

CONTRIBUTIONS OF FORCE DEVELOPMENT IN WOMEN'S VOLLEYBALL TEAM DINAMO BUCHAREST, DIVISION A1

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Abstract

Establishing training model is determined by the game model and competitive model in which it participates. Both are produced by taking the main aspects of competition, generally the last competition (Cojocar, A and Cojocar, M. 2009, p. 45). Volleyball is based on sound development of strength and power, and understanding the mechanics and physics of strength training and incorporate these principles into your training program will boost the competitiveness of athletes.

The main purpose of this paper is to highlight the main aspects of content preparation means dezvoltarewa Force and the newly specialists serve as documentary material.

In order to solve these problems we proposed the need to verify in practice training models, with well defined tasks, which led to the hypothesis set out, namely (1) development of operational models that contain scientifically standardized means of preparation, will determine an effective training process at every level of education and (2) the high level of performance nationally and internationally relatively low, requires the establishment of operational models for methodical training throughout the annual cycle, which guarantees obtaining indices training equal to those of the international media.

The object of this study was to develop strength of players from CS Dinamo Bucharest in the period from 16/07/2009 to 28/09/2009. This was the preparatory period of development. This experiment was conducted in 4 stages namely:

- ↪ stage systematic selection and training of operational resources;
- ↪ initial testing - control rules;
- ↪ application training model: model preparation period ;
- ↪ final testing – application control rules.

Data processing methods to achieve the desired objectivity of the process of preparing assessments, we operate under a complex system of assessment of level of development of motor qualities (Cojocar, A., Ionita M. 2008, pag.31-32). Testing and verification of potential driving is done on the basis of 8 samples of physical capacity test known as "Standard Fitness Test, required of achieving at least 480 points according to the Scoreboard of the Romanian Federation of Volleyball.

Conclusions confirmed the hypotheses set forth and always surprised that the quantity and quality of training, expressed in volume and intensity parameters, their dynamics throughout the annual cycle of training, shall be as general and specific indicators (technical training and development motor qualities), in line with existing working conditions (as methodical FRVolei line), and careful study of factors such means as training volume and intensity, guiding the preparation process with as many objective, improvement of development methodology and specific physical preparation, have a decisive role in achieving a higher quality training and allow development of a unified methodological lines;

Key words: force, volleyball, team, play.

Introduce

After his invention, volleyball was consolidated as a fully-fledged sport, with a theory developed and scientifically. The dialectical unity of theory and practical work remember that volleyball is an activity of scientific practice. Scientific nature of theory is provided as an integral part (design) of plant science activities.

Volleyball specific scientific issues is often driven by practical activity, in various applied research that responds to current high, especially methodical order.

Establishing training model is determined by the game model and competitive model in which it participates. Both are produced by taking the main aspects of competition, generally the last

competition Cojocar, A and Cojocar, M. 2009, p. 45). Volleyball is based on sound development of strength and power, and understanding the mechanics and physics of strength training and incorporate these principles into your training program will boost the competitiveness of athletes.

Therefore, further improve the physical qualities necessary if the player expects his more rapidly, execute jumps in force, be agile and strong legs (Bompa, T. 2003, pp, 106-107).

The purpose and research hypotheses

The main purpose of this paper is to highlight the main aspects of training content and resources to serve the newly specialists as documentary material.

In order to solve these problems we

proposed the need to verify in practice training models, with tasks:

- Selection and systematic means;
- Quantification of scientific knowledge based on collective capacity;
- Systematize operations;
- Directions to optimize training;
- Verification objectives.

The present paper-work starts from the following hypotheses:

- Development of operational models that contain scientifically standardized means of preparation will lead to more effective training process at each level of training.
- The high level of performance nationally and internationally relatively low, requires the establishment of operational models for methodical training throughout the annual cycle, which guarantees equal preparation to obtain indices with those of international media.

Research methods

- Bibliographic study method.
- Observation method.
- Method call.
- Statistical-mathematical method.

The object of this study was composed of CS Players team Dinamo Bucharest. Working conditions are good, I mean that is a proper gym, and the material is good. Force development were used force apparatus room.

I realized during the survey work was conducted from 16.07.2009 to 28.09.2009. This period was a preparatory development.

This experiment was conducted in 4 stages namely:

- ↗ systematic phase selection and training of operational resources;
- ↗ testarea inițială – aplicarea normelor de control;
- ↗ application training model: model preparation period;
- ↗ final testing - control rules.

To better monitor the progress in training, but also to calculate the load every 3 weeks, testing for maximum lifting should be done in weeks every 4 weeks.

Below we show the loading scheme for stages of preparation (fig 1).

