

Abstract

Title:

Physical Load Analysis In Woman's Beach Volleyball

Objectives:

The objective is to examine time characteristics, cardiac strain, movement pattern and the individual volleyball skills in woman playing beach volleyball. The results will help aid athletes and coaches to improve individual and team performance in the sport.

Methods:

Analyses of the thirteen game records were used to compile data for statistical time measurements, movement patterns and individual volleyball skill. Through the use of sport testers, four individual athletes in four separate tournaments had their heart rates recorded. These heart rates were further analyzed to collect the appropriate data for cardiac strain characteristics.

Results:

The average game time was 37 minutes with 5 – 9 seconds exercise loads and 15 seconds recovery time. Beach volleyball is high to middle level intensity game with mixed aerobic- anaerobic energy supply system in use. The average heart rate falls in the interval of 150 and 180. The jumping load is about 41 and more jumps counting serve jump, block and spike. The prevalent movement distance is within 4 meter range. The results also shows that the blocking player is under large physical stress while changing repeatedly position between defence on the net and in the field.

Keywords:

Beach volleyball, physical activity level, physical load, time analysis, individual skills, cardiac strain