

MATCHING GAME OF VOLLEYBALL IN A SPECIFIC LEARNING TECHNIQUES FOR COMMUNICATION

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Abstract: *The disclosure involves the combination of cognitive and affective elements in order to transmit information, inspire faith, to induce or show emotions through an alternating behavior of relationships between writing, visual, nonverbal, vocal auditory, symbolic, and Behavior (Level and Galle).*

Keywords: *communication, volleyball, techniques, tactics.*

1. Introduction

Teaching communication, mainly aimed at understanding the teacher taking an active role. It acts as a filter to select, organize and personalize the information. Educational language allows a shift towards fiction that prescribe what should be and not what is in reality. The school hall is a reality, and the language is essentially normative. In this context, means saying and doing.

1. Types of communication:

a) Verbal Communication

- Oral and written

b) Nonverbal Communication

- Mimics how a person experiences render facial features.

- Smile, is one element that helps to attract goodwill receiver transmitter as forward friendship, closeness and confidence.
- Frown, forward focus, pay attention, but also tension and stiffness. It is therefore not good for the teacher to stay glum as a student forward tension can cause breakage.
- Face rictus or induces the idea of uncertainty. The student tends to believe that the teacher does not know the theme of telling the truth or not spoken.
- Look, an important factor in nonverbal language, it is the way to keep the connection between student and teacher. That gaze is directed towards students induce feelings of insecurity and of hiding the truth.
- Gestures and posture should be made during working hours to attract attention without disturbing the student said.

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- Paraelements, involving the use of methods of expression to give voice to certain meanings of words in speech. The tone, pace and volume of voice may be used so as to attract and persuade those who listen to an explanation.
- Tone is voice inflection. To be successful, a question is preferable to use a calm and safe, but not evenly. Its changes are important because they break the monotony, making it attractive to gain exposure.
- Moving from a calm to an enthusiastic tone can not be dropped, resulting in increased attention from the students.
- Rhythm is how the alternate words the unaccented and accented with their frequency. It depends on what you want to communicate.
- To emphasize important ideas using a speech rhythm breaks.
- Volume voice intensity with which the transmitter receiver is addressed. It is generally not desirable to use a very high volume, this may be perceived as aggression by others. Notice is notification, news, news, report, relation, connection. Although it seems simple meaning of communication is more complex and full of substrate. Communication has many meanings, a lot of goals, and about as many ways of expression and manifestation. There is no concrete definition of communication but can say that it means the intentional transmission of data information. It is part and parcel of our daily life. Our life is full of communication-speaking, reading, gesturing, listen, encourage, persuade, demonstrate, observe, etc. The job of a sports teacher, sports coach, communication is a crucial element. To his influence on others and let them influence your turn - to be a leader, coach or teacher - should have mastered the techniques of verbal and nonverbal communication.

2. Volleyball

Is a sport in which two teams separated by a high net, you have to pass ball above it, using only hands, in order to make the ball touch hot să adverse terrain. Each teams shall be allowed only three hits to send the ball the other team to land.

Playing volleyball is a complex, predominantly motor and emotional spontaneously developed according to predetermined rules for recreation, sport and while adapting to social reality. Among the features of the game remember that it is a natural activity, free, spontaneous, attractive, full, selfless, creative compensation. Action is the basic game of volleyball game, has a dominant role in all its components. The basic functional unit of the game, systematized by the necessity to solve a partial or complete specific tasks involved with the game in which players all native or acquired psychophysical qualities. (Gennady, 1984) action game has a strong individual, but collective character receives a tactical level, especially when it comes to attack or defense organization and specific devices to make or receive service.

The art of communication is not a natural process or a skill we are born. We learn to communicate. Therefore we must study we learn that we can use our knowledge more effectively. Any communication involving the creation and exchange of meanings. These meanings are represented by "signs" and "codes". It seems that people have a real need to "read" the meaning of all human actions. Observing and understanding this process may cause us to be more aware about what happens when communicate.

At a superficial didactic communication could mean just teaching knowledge, but the work done in class is a more complex act of communication, having a specific

character, namely, teaching and pursuing a specific goal: affecting the pupil's personality, his transformation. Among the skills that a teacher must have the communication is an essential activity for almost all teaching is based on communication, whether verbal, written or nonverbal.

