

STUDY ON THE PREPARATION OF JUNIORS IN THE VOLLEYBALL GAME

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Abstract: *The aim of the study is to contribute to the improvement of the training process, at the senior level, so that the efficiency of the game actions leads to an increase in the quality of the game.*

The problems we have followed are particularly complex, requiring several, accompanied by appropriate techniques, to highlight the effectiveness of volleyball.

In conclusion, we emphasized that, by knowing the level of training and the evolution of the players in the game, we can modify the content of the trainings, leading to the fulfillment of the requirements of the game model.

Key words: *preparation, volleyball, juniors, game.*

1. Introduction

Volleyball is a game that has a rich range of technical procedures, tactical actions from the simplest to the most complex [6]. This requires players to be continuously and perseveringly trained, and teachers and coaches to gradually teach the learning sequence and improve the technique and tactics of this game, which contributes to giving an increased note of spectacularity.

The multitude and variety with which the game phases follow one another, the rapid alternation of attack and defense situations, the possibilities it offers players to display their fantasy and inventive ability, the attacks in force or the stability of passes executed with great finesse, the

pressure of the competition, all offers both the players, but especially the audience, moments of great spectacle [9].

Modern volleyball must contain extremely intensive tasks, such as stability, distribution and the ability to adapt to attention, which leads to the maximum speed of reaction of players. Increased requirements are presented visually-engine coordination, precise differentiation of space-time and dynamic motor parameters. Effective performance of the game actions throughout the match requires a high level of general and special motor skills [2].

Some studies point out that the success of junior training depends substantially on a number of factors: the correspondence of training means and biologically

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conditioned age-appropriate guidance of the athlete's motor skills [1]. It is extremely important to develop coordination in juniors [8].

The game of volleyball comprises a sequence of actions ordered temporally inside some structures that form a system, the whole game, the whole motor activity being driven by sensory information provided by the internal and external environment [5].

The particular game space, the restrictions imposed by the regulation, the particularities of the game, determine that the forms of perception of the space, time and movement involved in this activity, to acquire a series of specific nuances [3].

The specialization of players by positions and areas, their superspecialization in performing certain game actions, determines the repeated coincidence with certain stimuli with certain characteristics, a phenomenon that determines the specialization of some perceptual components [7].

The use of standardized exercises is part of the practical, theoretical guidelines and conditions of modern training. These correlate with another, namely reducing

the number of exercises and increasing the number of repetitions.

The standardized exercises have a character of modeling the effort and the individual and collective technical-tactical actions in the match. Components without essential effects, with unnecessary energy and time consumption, will be eliminated.

2. The Purpose and Hypothesis of the Study

The aim of the study is to contribute to the improvement of the training process, at the junior level, so that the efficiency of the game actions leads to an increase in the quality of the game.

Study hypothesis: by knowing the level of training and the evolution of the players in the game, we can modify the content of the trainings, in accordance with the achievement of the objectives that ensure the fulfillment of the requirements of the parameters of the game model.

The study was conducted during the competitive year 2018-2019, at the national junior team of Romania U19.

Composition of the Romanian national team U19

Table 1

Crt no.	Name and Surname	Position played
1	M.I	Middle blocker
2	I.R	Opposite
3	S.P.	Wing spiker
4	B.I..	Wing spiker
5	B.J.S	Middle blocker
6	P. A.	Setter
7	L.A.F.	Wing spiker
8	C.A.J.M	Setter
9	K.A	Wing spiker
10	C.V	Middle blocker
11	T.M.	Opposite
12	C.T	Libero

Efficiency of individual technical-tactical actions

Table 2

	Initial testing		Final testing	
	Efficiency	Average efficiency	Efficiency	Average efficiency
<i>Service</i>	0.326	0.482	0.400	0.492
<i>Reception</i>	0.569	0.801	0.621	0.851
<i>Spike</i>	0.550	0.666	0.650	0.686
<i>Spike on side out</i>	0.515	0.7	0.615	0.78
<i>Transition</i>	0.617	0.6	0.730	0.7
<i>Block</i>	0.316	0.42	0.360	0.5
<i>Dig</i>	0.531	0.603	0.590	0.68
<i>Set</i>	0.701	0.832	0.781	0.88
<i>Match</i>	0.553	0.601	0,593	0,638

During the studied period, the following activities were used:

Means used

- for individual and collective attack and defense tactics had a share of 45%,
- for the accuracy of the attacks and the grouping of players for blocking 20%,
- for physical training 15%,
- for technical training 20%.

In technical training it was used:

- 2 x 2 game with tactical theme for individual blocking (in the area, on the ball);

- 3 x 3 game with tactical theme for the attack from the second line ;
- 6 x 6 game with tactical theme for attack (combinations of two or three players);
- 3 x 3 game with a theme to improve reception from service;
- 3 x 2 game with a theme for working on defensive couples;
- 6 x 3 game with a theme to improve the reception from attack.

