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# Comparative Analysis of Forced and Unforced Errors among Best Eight Teams of Volleyball of World at Rio Olympics Games

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**ABSTRACT:** The mental strength of players and coaches can make the difference when playing in tight games and crucial rallies. To prepare mentally, players must be able to visualize themselves performing a skill correctly, and when a skill is performed incorrectly they must effectively adjust based upon their own observations or feedback from their coach. The players must be able to evaluate the situation in which they find themselves and, if necessary, use a relaxation technique to continue in a positive manner. The players must learn to embrace the very essence of game and relish the opportunity to test their skills and mental toughness against that elusive ball. A forced error is where one player hits a good shot, putting the opponent into a tight spot. For example, carefully angled smash, drop shots, or a sudden change in pace may lead to forced errors. In these situations, the receiver may have to hustle to the ball, become off balance, or set up ball incorrectly in his haste. Since the error was due to that great smash from the opponent, it would be considered a forced error.

**KEYWORDS:** Mental strength, Opportunity, Game and Errors.

## I.INTRODUCTION

The scoring system in volleyball means that it is a game of mistakes. The forced and unforced errors in today's game are worth a point for the opposite team. This is a major change in the game of volleyball when an error by the serving team used to be only a side-out and now it is a point to the opponent team. The mental strength of players and coaches can make the difference when playing in tight games and crucial rallies. To prepare mentally, players must be able to visualize themselves performing a skill correctly, and when a skill is performed incorrectly they must effectively adjust based upon their own observations or feedback from their coach. The players must be able to evaluate the situation in which they find themselves and, if necessary, use a relaxation technique to continue in a positive manner. The players must learn to embrace the very essence of game and relish the opportunity to test their skills and mental toughness against that elusive ball

A forced error is one where the player who commits the error is seems to have a ball that was un returnable. An unforced error is one where a player has a playable ball and commits a fault or hits the ball into net or outside the court with his return with no mitigating circumstances.

However, the notion of an unforced error is truly problematic when you are in pressure from your opponent. The term "unforced error" attributes nets or faults to the shot maker, but the player's court coverage and aptitude on the other side of the net might have a lot to do with actually causing the error. The top players benefit from more "unforced errors" simply because their opponents are under such pressure to keep the ball low, well-paced, out wide and/ or deep, plays that all increase risk. In other words unforced error is where you lose a point by making a mistake in a situation where you should be in full control.

A forced error is where one player hits a good shot, putting the opponent into a tight spot. For example, carefully angled smash, drop shots, or a sudden change in pace may lead to forced errors. In these situations, the receiver may have to hustle to the ball, become off balance, or set up ball incorrectly in his haste. Since the error was due to that great smash from the opponent, it would be considered a forced error.

A forced error is like a winner, except you get to it and can touch it, but you cannot successfully get it back in play. It is caused by the aggressive play of your opponent. It can be caused by placement, or by spin, or by pace or a combination of all above. The difference between a forced and unforced error is exactly as it sounds; one you can't help but making an error and the other you can. A forced error is when someone smashes a ball that is strong enough to force you to miss your reception or not touch it at all. A forced error is a smash from opponent that you aren't expected to make back.

An unforced error can be more controversial. Typically an error is unforced if the player has time to get in position and setup for the smash but still misses. An unforced error is made/ provoked by yourself in an easily manner. It is like getting a ball into net while doing service. The other type of mistake it is not provoked by yourself, but due to game of your opponent who is making a service with great force and you are not able to put the ball back into play. Unforced error is an in a service or return shot that cannot be attributed to any other factor than poor judgment and execution by the player himself. Forced error is an Error caused by an opponent's good play. Sometime a player will make an error because of the strong opponent on the other side of the net. Sometime a player will make an unlikely error because of fatigue caused due to playing for many hours.

An unforced error is simply an error that could have been avoided by reducing pace in a match. An unforced error is simply an error that could have been avoided by reducing pace and increasing margin of safety.

Goldberg<sup>2</sup> stated the obvious: In every athletic contest there is always a winner and a loser, a winning squad or a losing one. As expected, the winner may experience a broad range of emotions in varying degrees of intensity. He may feel ecstatic, satisfied, confident, vindicated, superior, haughty, happy, relaxed, like he's "Daman," humble, empathy for the loser or any number of other feelings, even including sad and let- down. Similarly, the loser experiences his own wide array of emotions from distraught, depressed, angry, resentful, sad, anxious, like a failure, frustrated, inadequate, cheated, or sometimes, even satisfied and successful. Some winners and losers keep their feelings to themselves while others "share" their inner emotional experience with those around them, including anyone within shouting range. Whether these feelings get "shared" and how the individual goes about doing so depends on a number of factors including the situation, the athlete's personality, his level of maturity and ego strength, whether coaches and parents are around and the kind of behavioral limits these adults have traditionally set in the past, the athlete's capacity for sportsmanship, his level of self-esteem and the kinds of role models he has had and currently has in his life.