Game action takes place on small spaces, they must be fast and accurate. Every action game, complexity and effort manifests itself differently in relation to other components of the psycho-motor performance. Implementation of actions include: partial load the game, analyze the situation, specific movements - preparation, decision, implementation - the actual strike, preparation for the next execution. Of the six items, three are mental weight (load analysis and decision) and three natural weight (displacement, preparation, execution). Implementation process is well defined structure driving acts which reflected the particular action game, depending on specific requirements and situations of the game.

The rally - the sequence of actions of a team game since passing the ball in your own land before crossing the ball in adverse terrain. Each phase consists of several game play action. All phases and form the structure of game play. Route learning methods and theoretical training can be phased in several steps or stages. Staggering is useful to facilitate prioritization and choice of means and forms of training.

3. Training stages

These are: initiation, console mounting LIDAR, improvement, enhancement, learning - automatic partial demonstrated. Communication involves social interaction, via innate or acquired modes of behaviour and the existence of verbal or nonverbal signals that are issued and

accepted, consciously or unconsciously. At the same time as the verbal communication process participants use nonverbal and other codes that are meant to accompany and shade of meaning, to facilitate the understanding of the intentions of the broadcaster. Everyone learns through imitation and language codes soak before a series of nonverbal symbols by which states adopt membership group.

Nonverbal communication is achieved when information is encoded and transmitted through a variety of signs directly related to posture, movement, gestures, mimics, looks partners. Ontogenetic speaking, nonverbal communication has proved very early because of her innate nature. Size nonverbal behavior is heavily involved in building interaction terms, so looking body orientation, position and distance between partners is essential in the beginning, stopping support and communication. It determined the structure of interaction, the influence of communication content and the ability to know your partner.

In the opening stages - the emphasis is on fixing the global practice, the implementation will fall under varying conditions of time and space, even if these conditions will be relieved to real demands of the game. Practice will comply with regulatory requirements, there would be no details of the skill training essential. Learning will be the first specific speed. It will seek to establish links between actions to be learned and elements already known, will address succession issues: technical, then specific tactical and mental game. Avoid: introducing the element of competition before determining the dominant aspect of implementing the actions of the game without using excessive exercise ball or imitation and practice without the tactical aspect. In the early stages of consolidation, improvement, recovery 'will follow the

development of competitive ability, attention will focus on consistency, accuracy, efficiency, exercises will be assigned to the tactical situation, the requests will be increased to overcome those real situations of the game.

As a basic principle of the training will be given to learning the game overall. Training will start from general to particular, the structure of game play action. It will strive to continually improve the efficiency index of game actions and actions to achieve a balance between attack and defense while developing specific motor skills.

The game of volleyball is done by carrying out individual and collective actions. Action is the proper play a dynamic stereotype, which consists of the initial position, proper execution, the final position and prepare for a new action game due to the requirement.

The main actions are the basic individual:

1. Hitting the ball with two hands up in front. It is an individual action is used for sending the ball to a teammate, and to concrete action to remedy what the specialized terminology is lifting individual action for the attack.

Kick up the running from a starting position, preceded by travel. Exercises to initiate action-explanation and demonstration of basic collision preceded travel, travel light running, and the signal off the initial position, followed by simulating the action of the impactor, in pairs: the initial position for placing the ball in the cup, simulation hitting action, the partner holding the ball set with slight resistance offered by the implementation partner hitting the ball or pitch control, the same exercise with left-right movement, etc.

Common Mistakes: nondivision uneven weight bearing, lateral movement is not

from the foot of travel direction, poor starting position (far from the trunk, elbows, hearts deep enough, etc.)

2. Hitting the ball down in front with two hands. Represents an individual action of the game to take possession of the goods coming from the opponent, the attacking or blocking recovery of bounced balls. The initial position is similar to the upper fairway specific, differing from it in that the legs are further accentuated joints bent down basin, torso bent forward, arms outstretched in hyperextension, the ball makes contact with the forearm (collar), is striking when accompanied by an extension of the three joints. Exercises to explain and demonstrate the action initiated by hitting the ball with two hands below, specifying how the initial displacement and the shift in position, proper execution, the initial position for a new action is required by the playing conditions. The pair travel to the middle position in all directions, the signal, stop in initial position, mimicking the execution, continue movements, each performer throws the ball at a distance and height convenient for the execution of hitting partner, down to the ball striking performance offered by partner.