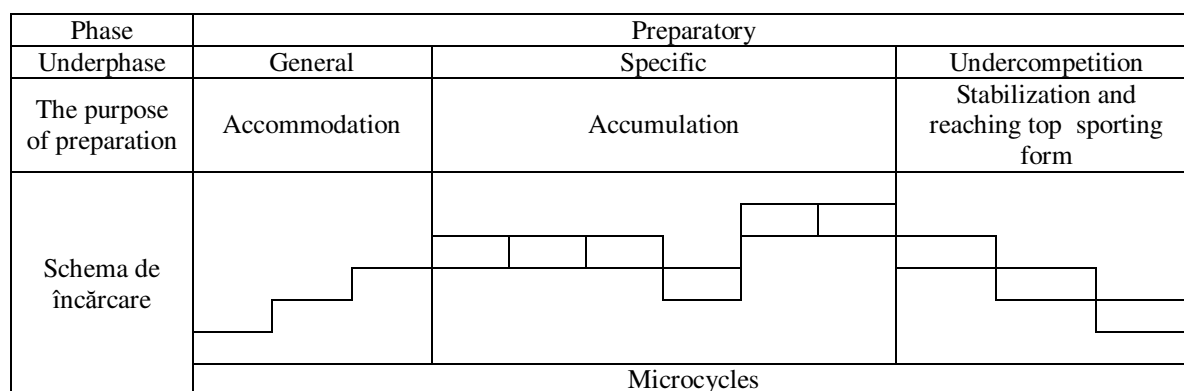


Fig. 1

Nr. crt.	Name and first name	Position	Age	Height (cm)	Weight (Kg)	Attack	Block
1	A. S.	Setter	24	173	60	275	255
2	M.D.	Setter	33	175	62	288	273
3	H.L.	Middle blocker	35	190	79	310	305
4	MA.	Middle blocker	28	186	68	310	300
5	D.Z.	Middle blocker	22	190	65	310	298
6	H.A.	Receiver	26	182	63	285	275
7	I.R.	Receiver	30	185	65	285	275
8	B.E.	Receiver	30	180	65	279	276
9	I.R.	Receiver	28	178	65	283	275
10	C.R.	Universal	28	183	66	298	280
11	C.C.	Universal	26	182	59	286	274
12	N.I.	Libero	29	167	58	281	272

Table nr. 1 Somatic index-driven dynamics of female athletes

Data processing methods

For findings on the preparation objectification, we operate under a complex system of assessment of level of development of motor qualities (Cojocaru, A., Ionita M. 2008, pag.31-32). Testing and verification of potential driving is done on the basis of 8 samples of physical capacity test known as "Standard Fitness Test, required of achieving at least 480 points according to the Scoreboard of the Romanian Federation of Volleyball..

- 1 - achieve the highest point jump;
- standing with one hand,
- to push with one hand (attack);
- jump with two hands (block).

Value of the jump is calculated as:

$$\frac{\text{inaltimejucatorului} \times (\text{sariturblocajnaltimfile} + \text{sarituraeinaltimfile})}{\text{inaltimefileului}} \times 100$$

Note: net height = 2,24m.

2 - lateral displacement 3m - index value resulting from infringements made number 1 minute;

3 - flexibility in the frontal plane - the index is expressed by the number of centimeters reached;

4 - dorsal flexion of the trunk of sleep - resulting index raises the number of trunk legs flexed knees reaching conducted in 2 rounds x 1 minute 15 seconds rest;

5 - with detached triple long jump and landing on two feet - the index expresses the length traveled by jumping chained;

6 - running speed on the distance of 20 m.

Sanoke	Index sample		Scal score		International media index samples	The general index of volleyball	
	Initial	Final	Initial	Final		Initial	Final
1	0,89	0,98	0,89	0,98	1,15	2,34	2,78 international media is 3,85
2	40,16	46,75	0.00	0.00	0,30		
3	11,25	13,5	0,40	0,45	0,80		
4	70	80,6	0,30	0,40	0,60		
5	7,35	7,85	0,45	0,55	0,45		
6	3,97	3,61	0,30	0,40	0,55		

Table nr. 2 Table summary

Conclusions

Paper assumptions were largely confirmed in that optimization training in an annual cycle of:

- Given the high level of team performance nationally and internationally relatively low, it is necessary to proceed to establish methods for operational models throughout the annual cycle of training, ensuring training to obtain indices equal to those of the international media;
- Volleyball operational models for annual training cycle must contain information about the value of primary somatic indices (age, height, weight, scale), data on the value of physical training and standards expressed in control samples, all compared with international averages;
- Quantity and quality of training, expressed in volume and intensity parameters, their dynamics throughout the annual cycle of training, shall be as general and specific indicators (technical and quality driven development), in line with existing

working conditions (as methodical line Romanian Federation of Volleyball);

- Careful study of factors such means as training volume and intensity, guiding the preparation process with as many objective, improvement of development methodology and specific physical preparation, have a decisive role in achieving high quality training and allow the development of a line unitary method;
- Tags force training, and not only makes getting good results. Compared with the average international index control samples, the value obtained in control samples, supported by selected athletes tend to be closer and closer to the requirements of this.

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