The game of volleyball is popular among Indian youths as well as, in the whole world. For many people volleyball is a highly skilled game, and for some it is sport for fun and leisure time pursuit. Every sport activity needs certain movements, procedures to tackle a particular task and that is called techniques. Skill is series of combination of gross and fine movements with body posture necessary to perform a required physical task effectively. The jumping events present a unique challenge to the human being as one is required to jump against gravity. A challenge to put strength and skill to overcome force of gravity. Volleyball is one such game where strength and power dominates<sup>3</sup>. Volleyball is a unique and exciting game that requires team work. Unlike many other team sports the players get rotated to different positions on the court depending upon points being earned by the team. So all players must be prepared to play a variety of roles on the team. The elite players may specialize, but beginners and recreational players should learn the basics of all positions.

Volleyball game requires players to make quick reaction to the transient changes in the playground, and require a high level of cooperation with teammate in the quick movement. It demands great body constitution, skill, and brain reaction<sup>5</sup>. The major characteristic of volleyball game is the integration of quick succession of different and rapidly changing game situations. Players cope with these conditions in various ways by using highly specific, more-or-less conscious action or game plays. The game of volleyball demands accurate decision making on the part of the players inside the ground. The decision making is possible only when information has been received and processed. Early identification and assessment of a situation, mental anticipation, evaluation of options, and selection of the most appropriate solution are key elements in top performance in volleyball.

A set of skills and techniques like Setting, passing, serving and spiking are such skills are needed in the game of Volleyball in order to become proficient in this game. The focus is on the technique of spiking and the consequent



development of this skill to enable solid offense to support the central attack. Spiking involves a combination of speed and strength to strike the ball. In this technique, the player can gain an advantage by taking the opponent by surprise with increased amount of force as well as the advantage of height when the player jumps into the air to spike the ball if the opposing team does not block in time.

The historical moment that led the world to be a part of the Olympics was lodged in October 11, 1964 in Tokyo for the first time. It is the world's biggest sports event since 1964. In the first Olympic, ten countries participated in the first phase. Soviet Union became the first Gold Medalist of the Olympic Games held in Tokyo. Olympics are held after every four years. The latest Olympics were held in Rio in Brazil in 2016. Brazil won the Gold in Volleyball. The only nations repeating the gold in sequence are Soviet Union and United States who won Gold in 1964 & 1968 and 1984 & 1988 respectively. Till now fourteen Olympics have been organized where Soviet Union presently known as Russia won the gold for four times that is the maximum times winning of gold by any nation in Olympics.

The 1st World Cup of Volleyball was organized in 1965 in Poland with eleven teams and Soviet Union became the first winner of the World Cup in Volleyball history. The second World Cup was organized after four years in 1969 and East Germany won the world cup. It took eight years to commence the next World Cup in 1977. After that it is organized every four years except 1991 which was organized after two years. The recent World Cup was played in 2015 in Japan where United States comes out as a World Cup Champion. Japan is the only country who is privileged to host the World Cup since 1977 till date. The proposed World Cup in 2019 is decided to be commenced in Japan. Hence it is a great honor for Japan to have this esteem.

## II.CONCLUSION

The main purpose of the study was to make comparative analysis of unforced and forced errors among best eight teams of volleyball of world at Rio Olympics games. The sub-problem of the study was to find out differences in forced and unforced errors between gold, silver and bronze medalist teams of Rio Olympics games with other teams which had lost in Quarter final and Semi Final matches.

The subjects for the study were ninety six players of best eight teams which had qualified for quarter final matches of Rio Olympics games, 2016 by defeating their opponents in the qualifying matches. The actual numbers of players from each team for the study were those who played matches and were not on the substitution bench throughout the match in quarter finals, Semi-finals, hard line match and final match. The matches were played on knockout basis from quarter final to final match. In order to find out number of forced and unforced errors in a match the video recording for each match was displayed on a big screen in the presence of three experts of volleyball.

A score sheet was prepared and was given to all the three experts to note down the number of forced and unforced errors in each set of the match in order to assess the mean value of three experts. The videorecording of each match was done by the researcher himself during the Olympics Games, 2016.

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