve and standing serve involved similar levels of efficacy; c) the serve directed toward the interference zone between receivers was the most effective; d) players used the jump serve and the standing serve; and e) no relationship was found between type of serve and result of the rally.

Yiannis, L.

Comparison of the basic characteristics of men's and women's beach volley from the Athens 2004 Olympics

While Beach Volley fares practically the same popularity as Volleyball, its tactical and technical elements have not as yet been submitted to the same systematic analysis. The aim of the present study was to compare the most important technical elements of Beach Volley between men and women, as this was expressed in its highest level at the final games of the Athens 2004 Olympics, using standard methodological approach, previously applied in the classic game of Volleyball. The analysis of the results revealed that the game of Beach Volley is played quite differently by men and by women. Although the relative proportion of points won by the serving and receiving team are practically the same in both genders, this comes as a result of actions, which vary distinctly in power in all skills, starting from the jump power serve, to the smashing spike at the net, forcing one of the players of the opposing team to make a block defense. Consequently the evident difference in muscular power between the two genders is the major factor discriminating the game tactics of Beach Volley. This differentiating factor manifests itself in several sports, such as volleyball, handball and tennis.

👤 Giatsis, G., Papadopoulou, S. D., Kouloumenta, I.

Statistical analysis of women's FIVB beach volleyball team performance

win. The purpose of this study was to investigate the differences in playing characteristics between winning and loser teams in FIVB women's BV World Tour matches in Rhodes 2003. The purpose was two-fold: a) to examine the contribution of skill parameters on the total amount of winning and losing points of the teams and b) to determine the best predictor of team win among the selected skill parameters.

Methods

From the total of 64 matches of the main draw, 63 matches were analyzed. In total, 2665 hours and 5272 points of BV were played in 144 sets. Data collected from the statistical company of Galanis Sports Data S.A. The following data were recorded from each match: General Characteristics of the Match: time duration of each a) set b) match and points of each team per c) set, d) match. Skill Performance: Attack on side-out and counter phase (points and errors), serves (aces, good, and errors), kills, blocks, digs and other errors. The matches were divided into four sub-groups depending on the final score (2-0 and 2-1) and the result of the match (WI: Win or LO: Loss). An independent samples T-test was used in order to compare the differences of the selected technical skills between a) WI2-0 and LO2-0, b) WI2-1 and LO2-1. The statistical significance was set up at .05 level. Furthermore, stepwise discriminant analysis were conducted to determine whish skill(s) contributed significantly to win a match separately to matches with 2-0 and 2-1 score.

Results

45 matches finished with a score 2-0 sets (71.4%) while 18 matches finished 2-1 sets (28.6%). The 50.8 percent of the matches included a set with the minimum difference of two points while the 29.9 percent of all sets had the minimum difference of two points.

Stepwise disriminant analysis identified the best predictor(s) of a team win among the nine skill parameters in matches with 2-0 score that were counters (.876) and attack errors (.739), while in matches with 2-1 score the best predictor was counters (.897), in order of greater or lesser importance as indicated by the magnitude of the standardized coefficients.

Discussion / Conclusions

Time duration and score fluctuation of FIVB women's matches were in accordance with other research [3]. Results showed that WI had better performance than LO in 2-0 matches in all parameters except sideouts and serve errors. WI won more points that LO and they had lesser errors. In 2-1 matches, WI had better performance only on counters and good serves. Counters was the best predictor of all parameters for the team win in 2-1 matches. In conclusion, better performance in counters may helped teams to win the matches in the top international level of FIVB women's BV.

👤 Yiannis, L.

