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# Volleyball selection process: How do coaches select?

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## ABSTRACT

When it comes to children's sport, it is important to select these athletes in competitions, so that everyone has the opportunity to compete according to their level of development and abilities. The objective of this study was to analyse the selection process used by the coaches. The sample used was 30 volleyball coaches (21 men and 9 women), aged between 21 and 62 years ( $39.23 \pm 10.57$ ). In order to collect information on the selection criteria used, the study was adapted from Cardoso, (2007). The study project was approved by the scientific committee of the Department of Physical Education and Sport and ethics committee of the State University of Amazonas. The Kolmogorov-Smirnov test was used to analyse the data and the mean and standard deviation statistics were used. The Kolmogorov-Smirnov test was used and the Chi-square test for qualitative variables and Spearman correlations were used in quantitative variables. T-Student was used to determine differences between groups, the Anova of repeated measures to analyse differences in the relevance attributed by the coaches to the criteria between different levels of training. The results showed relevant data such as the predominance of observation of physical education classes in children and youngsters (76.7% and 63.3%, respectively) and the application of tests in the levels of initiates and juveniles (40% and 50% % respectively). There were no divergences between the selection methods considering the characteristics of the trainer ( $p > 0.05$ ). **Keywords:** Selection; Competition; Coaches; Volleyball; Formation.

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## **INTRODUCTION**

The participation of children and young people in sport is greatly influenced by the behaviour of adults, including coaches, whose intervention is decisive, especially when it comes to opportunities and participation in the competition, because it is the coaches who decide who participates when and how much you participate. The aim is to: i) Identify the criteria used by the coaches to summon the athletes to the competition; and ii) Determine the relationship between the coaches' biographical characteristics (gender, age, training and sports experience) criteria.

## **MATERIAL AND METHODS**

### ***Participants***

Participants in the study were 30 volleyball coaches (21 men and 9 women), aged between 21 and 62 years ( $39.23 \pm 10.57$ ). Most coaches have a sporting past as an athlete (83.3%,  $n = 25$ ). In relation to training, 20% ( $n = 6$ ) had no training, 43.3% ( $n = 13$ ) Volleyball coach level 1, 10% ( $n = 3$ ) level 2 and 16.7% level 3.

### ***Measures***

To determine the relevance of the selection criteria by coaches, a questionnaire adapted from Cardoso (2007) was used. The adaptation was performed through the Delphin method by auscultation, analysis and consensual review of 3 doctoral researchers, specialized in the field of training. The questionnaire has a structure consisting of: section I (personal and biographical data) and section II (selection process), the coaches were asked to express their opinion independently for the levels of children, children, initiates and juveniles.

### ***Procedures***

The research project was approved by the scientific committee of the Department of Physical Education and Sport and by the Ethics Committee of the State University of Amazonas. The coaches were invited to participate, authorizing their participation through signing of informed consent. The questionnaire was applied by a member of the team properly trained and the filling had a duration of approximately 15 minutes.

### ***Analysis***

We used the mean descriptive statistics and standard deviation to characterize the sample in the variables under study. The Kolmogorov-Smirnov test was used to analyse the normality of distributions in continuous variables. The association between variables was determined through the Chi-square independence test for qualitative variables and Spearman correlations in quantitative variables. The T-Student test was used to determine the differences between groups in variables with normal distribution and the Anova of repeated measures to analyse the differences in the relevance attributed by the coaches to the criteria between the different training levels (children, children, initiated and juveniles). The statistical software used was SPSS version 25.0 and the level of significance was 5%.

## **RESULTS**

The selection process of the athletes is based predominantly on the observation of physical education classes in children and children (76.7% and 63.3%, respectively) and the application of tests in the levels of initiates and juveniles (40% and 50% respectively). There were no divergences between the selection methods reported considering the characteristics of the trainer (gender, sports past and training) ( $p > 0.05$ ).

From the criteria of convocation analysed, it is verified that the trainers assign in average greater importance to the attendance to the trainings and to the scholastic performance, independent of the step (table 1). Considering the same coach and the relevance that he assigns to the selection criteria in the different levels of competition, there is an appreciation of the importance of biological maturation, age, somatic measures, attendance at training and sports performance by coaches of the rank of little for juveniles ( $p < 0.05$ ). However, it is also in these criteria that there is a greater discrepancy between the coaches' opinions (Table 1).

Table 1. Criteria for convening competitions and their importance coaches' opinion (n = 30)

Criteria for convening athletes	Little (M±SD)	Infantile (M±SD)	Started (M±SD)	Juvenile (M±SD)
Biological Maturation (1 - 5)	3.33±1.37	3.57±1.25	3.77±1.19	4.07±1.36
Assiduity to trainings (1 - 5)	4.30±0.84	4.30±0.92	4.53±0.97	4.60±0.93
Sporting performance (1 - 5)	3.63±1.03	3.93±0.89	4.23±0.89	4.60±0.86
Age (1 - 5)	3.33±1.21	3.60±0.97	3.97±0.96	4.30±0.88
School Income (1 - 5)	4.23±0.97	4.22±0.95	4.23±0.97	4.27±0.91
Somatic Measures (1 - 5)	3.27±1.05	3.67±0.96	3.90±0.96	4.27±0.94
Physical Education (1 - 5)	3.97±0.89	3.93±0.91	3.97±0.93	3.9±1.06

Legend: 1 - Disagree completely to 5 - Agree Completely; M - Medium; SD - Standard Deviation.

Characteristics such as age, sex and training of coaches are not shown to be associated with the importance attributed to the interview criteria analysed ( $p > 0.05$ ). However, the number of years of practice as an athlete is associated with the importance attributed by coaches to biology maturation ( $0.416 < r < 0.508$ ;  $p < 0.05$ ), training attendance ( $0.425 < r < 0.586$ ;  $p < 0.05$ ), school performance ( $0.532 < r < 0.627$ ,  $p < 0.05$ ), somatic measures ( $0.463 < r < 0.651$ ,  $p < 0.05$ ) and sports performance ( $0.499 < r < 0.508$ ;  $p < 0.05$ ), as criteria for convening competitions.

## DISCUSSION

From the results obtained in the present study, there was no difference with the studies of Cardoso (2012) regarding the handball coaches of Portugal, related to the selection criterion of the athletes. The assiduity factor ( $0.425 < r < 0.586$ ;  $p < 0.05$ ) was considered extremely relevant in both studies.

## CONCLUSIONS

According to the objectives of the study, the Amazonian trainers consider as very important criteria such as attendance, school performance, biological maturation, sports performance, in the process of selection of athletes.

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