Common Mistakes: large enough arms without elbows extended, unmark hitting the ball with the boot, legs Indo sufficiently high center of gravity, hitting the final design can not be carried forward and driving the ball, etc.

3. Service up front. Service is the first action game to start the game, executing it outside the court, in space delimited. Initial position: feet shoulder-width apart, hitting arm located opposite leg forward, relaxed and your weight evenly distributed. The ball is supported in the palm opposite the running hitting, hitting arm is running high and spread over the shoulder, wrist hand

blocked, the ball is thrown before hitting arm.

The action begins by stretching your legs, moving the weight on the front foot, while kicking the ball, which must be short and energetic, under the horizontal axis of the ball.

Exercises to start: explanation and demonstration of the action; boost overall execution without the ball. Executions by throwing the ball before hitting arm, the same year, but hitting the ball: the wall at a certain height specified, or in pairs across the width of the land, in pairs: the execution of the service over the net, at a distance of 5-6 m from the net, the same year, the bottom line of the land.

Common Mistakes: Global move to acquire service action, nonback the individual, as appropriate, on specific components of the action which has disadvantages, not always correct position, resulting in hitting the ball correctly, the execution is not carried out regulatory conditions, does not ensure a sufficient number of executions, which is an important task of each workout.

4. Exercises for learning attack hit. Kick attack is one of the most complex technical elements of the game of volleyball. Learning this technique requires at least two aspects: learning Greek and stroke and learning to dive right action and coordinated arm to the ball.

4. Technical and tactic description

Technique and tactics within the sports games can not be separated only in terms of teaching, because each element or technique is executed tactical purposes, to rezolvării problematic situations on the ground, created by către opponents or teammates. In these circumstances, we can

talk about technical and tactical actions or structures.

– The main technical elements that are used in a game of volleyball are:

- The service - which can be performed top or bottom, front and side;
- Acquisition (sleeve) with two hands from above or below, the service or attack;
- Increase the attack hit or passing the ball;
- Kick-attack - as a process, back or arm rotation;
- Blocking - individually, in 2 and 3 players;
- Doubling the attack hit the fairway or jam.

The first service of the first set, as the first service of the deciding set (the 5th) is executed by the team assigned by lot. The other sets will be started with the service team that did not serve first in the previous set. Players must follow the order indicated in the initial service sheet position. After the first service set the player to work is determined as follows: When the serving team wins the rally, the player who made the previous service (or the player who replaced) serves again, when the receiving team wins the rally, she obtains the right to serve and make a turn before serving. The service will be conducted by a player who goes from position 2 (front right) in a position (rear right).

The first referee authorizes the execution of the service after having checked whether the two teams are ready to play and at work if the player is in possession of the ball.

The ball must be struck with the palm or any other part of the arm after being launched to be served (that is blown or allowed to fall out of hand). A single launch of the ball is allowed to be served.

Passing the ball from one hand to another and hitting her ground as basketball is permitted. When the service or detachment hit the jump ramp for a service, the service player must not touch the playing field (including the bottom line) or soil outside the service area.

Once you hit the ball, he can walk or lie on the ground outside the service area or within the field of play. The player must hit the ball at work within 8 seconds the referee will whistle for service. Service executed before the whistle must be annulled and repeated. Players serving team must not prevent his opponents through a screen individually or collectively, to see the player at work and served the ball. A player or group of players in front if the serving team are moving arms, jumping or lateral sway during performance of service or are grouped to cover the ball.

Next mistakes have resulted in a change of service, even if the opponent is in the wrong position. Player of the service: the service violates the order, not service running properly. After the ball was hit correctly, the service is wrong (unless a player is in the wrong position) if the ball: achieve a team player at work or does not go completely through the passing of the net plane, landing "out" ball goes on a screen above the serving team. If a player commits a mistake at work during its execution (incorrect execution, incorrect order of rotation, etc..) Opponent is in the wrong position, the fault is penalized service. Conversely, when the execution of the service was correct, but the service subsequently becomes wrong (go out front, etc..) Position error was committed first and is therefore penalized. Any action that directs the ball toward the opponent space, except for service and blocking is considered an attack hit. During the attack

hit is allowed to "place" the ball only IF implementation is unclear and is not caught or cast ball. A kick attack is effective when the ball entirely depăşit vertical plane of the net or was touched by an opponent.

