



Analysis of the Attack Area on the Indonesian Junior Team Volleyball Game at the 2019 Asean School Games

Agung Wahyudi^{1✉}, Dwi Gansarsanti Wijayanti²

Pendidikan Jasmani, Kesehatan, dan Rekreasi, Universitas Negeri Semarang, Semarang, Indonesia¹²

Article History

Received January 2022

Accepted February 2022

Published Vol.11 No.(1) 2022

Keywords:

Volleyball; Offensive Zone;
Asean School Games.

Abstract

At the Asean School Games, the Indonesian men's team always won second place and the Indonesian women's team won in 2013 and 2014. This achievement became a discussion regarding the strategy used by the coach in determining a good area of attack so that the attacks created would not be in vain. and earn points. Therefore, it is necessary to have an analysis to determine the variation of the effective attack area. This will later become a guideline for coaches to improve the athlete's attacking ability. This descriptive research using the observational method was conducted at the Multipurpose Sports Hall of UIN Walisongo Semarang on 19-23 July 2019 with a research population of Indonesian men's and women's volleyball players at the 2019 Asean School Games. Using non-probability sampling techniques, a sample of 24 athletes was obtained. which is observed using an observation sheet that contains indicators of the success of the attack. After analyzing the data using percentages, it is known that on average 89.58% of the Indonesian Men's Team tends to attack at positions 1, 6, and 5. This is similar to the Indonesian Women's Team, which 85.99% of their attacks also lead to position 1, 6, and 5.

How to Cite

Wahyudi, A., Et al. (2022). Analysis of the Attack Area on the Indonesian Junior Team Volleyball Game at the 2019 Asean School Games. *Journal of Physical Education, Sport, Health and Recreation*, 11 (1), 26-29.

© 2022 Universitas Negeri Semarang

✉ Correspondence address :

E-mail: agungwahyudi@mail.unnes.ac.id

p-ISSN 2460-724X
e-ISSN 2252-6773

INTRODUCTION

Volleyball is a sport that competes between two teams and aims to score points by dropping the ball in the opponent's area, & Kurniawan, 2016), which is now much favored by various elements of society. This is also shown by the many championships held from the village level to the international level. From these various championships, many new athletes began to show their abilities. This kind of activity is considered capable of being a medium to find hidden talents (Santoso & Irwanto, 2018). In addition, volleyball games are also included in extracurricular activities carried out in schools and many schools have built volleyball courts (Irwanto, 2016). From there, great clubs emerged in the country, both volleyball athletes in the category of school and college students.

In its development in modern times, volleyball games are increasingly accepted and favored by the community. This symptom occurs because it is a game that is quite interesting when viewed directly (has a variety of attacks, or variations of defense). In addition, the techniques used in this sport also have various variants, such as passing, blocking, serving, and spike. These techniques will become a deadly attack in the game if honed properly (Santoso & Irwanto, 2018). These techniques are also the basis for playing volleyball perfectly (Yudasmar, 2014). However, honing technique alone is not enough; coaches also need to apply good tactics to support movement skills so that they can increase the anticipation of players when competing (Szade & Szade, 2005; Faruq, 2009). Therefore, coaches need to understand the concept of a potential attack area to generate points when athletes attack. The reason is that the most successful attacks are determined based on the targeted attack area (Millán-Sánchez et al., 2015).

In the ASEAN School Games in the last five years, there are several countries that have always dominated the top four, namely Thailand, Indonesia, Malaysia, and Singapore both for the male and female categories. Since its inception, the Asean School Games, the Indonesian Men's Team, have always won 2nd place. Meanwhile, the Indonesian Women's Team has always entered the finals and managed to become champions in 2013 and 2014. This proud achievement certainly deserves to be an interesting topic of discussion regarding what strategy to pursue. used by trainers in determining a good attack area so

that the attacks created are not in vain and generate points.