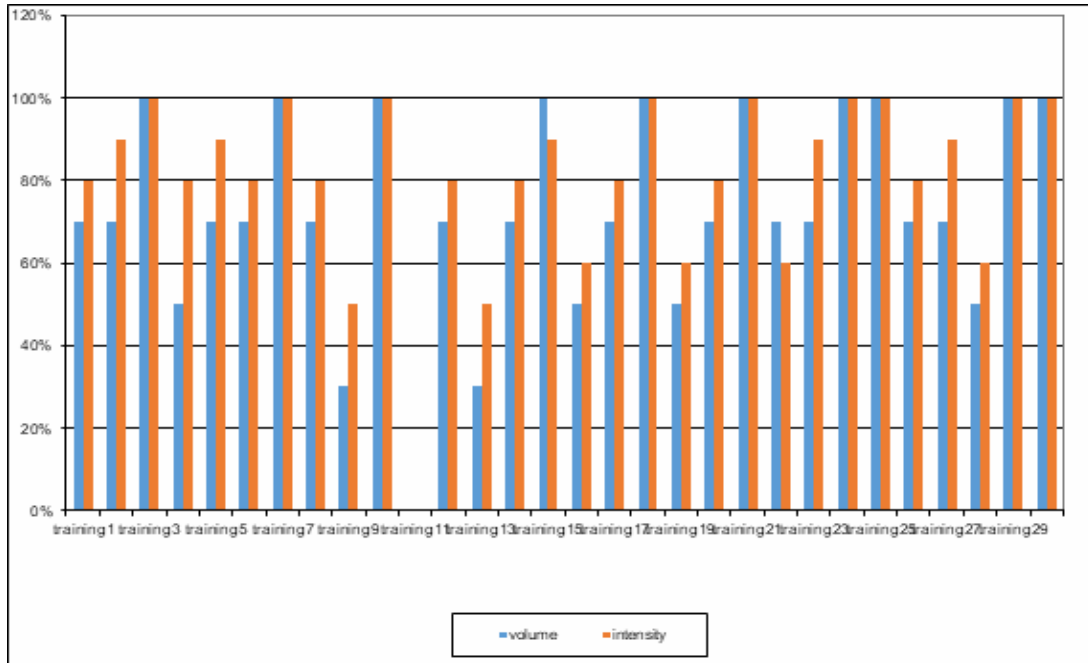
Content and intensity of effort in training / weekly cycle

Table 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29.10	30.10	31.10	01.11	02.11	03.11
9-11 submaximal physical training	9.30-11.30 technical and tactical maximal	9.30-11.30 technical and tactical submaximal	9.30-11.30 physical- tactical submaximal	9.30-11.30 individual technique submaximal	18.00-20.00 Match
16.30-18.30	16.30-18.30	16.30-18.30	16.30-18.00	15.30-16.30	
technical and tactical submaximal	technical and tactical medium	Game check for reserves	Game check maximal	Physically- theoretically low	

Effort dynamics

Table 4



3. Discussions

At the end of the studied period, the collective technical content in attack and defense regarding the:

- service – force and float;
- reception – over hand and under hand;
- setting – short distance and long;
- spike – in force and placed;
- block – individual and collective.

From the analysis of the content of the game parameters, it appears that in the force attack the team has a percentage of 0.650, in the collective block 0.360; on the attack on the side out 0.615, on the individual block from 0.316 to 0.360, which note, first of all, a good position of the team in defense and a percentage of the attack.

Thus, we find that in training the training is opportune with the requirements of the

internal competition, but we must not lose sight of the inclinations of the preparation for a comparison with the requirements of the game in international meetings [4].

The technical-tactical-individual training, approached as objectives collective attacks of fast attack, the improvement of the procedures and especially of the intuition in defense, the improvement of the blockade and the grouping of the players for a better efficiency, the improvement of the relations between players on lines and pairs. defense-specific attack.

This was done on job-specific exercises, on a series of attacks, blockages and services, based on increasing efficiency, imposed by stimulation through competition and themed and checking games.

4. Conclusions

From the point of view of the technical-tactical content, we can say that the means used had a weight:

- for individual and collective attack and defense tactics had a share of 45%,
- for the accuracy of the attacks and the grouping of players in the block 20%,
- for physical training 15%,
- for technical training 20%.

In physical training it was observed that it was performed systematically two or three times per week, through physical and technical circuits.

In attack the registered team uses the 5 + 1 game system, and in defense the system with the second center withdrawn is used, being very effective in the boys' game, used by almost all the teams.

The order of completion in the game in individual and collective actions was as follows: force attack, collective block, placed attack and individual block.

The analysis of the game parameters shows that the force attack has a percentage of 85.3% which means a good percentage compared to the F.R.V. and even with the international one, but at the collective blockade a percentage corresponding to that of the F.R.V. but lower than the international one which reaches figures of 50 – 55%.

Regarding the means used in the annual training plan, we can conclude the following:

- physical training is the main objective of training;
- technical-tactical-individual training, approaches as objectives collective combinations of rapid attack, improvement of procedures and especially of intuition in defense, improvement of blocking and grouping

of players for a better efficiency, improvement of relations between players on lines and pairs, adaptation defense-specific attack.

- compared to the modern training of the top international teams, we can say that the technical team focused mainly on physical training due to the need and low parameters of this component to the players it had at its disposal.
- We can say, however, that the team, in general, has a modern orientation, based on combinations between three and even four players, with emergent attacks and second line attack.

In conclusion, it is confirmed the hypothesis by which we assumed that, by knowing the level of training and the evolution of players in the game, we can change the content of training, in accordance with the objectives that ensure the requirements of the game model parameters.

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