



## CONTRIBUTIONS OF SHARES OF GAME DEVELOPMENT IN DEFENCE EFFICIENCY IN AREAS BY THE SPECIALIZATION, THE NATIONAL VOLLEYBALL TEAM JUNIOR OF ROMANIA

COJOCARU ADIN MARIAN<sup>1</sup>, COJOCARU MARILENA<sup>1</sup>

### Abstract

Contextually optimization and for the enlargement of the efficiency training the players for the game of defense needs as this to is reflective and structure on the strength of the act of model, in which find a logical relation between strategists, objectives, contained and evaluation.

We can assert that in the current volleyball the preparation for defense is a major preoccupation specialists, and contained this is found out in a permanent evolution and perfecting.

In this research we aimed to establish the training objectives of junior national team in the game to increase efficiency and adapt their teaching methods, methodological processes, operating systems and evaluate activities play in terms of effective competition

### Research hypotheses

1. Players specialize in playing at the net, may be more effective in making the jam, but this does not ensure effective defense of all actions, based on service and taking the attack, structural relationship with attack actions - service, setting and attack;

2. Only by applying structural methods and specific action game in attack and defense, connected to the line players I and II, could lead to increased efficiency in the game, considering that the actions of defense are critical the achievement points.

### Research Methods:

The method of study bibliographic; the method observation; the method analogy and modeling; experimental method; recording method specific effectiveness of the game; statistical and mathematical method; the graphic method.

### Data processing method

Thus the result of each action is evaluated using a scale of 4-5 degrees, depending on the action of defense, in connection with the attack, based on the effect on the score or control the ball by the team after playing the ball or the opponent (1992, *Manual for Statistical Games Record. FIVB*). The assessment was made as follows:

- ✓ As - 4 – point win;
- ✓ Excellent – 3 – gained full control, maintained;
- ✓ Good – 2 – gained limited control limitat, maintained;
- ✓ Insufficient – 1 – lost control, no control;
- ✓ Wrong – 0 – lost point.

### Conclusions

In summary, the actions of defense, the major objective in our research are relevant to the amendment that is appropriate for volleyball athletes to specialize on positions and field team

**Key words:** efficiency, skills, game, volleyball.

### Introduction

Component favoring a volleyball game - defense contribute to optimize performance capacity. Junior training approach should be ensured in the context of exclusion of confusion and improvisations that occur, the massive tackle more effectively the actions of defense. The main task of a volleyball player is channeled to anticipate arrival of the stimulus, the movement and ball speed adjustment. aspect is further complicated by the athlete relationship partner, who sent the ball and for that you need to send and opponent intervention. in relation to the player with the ball movement begins before contact with it and adjust collision, according to the situation. prediction involves forecasting space-time, providing acceleration

perception and response. (M. Șerban, 1999).

In the context of optimization and improve efficiency of training players to play defense is necessary that it be reconsidered and structured modeling based action, in which lies a logical relationship between strategies, objectives, content and evaluation (M. Ioniță, 2007).

Proposed overall goal requires a strategy to increase efficiency drive actions to defend a specific position in the team training and evaluating the effectiveness of this strategy (V. Ghenadi, 1995). Also in the research, I worked from the beginning on making a scale of defense specific actions for each post within the team, depending on the weight of their use and their effectiveness in the game. In this research we

<sup>1</sup> Faculty of Physical Education and Sport, Spiru Haret University, ROMANIA

Email: adincojocaru@yahoo.com

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aimed to establish the training objectives of junior national team in the game to increase efficiency and adapt their teaching methods, methodological processes, operating systems and evaluate activities play in terms of effective competition (T. Bompá, 2003)

### Hypotheses research

1. Players specialize in playing at the net, may be more effective in making the jam, but this does not ensure effective defense of all actions, based on service and taking the attack, structural relationship with attack actions - service, setting and attack;

2. Only by applying structural methods and specific action game in attack and defense, connected to the line players I and II, could lead to increased efficiency in the game, considering that the actions of defense are critical the achievement points.

### Research methods

- bibliographic study method;
- observation method;
- modeling and analogy method;
- experimental method;
- registration method;
- statistical-mathematical method;
- graphic method.

### Data processing method

Technical and tactical skills of players can be determined by analyzing the behavior of athletes during the games. Competitor activity peak of the events of his efforts in these conditions and so we

believe that records technical and tactical actions contribute to a better analysis and evaluation of training athletes.

Thus the result of each action is evaluated using a scale of 4-5 degrees, depending on the action of defense, in connection with the attack, based on the effect on the score or control the ball by the team after playing the ball or the opponent. The assessment was made as follows:

- ✓ *Ace* - 4 – point win;
- ✓ *Excellent* – 3 – full control of the ball, maintained;
- ✓ *Good* – 2 – limited control of the ball, maintained;
- ✓ *Insufficient* – 1 – lost control, no control;
- ✓ *Wrong* – 0 – point lost.

“Ace” (evaluated 4) is used just for actions: serve, attack and block.