Several studies have analyzed the area and attack techniques in volleyball matches. In previous research conducted in Brazil, it is quite clear that the attacking areas that use a lot of fastballs are positions 2, 3, and 4. Meanwhile, slower balls are suitable for attacking positions 1, 6, and 5 (GDCT Costa et al. ., 2016). However, this is not necessarily in line with what was done by the Indonesian Junior Team at the Asean School Games. This is because differences in body shape have an effect. The relatively shorter body postures of Indonesian athletes (as is typical of Southeast Asian nations) make the way of playing and attack patterns differently. The proposed research, therefore, is more useful for volleyball players in Indonesia and Southeast Asia.

In another study, GC Costa et al. (2017) also discusses the position of the attack area, namely area number 4. This is also in line with proprietary research (Silva et al., 2014) which only explains that a good attack area is only on the front side without discussing further that the attack The most effective could happen at the back of the field. Therefore, a deeper analysis is needed to determine the variation of the effective attack area. This later can be a good guideline for coaches in Indonesia to improve the attacking abilities of athletes so that they can win in various championships.

METHODS

This study used a descriptive research design with the observation method. Researchers who also act as observers use observation sheets. Observers assess the success of the aspect of the attacking position on the athlete and record it on an observation sheet with indicators of attack success. The area where the athlete carried out the attack was also recorded in detail. Each observer makes observations on two athletes, namely athletes who play and athletes who reserve. The research location is at the Multipurpose GOR UIN Walisongo Semarang. The research was carried out on 19-23 July 2019 with the research population in the form of Indonesian male and female volleyball players at the 2019 Asean School Games. By using a non-probability sampling technique, a sample of 24 was obtained. After the data was obtained, the researcher would analyze using a percentage so that It can be seen which area of attack is the most successful in scoring points.

RESULTS AND DISCUSSION

A total of 12 male athletes and 12 female athletes from Indonesia were observed directly in 4 men's matches and 4 women's competitions. The results were obtained: as many as 259 punches to the opponent's area were carried out by the Indonesian Men's Junior Team, while 314 punches were directed to the opponent's area by the Indonesian Women's Junior Team. If viewed in more detail, the following **Figure 1** will be obtained:

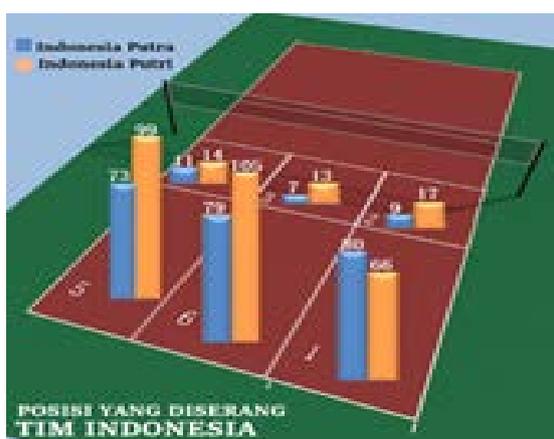


Figure 1. The Position Attacked by the Indonesian Team

The **Figure 1** shows that of the 259 punches that were thrown into the opponent's area by the Indonesian Men's Team, as many as 80 strokes or the equivalent of 30.89% of the punches went to 1st position. leads to position 5 or equivalent to 33.44%. However, on average it can be concluded that 89.58% of the Indonesian Men's Team tend to attack in positions 1, 6, and 5. From the results that have been described, it can be seen that the Indonesian Junior Team attacks more in positions 1, 6, and 5. This position is in accordance with the results of previous research that attacks in the attack area at the back of the field are always able to produce points. (GDCT Costa et al., 2016) does not care whether the attack is carried out sooner or later. However, it is still rare for the volleyball team to pay attention and direct their attacks to that position. This position also allows the team to have four attackers at once, so they can outwit the opponent's defense because of the complexity of the attack.

