

THEORETICAL, ARGUMENTATIVE AND EMPIRICAL VOLLEYBALL STUDY ON BODY COMMUNICATION AND ITS RELATION TO ANTICIPATION SKILLS: NEW PERSPECTIVES OF COACHING FORMATION

Abstract

The actual coaching formation of volleyball regards training theory, tactics of game play, knowledge of biomechanics, automatism of sport gesture techniques, and the functional mechanisms to recruit energy. The formative itineraries give rise to the acquisition of the psychological bases of competence that regulate the dynamics of a group in the diverse phases of a game (Teodorescu, 1984), but there was not a thorough study of the function, signs and gesticulations (body communication). Due to the high velocity of the ball during the sport game, the qualitative aspects of nonverbal language are involved by the performance. Anticipation skills, that mean ability to predict the game action and to play immediately, are fundamental in volleyball and it could be defined one of the practical expression of body communication. The aim is to define the first inventory of signs (gestures) most frequently used in volleyball and the classification of decoding of body communication. Furthermore, to search argumentative conclusions on application body communication at anticipation skills in volleyball. The study method is complex and integrated. Complex because it includes the basic research methodology of Philosophy, Pedagogy and Psychology and the testing of descriptive research by empirical approach. Integrated because it combines several theoretical aspects of pure study, deductive arguments related to different theoretical knowledge in relation to the technical and tactical aspects of volleyball. Therefore, it is necessary to provide an educated course for technicians and coaches that teaches and speaks about the anticipation skills in theory of body communication. Education in the field of corporeal and body language requires interactive methodologies like cooperative learning, role playing, focus group and the experimentation of multiple types of simulations in relation to anticipation skills, that is one of the most qualitative aspects of tactic and technique of game sport. It needs to make an appropriate framework inside university studies in collaboration to Italian Federation of Volleyball FIPAV that includes the basis of the functions of gestures, signs and mimicking in order to construct the competence of gestures required to become expert coach of volleyball.

Key words: *sign, gesticulation, decoding tactical-functional-diagnostic, learning*