Comparison of the basic characteristics of men's and women's beach volley from the Athens 2004 Olympics

While Beach Volley fares practically the same popularity as Volleyball, its tactical and technical elements have not as yet been submitted to the same systematic analysis. The aim of the present study was to compare the most important technical elements of Beach Volley between men and women, as this was expressed in its highest level at the final games of the Athens 2004 Olympics, using standard methodological approach, previously applied in the classic game of Volleyball. The analysis of the results revealed that the game of Beach Volley is played quite differently by men and by women. Although the relative proportion of points won by the serving and receiving team are practically the same in both genders, this comes as a result of actions, which vary distinctly in power in all skills, starting from the jump power serve, to the smashing spike at the net, forcing one of the players of the opposing team to make a block defense. Consequently the evident difference in muscular power between the two genders is the major factor discriminating the game tactics of Beach Volley. This differentiating factor manifests itself in several sports, such as volleyball, handball and tennis.

Palao, J. M., Lopez-Martínez, A. B., Valades, D., Ortega, E.

Physical actions and work-rest time in women's beach volleyball

The purpose of this study was to assess the ball contacts, jumps, hits, work time, and rest time for women's beach volleyball players in relation to their in-game role. The sample of this study was composed of 2,708 rallies played by 48 female beach volleyball players, which corresponded to 69 sets of the 2008 Olympic Games. The variables recorded were: ball contacts, jumps, hits, work time, rest time, and player's role (defense specialist, blocker, or no specialization). A significantly higher number of jumps were performed by blockers. No differences were found in the number of contacts or hits. The work : rest ratio was 1 : 5. This paper discusses how the data can be used to create game-like situations in practices regarding physical demands in women's beach volleyball.

FORMA DE EJECUCIÓN Y EFICACIA DE LA DEFENSA EN JUGADORAS DE ÉLITE DE VOLEY PLAYA FEMENINO

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RESUMEN

El objetivo del trabajo fue estudiar la influencia de la forma de ejecución sobre la eficacia de la acción técnica de la defensa en jugadoras de élite de voley playa femenino. Se analizaron un total de 1836 defensas de 71 sets de 22 equipos femeninos de los Juegos Olímpicos de Pekín 2008. Las variables estudiadas fueron: zona de remate, tipo de remate, presencia de bloqueo o no, técnica de defensa, zona de defensa, eficacia de la defensa, y rendimiento de la jugada. Los resultados muestran que la forma de ejecución de la defensa está influenciada por la acción del atacante. La posibilidad de interceptar la pelota por el defensor está condicionada por la forma de ejecución y su eficacia. Las acciones cercanas al cuerpo del jugador (defensa de antebrazos) fueron las más frecuentes y eficaces cuando se contactó la pelota. Cuando el balón requirió la realización de otras acciones o técnicas, se redujo la eficacia de la defensa. Los resultados del trabajo proporcionan valores de referencia para analizar de forma objetiva las acciones de las jugadoras en competición y para guiar su entrenamiento (planificación y establecimiento de objetivos).

Statistics between winning and losing teams by competition levels and gender in volleyball

The identification of sports skills underlying high-level performances can be information of great value to volleyball coaches, thereby allowing them to establish and monitor playing patterns. The aim of this study has been to identify the volleyball game-related statistics that allow for discriminating performances by gender and level of competition. Methods The statistics of all the games (n=344) of the diverse World championships 2007 (including all levels of competition and both gender) were analysed using the Software VIS of the ☐score box☐ of the International Volleyball Federation (FIVB), and involved the analysis of the discriminating function (DF) so as to identify the indicators that contribute more to establishing the maximum difference between victories and defeats. Through structural coefficients (SC), we have identified the game-related statistics that better discriminate the levels and genders. Results The results showed that for gender x level of competition the obtained functions in selective analysis were all statistically significant (p<0.05) and classified correctly in 85.6% of the cases. The structure coefficients from Function 1 reflected team faults percentages (SC=0.39), shots spikes percentages (SC=-0.38) and continuity digs percentages (SC=0.31). Function 2 reflected excellent Digs (SC=0.31) and continuity digs (SC=0.31). Function 4 showed team faults percentages (SC=0.35) contribution for discriminating the groups. Function 5 showed the excellent digs (SC=-0.39), the faults receptions (SC=0.35) the faults digs (SC=-0.34) and Serve aces (SC=0.30) contribution for discriminating the groups. For the team faults percentages, it may be observed that there are differences between men and women at different levels of competition. The majority of the teams lose many points through the faults made. It is possible to observe that, in men☐s Volleyball, the juniors present elevated team faults percentages, following the same pattern as the seniors and, finally, the youth. In the female Volleyball, the seniors present elevated team faults percentages, the juniors an intermediate figure and the youth present a limited number. Discussion The results show that the use of this study can help coaches to understand better the differences between players ☐ the different genders of players and level of competition ☐ and better regulate training sessions and competition. As the game level increased, so did the risk, because not taking a risk can mean losing a point. In the game of senior Volleyball there is a greater error because continuity may provide an opening for the adversary to score. Men versus women: men fail more probably because they also risk more and in so doing end up by increasing the possibility of losing. It is worthwhile pointing out that the success rate in the attack is almost always higher for seniors, regardless of gender, and decrease gradually until the younger players.