If we look more closely, this position is actually a position that has a slower tempo of attack and is widely used to carry out terror attacks (GDCT Costa et al., 2016). This is done to bully the opponent so that the opponent becomes less concentrated and when the actual attack is made,

it will result in points. In addition, the slow attack pattern is more aimed at lowering the opponent's defense (Castro., Souza, A., & Mesquita, 2011; GDCT Costa et al., 2016; Marcelino et al., 2010). This is also useful for limiting the movement of the opposing team and showing weaknesses on the opponent's defense side to finally increase the potential for attack success. Because one of the important aspects that must be possessed by professional volleyball players is the ability to investigate the opponent's movements (Koch & Tilp, 2009), by limiting the opponent's movements, the player can determine what attack strategy to use.

However, if a volleyball team has a setter, then position 3 is an effective position as well, this is related to the pattern of attacks on the net and when the team is making fast attacks (G. Costa, Caetano, et al., 2011; G. Costa, Caetano, et al., 2011; G. Costa, Mesquita, et al., 2011; García-de-Alcaraz et al., 2016). This is in line with previous research where the athlete's ability will help concentration so that they are able to adopt various attack patterns (Voss, MW, Kramer, AF, Basak, C., Prakash, RS, & Roberts, 2010). This includes the player's flight hours because athletes with more flight hours tend to be able to improve their ability to visualize areas suitable for attack (Chaddock, L., Neider, MB, Voss, MW, Gaspar, JG, & Kramer, 2011) Therefore, this can be done only when setter and attacker have good communication (Laporta et al., 2015; Panfil, R., & Superlak, 2012). This needs to be considered because the strategy in deciding attack patterns is related to defense patterns, the position of teammates, speed, and where the ball will be directed, including the game situation (Gil-Arias et al., 2015).

CONCLUSION

After the results and discussion were presented, it could be found that positions 1, 6, and 5 were positions that were often attacked by the Indonesian Junior Team. These three are considered a good position to attack. Although this position is more intended for attacks with a slow tempo, all three have proven to be able to weaken or become a weak point for the opponent's defense with various terror attacks carried out. In addition, attack support to other positions is also needed so that the quality of the attack varies and cannot be guessed by the opponent. All of these things can only be done if athletes practice directly to direct attacks, control the tempo of attacks well, and prioritize communication between players. The team also needs to train the setters to create a scenario about the attack pattern that the attacker can understand.