“Full control” (evaluated 3) is used when building created possibilities for further rally.

“Limited control” (evaluated 2) is used when preparing further attacks cannot be achieved using all options.

“No control” (evaluated 1) is used where building attack is possible, however the ball remains in play.

### Interpretation of results

In this study we present the evolution of the effectiveness of the game depending on job specialization, every competition included in our research.

Action game defending the high post, was made by T. E. (table 1).

**Table 1 Efficiency defensive actions**

Center player 1	Block
Balkan Championships Serbia	0.2
Balkan Championships Grecia	0.23
European Championship Romania	0.2
Balkan Championships Turkey	0.275
Average national team	0.226
World Championship	0.43

For our research, game specific game actions in defense of linkage were blocking the line of attack and taking him in line II.

Blockage index recorded a very low (mean batch was 0.232), if we refer to the index World Championship (0.43). Tried to increase the efficiency index, which is achieved through education and training in the range of BC in Serbia and Turkey, with one exception in EC (0.15), the preparation time was reduced.

If there was a line Take indicate better efficiency, the acquisition of second-line attack efficiency index was excellent (0.565) exceeded the international (0.452). We could say that the actions of the linkage line II tried to substitute less successful actions of the blockade, which is noted throughout the game.

Below we present three athletes who have played the main station or player from the center drawer. They are intended primarily for defense only

block execution. After execution of the service is defense  
 changed in line II libero player, which the duties of

**Table 2 Blocking efficiency of the center player 1**

Setter	Reception from attack	Block
Balkan Championships Serbia	0.611	0.217
Balkan Championships Grecia	0.567	0.27
European Championship Romania	0.5	0.15
Balkan Championships Turkey	0.58	0.29
Average national team	0.565	0.232
World Championship	0.452	0.43

**Table 3 Blocking efficiency of the center player 2**

Center player 2	Blocaj
Balkan Championships Serbia	0.354
Balkan Championships Grecia	0.622
European Championship Romania	0.428
Balkan Championships Turkey	0.494
Average national team	0.475
World Championship	0.43

**Table 4 Blocking efficiency of the center player 3**

Center player 3	Blocaj
Balkan Championships Serbia	0.4
Balkan Championships Grecia	0.26
European Championship Romania	0.38
Balkan Championships Turkey	0.29
Average national team	0.333
World Championship	0.43

An essential part of modern volleyball game-high drawer is known by many names as universal or diagonal of setter.

It can be observed (Table 5) that the taking of office is near the average lot in CW (0.768 și 0.788).

Being realistic, taking the service has these indices increased efficiency, but it is made from fewer

actions game lifting the drawer. It aims, in line II, to prepare to create their own team's superiority in the attack, an attack by a second line. In these circumstances he did not participate in taking the service than by accident.

**Table 5 Efficiency defensive actions of universal player**

Universal player	Reception of service	Block	Reception of attack
Balkan Championships Serbia	0.791	0.15	0.773
Balkan Championships Grecia	0.771	0.367	0.333
European Championship Romania	0.733	0.275	0.692
Balkan Championships Turkey	0.775	0.321	0.522
Average national team	0.768	0.278	0.58
World Championship	0.788	0.43	0.452

Station with the most specific defense action game is the second shot or extreme player. The position in which there is action game play of both structures, namely taking the service of a play structure and blocking the acquisition of specific attack 2 game structure.

**Table 6 The efficiency defensive actions of extreme player**

Extrem player 1	Reception of service	Block	Reception of attack
Balkan Championships Serbia	0.464	0.178	0.4
Balkan Championships Grecia	0.731	0.333	0.375
European Championship Romania	0.709	0.25	0.429
Balkan Championships Turkey	0.405	0.35	0.455
Average national team	0.577	0.278	0.415
World Championship	0.788	0.43	0.452

**Table 7 The efficiency defensive actions of extreme player**

Extrem player 2	Reception of service	Block	Reception of attack
Balkan Championships Serbia	0.5	0.538	0.688
Balkan Championships Grecia	0.714	0.31	0.813
European Championship Romania	0.7	0.38	0.75
Balkan Championships Turkey	0.674	0.34	0.61
Average national team	0.647	0.392	0.715
World Championship	0.788	0.43	0.452

We note that the assumption of office, has an average age corresponding to the CM., 0647 to 0788. The highest index of efficiency was achieved at JB in Greece, 0714. A great show was made and the EC 0.7 Lock (0392) we can say that is near the 0.43 international, especially if we consider that he was an old cadet.

Taking the attack is similar to the indices of efficiency of international elite (0715) of the CW and is the largest of our group. We notice an efficiency index to BC particularly in Greece, 0813, which entitles us to believe that this player will have a difficult word to say to the world of volleyball players.

Last post is the libero, which is strictly defensive regular and singular on the scoresheet.

