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

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1 - INTRODUCTION

Voleibol was created in the year of 1895 for the American William C. Morgan of physical education of the ACM, in the city of Holyoke, Massachusetts, 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: boot, 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 fails, 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 accredited character of attention, therefore of these can be caused errors deeper than they will be difficieis 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 intervene 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 Lambiri - 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 referencialis 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 touches against this wall of 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 touches against this wall of the main excellent aspects in the bedding has touched.

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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: 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 |
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.
tónica e (c) a mesma carreira com o toque com as espalmadas mãos (d) ela tem tocado carreiras através do olho dos olhos não à frente e acima da cabeça (e) falta de coordenação na realização (f) apesar de terem uma prática semanal considerável apresenta dificuldades no
fundamento (g) eles não executam o toque com atenção. Enfim há muitas complexidades nesse fundamento que devem ser percebidas e ser trabalhadas.

RESUMO

Tendo em vista que não haja referenciais teóricos que identifiquem e esclareçam as complexidades do fundamento técnico toque na iniciação do voleibol, o professor deve identificá-les para auxiliar na aprendizagem motora desse fundamento. O presente trabalho vem esclarecer algumas de estas complexidades encontradas para começar na realização do lecho que o técnico tem tocado. Ele o lecho tem tocado na iniciação, quando ele está analisado teoricamente não tem evidência da complexidade excelente, mas quando se analisa o contacto efetivo este factor da complexidade aumenta perceptivamente. Encontram muitas vezes essas dificuldades para receber para variar a nova informação ao mesmo tempo, assim fazendo o dificil aprender da capacidade do motor. É necessário ter em mente que na realização deste técnico do lecho do voleibol, não tem solas as evidências de os erros comuns, solamente outros aspectos complexos e da solução difícil, mas impossível alcançar o funcionamento óptimo igual. A metodologia usada a identificar a estas complexidades/dificuldades estava por meio de os questionários com a intenção de investigar o conhecimento, prático do deporte e de os dificuldades possíveis o respeto do tacto, junto com o comentário de o prático, em o cual 80 pupilas que comienzan de uma escuela pública en voleibol entre as vendas de os etárias de 11 los 14 años. Llevaron a través de touches repetidores, y son paralelo a as dificuldades habían sido anotadas cuanto a os factores de colocación y outros básicos tal como los cuales intervenga con el buen funcionamiento deste lecho: fuerza, atención, velocidad, agilidade e coordinación.

El estudio permitió las conclusiones siguientes: (a) a pesar de teoricamente saber la importancia de la colocación correcta del cuerpo en la ejecución, el principio unos si no se preocupe (b) de la tonicidade inadecuada (c) igual lleva prácticamente con el tacto con las manos, a las espalmadas (d) ha tocado llevado a través de a altura de los olhos no à frente y arriba (e) de la carencia principal de la coordinación en en (f) de la realización aunque para tener um uno considerable semanal práctico presenta dificuldades em el lecho (g) todo sabe la importancia verdadera de este lecho para o voleibol (h) as pupilas tiene conciencia de estas dificuldades que presenten en la ejecución do tacto (i) que no lo ejecutan com a atención. En o último tem muitas complexidades em este lecho que deba ser percibido e ser trabalhado.

RESUMEN

En vista de que no existen referenciales teóricos que identifiquen y clarifiquen las complejidades del técnico del lecho han tocado en la iniciación del voleibol del deporte, el profesor debe identificárlas 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 se está analizado teóricamente no tiene evidencia de la complejidad excelente, pero cuando se analiza cuánto práctico el este factor de la complejidad aumenta perceptivamente. Encuentran muchas veces estas dificultades para recibir para variar la nueva información al mismo tiempo, así haciendo difícil aprender de la capacidad del motor. Es necesario tener en mente que en la realización de este técnico del lecho del voleibol, no conozca 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 para 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 etárias de 11 los 14 años. Llevaron a través de touches repetidores, y son paralelo a las dificultades habían sido anotadas cuánto a los factores de colocación y otros básicos tal como los cuales intervengan con el buen funcionamiento de este lecho: fuerza, atención, velocidad, agilidad e coordinación.

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