A front-line player can make an attack hit at any height, provided that the contact with the ball has taken place within its own playing space. A second line player, behind the line of attack, may make an attack hit at any height: jump when his foot (feet) the player must not reach or exceed the line of attack, after hitting the ball, he can return to land within the area of attack. A second line player, who was in the attacking zone, may also carry out an attack if, upon contact, the ball is entirely above the top edge of the net. Not a player is not permitted to operate an effective attack on the service opponent when the ball is in the attacking zone and entirely above the top edge of the net. Mistakes of the attack hit: a player hits the ball into the playing space of the opposing team, the ball "out." A second line player, who was in the attacking zone, effectively execute an attack when the ball is located entirely above the top edge of the net. Another player on the service actually running an attack opponent when the ball is in the attacking zone and entirely above the top edge of the net. A Libero effectively execute an attack on a ball that is entirely above the top edge of the net. A player running an actual attack on a ball which is entirely above the top edge of the net and she is coming from a step in the Libero's fingers found in the attacking zone.

Blocking is the act of intercepting a ball that comes from the opponent made the players placed close to the net, beyond the upper edge of the net. Only front-line players are allowed to make an effective

lock. Is there more stages of the blockade: the attempt to lock (the lock action is achieved without the ball), effectively blocking (it's actually whenever the ball is touched by a player to block), block group (is made of two or three teammates are close to one another and become effective when one of them touches the ball).

Consecutive contacts (quick and continuous) performed by one or more players are allowed to block, provided that such contacts took place during the same action. During the stalemate, the player can move his hands and arms over the net, provided such action does not prevent the opponent's play. So it is not allowed to touch the ball over the net as long as the opponent has executed an attack hit. Contact ball with jam is not considered a blow to the team. Accordingly, after a touch to jam, the team is entitled to three hits for returning the ball. The first blow after blocking can be enforced by any player, including one who touched the ball during blocking. Lock adverse service is prohibited.

Mistakes of the blockade

- The blocking player touches the ball in space or time opponent before the opponent's attack hit.
- A second-line player or a Libero performing or participating in an actual jam.
- Jam adverse service.
- The ball is sent "out" jams.
- Space jam the ball through the opponent outside antennas.

A participating Libero, alone or with other teammates, in an attempt to jam. In arbitration, the volleyball game, communication is very important challenge because the information is transmitted both jucătorilor field and the public. Only the first referee and the second can whistle during the game: the first authorization service whistle

to signal that starts a rally, the first and the second referee blows his whistle to signal the end of the rally, provided that be sure that they committed a mistake and know its nature. The first referee and second referee may blow the whistle while the ball is dead to make it known that they authorize or reject a request of a team. Soon after the whistle to signal the end of the rally, referees, using the official signs, do the following: if the fault is whistled by the first referee, he / she will indicate: which team will serve; nature of the fault, the player who was wrong (if necessary). The second referee repeated signs first referee. If the mistake is whistled of the second arbitrator, he shall indicate: the nature of error, the wrong player (if necessary), then wait until the first referee will indicate which team will serve, after which it will repeat the signal. In this case, the first referee does not have to show the nature of error and the wrong player, but only team to serve. In the case of double faults, both referees shall indicate: the nature of the fault, the players were wrong (if necessary) team will serve as the first referee decision. The first function it performs its duties referee standing or sitting on a chair - Arbitration platform, located at one side of the net. Referee must look at a height of approximately 50 cm above the net. Brings the match from start to finish. He has authority over all other referees and members of the team officials. During the match, the first referee decisions are final. The first referee also controls the activity ball pickers, aid for quick drying and removal of the floor. It is empowered to decide on all issues related to the game, should not allow any discussion on its decisions. However, at the request of the master in the game, the first referee will give an explanation on the application or interpretation of rules on which it based its decision.

If the first referee is unable to ensure the performance of its duties, the second referee may replace the first referee. The second referee may, too, but no whistle to signal errors that fall outside its jurisdiction, but he should not insist on them in addition to the first referee. The second referee controls the scorer. Controls on the teams' benches and the first referee any misconduct report them.

5. Conclusions

The relationship between education and communication is so complex that there can be no unilateral influence on, and not about a simple relationship that occur at least in a subsequent analysis of its terms.

To make education at different levels of context, that relationship is necessary to communicate the partial transmitter - receiver communication and education, but education should be an education communication context.

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