REFERENCES

- Castro, J., Souza, A., & Mesquita, I. (2011). Attack Efficacy in Volleyball: Elite Male Teams. *Perceptual and Motor Skills*, 113(2).
- Chaddock, L., Neider, M. B., Voss, M. W., Gaspar, J. G., & Kramer, A. F. (2011). Do athletes excel at everyday tasks? *Medicine and Science in Sports and Exercise*, 43(10).
- Costa, G. C., Castro, H. O., Evangelista, B. F., Malheiros, L. M., Greco, P. J., & Ugrinowitsch, H. (2017). Predicting Factors of Zone 4 Attack in Volleyball. *Perceptual and Motor Skills*, 124(3), 621–633. <https://doi.org/10.1177/0031512517697070>
- Costa, G., Caetano, C. J., Ferreira, N. N., Junqueira, G., Afonso, J., Costa, R. P., & Mesquita, I. (2011). *International Journal of Performance Analysis in Sport*. *International Journal of Performance Analysis in Sport*, 11, 96–104.
- Costa, G. D. C. T., Maia, M. P., Capuzzo, J., Evangelista, B. F. de B., Freire, A. B., Azevedo Nora, F. G. da S., Campos, M. H., & Ugrinowitsch, H. (2016). Offensive structuring in men's high-level volleyball: Analysis of the attack zone. *Revista Brasileira de Cineantropometria & Desempenho Humano*, 18(5), 611–619. <https://doi.org/10.5007/1980-0037.2016v18n5p611>
- Costa, G., Mesquita, I., Greco, P. J., Federal, U., Gerais, D. M., & Horizonte, B. (2011). Relação saque , recepção e ataque no voleibol juvenil masculino Universidade Federal do Rio Grande do Sul , Porto Alegre , RS , Brasil Variáveis do estudo. *Motriz*, 17(1), 11–18.
- Faruq, M. M. (2009). Mningk Kbugarn MIl...Bola Voli. Grasindo.
- García-de-Alcaraz, A., Ortega, E., & Palao, J. M. (2016). Effect of age group on technical–tactical performance profile of the serve in men's volleyball. *Perceptual and Motor Skills*, 123(2), 508–525. <https://doi.org/10.1177/0031512516660733>
- Gil-Arias, A., Del Villar, F., García-González, L., Moreno, A., & Perla Moreno, M. P. (2015). Effectiveness of video feedback and interactive questioning in improving tactical knowledge in volleyball. *Perceptual and Motor Skills*, 121(3), 635–653. <https://doi.org/10.2466/30.PMS.121c23x9>
- Irwanto, E. (2016). Pengembangan Model Variasi Serangan Permainan Bolavoli Pada Ekstrakurikuler Bolavoli Putra Di Sma Pgri Purwoharjo Banyuwangi Edi. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 1(1), 32–36.
- Koch, C., & Tilp, M. (2009). Beach Volleyball Techniques And Tactics: A Comparison Of Male And Female Playing Characteristics. *Kinesiology*, 41(1), 52–59.
- Laporta, L., Nikolaidis, P., Thomas, L., & Afonso, J. (2015). Attack Coverage In High-Level Men's Volleyball: Organization On The Edge Of Chaos? *Journal Of Human Kinetics*, 47(1), 249–257. <https://doi.org/10.1515/Hukin-2015-0080>
- Marcelino, R., Mesquita, I., & Sampaio, J. (2010). Efficacy Of The Volleyball Game Actions Related To The Quality Of Opposition~!2009-07-05~!2009-11-01~!2010-04-20~! The Open Sports Sciences Journal, 3(1), 34–35. <https://doi.org/10.2174/1875399X01003010034>
- Millán-Sánchez, A., Morante Rábago, J. C., Álvarez Hernández, M., Femia Marzo, P., & Ureña, A. (2015). Participation In Terminal Actions According To The Role Of The Player And His Location On The Court In Top-Level Men's Volleyball. *International Journal Of Performance Analysis In Sport*, 15(2), 608–619. <https://doi.org/10.1080/24748668.2015.11868818>
- Muttaqin, I., Winarno, M. E., & Kurniawan, A. (2016). Pengembangan Model Latihan Smash Bolavoli Pada Kegiatan Ekstrakurikuler Di Smpn 12 Malang. *Jurnal Pendidikan Jasmani Indonesia*, 26(2).
- Panfil, R., & Superlak, E. (2012). The relationships between the effectiveness of team play and the sporting level of a team. *Human Movement*, 13(2), 152–160.
- Santoso, D. A. S., & Irwanto, E. (2018). Studi Analisis Biomechanics Langkah Awalan (Footwork Step) Open Spike Dalam Bola Voli Terhadap Power Otot Tungkai. *Jorpres (Jurnal Olahraga Prestasi)*, 14(1), 81–89. <https://doi.org/10.21831/jorpres.v14i1.19985>
- Silva, M., Lacerda, D., & João, P. V. (2014). Match analysis of discrimination skills according to the setter defence zone position in high level volleyball. *International Journal of Performance Analysis in Sport*, 14(2), 463–472. <https://doi.org/10.1080/24748668.2014.11868735>
- Szade, D., & Szade, B. (2005). The Evaluation of Offensive Tactical Efficiency by a Specific Volleyball Test. *Journal of Human Kinetics*, 13, 73–86. <http://www.johk.pl/files/07szade.pdf>
- Voss, M. W., Kramer, A. F., Basak, C., Prakash, R. S., & Roberts, B. (2010). Are Expert Athletes 'Expert' in the Cognitive Laboratory? A Meta-Analytic Review of Cognition and Sport Expertise. *Applied Cognitive Psychology*, 24(6), 812–826. <https://doi.org/10.1002/acp>
- Yudasmara, D. S. (2014). Pengembangan Model Latihan Teknik Block dalam Bolavoli. *Jurnal IP-TEK Olahraga*, 16(1), 79–102.