Análisis del rendimiento a través de la utilización de patrones de actividad temporal en jugadores de elite de vóley playa

Performance analysis through the use of temporal activity patterns of elite players in beach volleyball

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Resumen: Para conocer los componentes actuales del rendimiento en vóley playa, es preciso conocer la estructura temporal de la competición. Por ello, el objetivo del presente estudio fue conocer la distribución del tiempo de juego real y absoluto durante el partido, los sets y los puntos en jugadores de vóley playa profesionales. Para esto, se realizaron video grabaciones de 10 jugadores durante cuatro encuentros disputados en el Campeonato de Europa de vóley playa (Valencia 2005). Se cuantificó la duración total de los partidos, sets y puntos al tiempo que se diferenció del tiempo real de juego. Como resultado se observó que la media de tiempo absoluto por partido fue de 37min 17,4s±11min 16,2s mientras que el tiempo real fue de 8min 12s±2min 24s. La duración media del total del tiempo de duración de los sets fue de16min 19,8s±2min 27s. y la real de 3min 25,8s±43,20s. La media de tiempo invertida en la realización del punto fue de 6±0,95s. El conocimiento mejorado del tiempo absoluto y real de juego en los jugadores puede aportar una valiosa información que permita establecer patrones de entrenamiento específicos para el vóley playa.
Palabra clave: Tiempo real, tiempo absoluto, masculino, vóley playa.

Abstract: In order to identify the real components of beach volleyball performance, we need to know the time structure of the competition. This study was designed to identify the distribution of time in real and absolute play during the matches, sets and points played by professional beach volleyball players. To do so, we made video recordings of 10 players playing four matches at the European Beach Volleyball Championships (Valencia 2005). We measured the total length of the matches, sets and points while differentiating real playing time. We observed that the absolute time per match was 37min 17.4sec±11min 16.2sec, while real playing time was 8min 12sec±2min 24sec. The average length of the total duration of the sets was 16min 19.8sec±2min 27sec and real playing time was 3min 25.8sec±43.20sec. The average time taken to play a point was 6±0.95sec. An improved understanding of absolute and real playing time provides valuable information that allows us to create specific training patterns for beach volleyball.
Key words: Real time, absolute time, male, beach volleyball.

Table 1. Technical and tactical goals in performance men's beach volleyball players (data from the first 30 teams in the men's 2008 FIVB ranking).

TECHNIQUE	CRITERIA	GOAL
Reception	Efficacy (Perfect - Error)	50%
Attack	Efficacy (Points - Error)	30%
Counter-attack	Efficacy (Points - Error)	25%
Serve	Percentage of error	10%
Serve	Percentage of points and actions that reduce the opponent attack options	30%
Set	Percentage of error and not allow attack	<10%
Block	Percentage of points	5-10%
Dig	Digs that allow team to counter-attack	20%

Literature data
Expert opinion

Statistical analysis
Expert opinion