**Table 8 The efficiency defensive actions of libero player**

Libero player	Reception of service	Reception of attack
Balkan Championships Serbia	0.617	0.654
Balkan Championships Grecia	0.673	0.667
European Championship Romania	0.639	0.571
Balkan Championships Turkey	0.803	0.625
Average national team	0.683	0.629
World Championship	0.788	0.452

Libero the nature of the job, but the regulation is prepared and specialized defense actions (Table 8) and he coordinates the defense system, giving security defense system.

Taking the service (0683) is close to that recorded in CW (0788), but also a great show at the 0803 BC Turkey, more than the international average.

Taking the attack (0.629) is above that of the CM, as constant, with the only loss to EC 0.571. We see that the efficiency index of this action is the 0.629 game at all international competitions in which I participated and entered the international elite values.

Looking at the average lot for the attack made by the player taking extreme RT and CT libero, we can say, without any mistake that the positions where both

are in line II, the defense system has a very good index, which construction that would certainly attack.

In summary, the actions of defense, the major objective in our research are outlined in Table 9. Average takeover of our lot and block service is the best at BC in Greece, of 0.67 and 0.301, with relatively small differences from those of the WC, both of 0.157, the team is made up of cadets and juniors. The highest values recorded attack took over from the 0.563 to BC, as the higher of the 0.052 CW. However we consider achievements, considering that our preparation conditions are poor and compensate training methodology, supported by an ongoing assessment of training and games.

**Table 9 The efficiency defensive actions**

Competition	Reception of service	Block	Reception of attack
Balkan Championships Serbia	0,712	0,217	0,489
Balkan Championships Grecia	0,670	0,301	0,551
European Championship Romania	0,559	0,285	0,412
Balkan Championships Turkey	0,582	0,289	0,563
Average national team	0,631	0,273	0,504
World Championship	0,788	0,43	0,452

**Conclusions**

*Setters* - specific game actions are blocking the game from the defense line of attack on him and taking the second line:

- ⇒ blockage index recorded a very low (average value of the lot was 0232), if we refer to index of the CM 2006 (0.43);
- ⇒ the reception from attack of second-line attack efficiency index was excellent (0.565) exceeded the international (0.452) and we can say that the actions of the linkage line II tried to substitute less successful actions of the blockade, which noted the whole.

*Universal (zone 2)* - specific game actions are blocking the game from the defense line of attack on him and taking over the second line:

- ⇒ the block, we see a pretty big difference to the CM, especially in games at BC in Serbia, almost nonexistent 0.15 and the EC, with an index of 0.275, and an increase in Greek BC (0.367) and Turkey (0.321);
- ⇒ taking over the attack, except Balkan Olympiad in Greece (0333), all other indices are above the average CM and the general have an average of 0.58 from 0452 to CM 2006 and we can say that we must put in perspective, focus on specific

training in blocking, since the taking over of attack methodology is used efficiently.

*Centers players (zone 3)* - specific game actions are blocking the game from defense in first line:

- ⇒ can see an index of efficiency almost half the international 0.226 to 0.43;
- ⇒ best result we can see that JB was in Turkey, 0.275, where the training period was longer, but accumulated over previous periods have left their mark;
- ⇒ given that age is still small and great height, falling within the CM maximum waist, action on muscle growth and development active explosive strength and speed and should take a decision if the coaches would not be appropriate for the game to be transformed in extreme (zone 4).

*Extreme players (zone 4)* - game specific game actions are defending him and block the reception of the service line and second-line attack:

- ⇒ reception of service has an index of efficiency in 0.577, under the International, which is 0.788 and but two competitions in Greece JB (0.731) and EC (0.709) efficiency index was close to the international;
- ⇒ block is the same limitations as all players, with an average of 0.278 to the WC of 0.43, which is encouraging is that efficiency has increased since the first competition (0.178) with a maximum last, BC Turkey (0.35), considering that the training methodology was adequate and appropriate level;
- ⇒ the reception from attack has an average of 0.415, close to the 0.452 international, but also a competition in which the values exceeded the WC and BC namely Turkey, with an efficiency index of 0.455.

*Libero* - specific game actions are taking over game in defense and attack from the service in second:

- ⇒ reception from service (0.683) is close to that recorded in CM (0.788), but also a great show

at JB in Turkey 0.803, more than the international average;

- ⇒ is above that of the CM, as constant, with the only loss to EC 0.571;
- ⇒ we can say that this efficiency index is the 0.629 action game in all competitions attended and entered the international elite values.

Average taking over of our lot and block service is the best at JB in Greece, of 0.67 and 0.301, with relatively small differences from those of the CM, both of 0.157, the team is made up of cadets and juniors. The highest values recorded at the taking over of the JB attack in Turkey 0.563, more than those of CM-as with 0.052. In terms of sports results can be seen an increase in competition to another, from a VI place in Serbia in the Balkan Championship and third place finish in Turkey and the Balkan of Romania ranked second. However we consider achievements, given our training conditions are poor and compensate training methodology, supported by a continuous assessment of training and games.

In summary, the actions of defense, the major objective in our research are relevant to the amendment that is appropriate for volleyball athletes to specialize on positions and field team.

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