



THE RELATIONSHIP BETWEEN THE COACH AND THE PLAYER IN MEN'S HIGH PERFORMANCE VOLLEYBALL

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Abstract

The purpose of the paper is to highlight the fact that by paying special attention to the relationship between coach and the volleyball player, we can contribute to increasing sports performance in men's volleyball.

Many coaches place the volleyball player personality at the center of their concerns, considering that the multilateral development of athletes is the key to success in their work.

Achieving sports performance is related to a number of conditions. Exact knowledge of these conditions is an important premise for planning and modeling a scientifically sound training. The nature and content of coach-volleyball player relations, designed in an open manner, determine the efficiency of the process of modernization and improvement of training.

Thus, in the modernization of the training process, an important place is occupied by the new relationship that is shaping and developing in the coach-volleyball player relationship. The nature and content of these relationships, but especially the open way in which the "exchange" between the two elements of the coach-volleyball player "educational couple" is conceived and realized, directly determines the efficiency of the process of modernization and improvement of training, volleyball player personality development.

Keywords: coach; sports performance; volleyball player; volleyball.

Introduction

According to Rusu, F. (2009), "the game of volleyball is characterized by attractiveness and accessibility, it does not require unusual organizational and material conditions, it can be practiced both indoors and outdoors. If it is practiced at the level of performance, the game is characterized by dynamism and spectacularity, and the popularity of the competitions ensures it an important place in the hierarchy of sports disciplines".

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fact that by paying special attention to the relationship between the coach and the volleyball player, we can contribute to increasing sports performance in men's volleyball.

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improvement of training.

Lică, L. (2020), mentions that “volleyball performance is characterized by undulatory evolution, with moments of increase, but also with relative stabilizations or regressions. Volleyball performance is determined by a complexity of variables related to the personality, the aptitude and the attitudinal level of athletes, the technical opportunities (the value of methodologies, scientific research, the professional training of specialists, etc.), the level of organizational and material support (championships and calendar, bases, inventory, food, support, recovery, motivation, etc.). In the attempt to acquire supremacy, the strategies that focused on the line of an exceptional, psycho-somatic and motric selection of players, on the achievement of a training at maximized qualitative and quantitative values, options consistently supported by the opportunities in the conceptual and managerial (organizational, technical-material and socio-motivational) plan”.

Also Lică, L. (2020), states that “Achieving sports performance is related to a series of conditions. The exact knowledge of these conditions is an important premise for planning and modeling scientifically sound training schemes. The constitutional premises of performance such as height, body weight, body proportions can greatly influence the performance capacity - which can be seen very clearly in the differences in appearance found in volleyball players. They become effective for performance only if the performance premises of the energy-conditional plan are adequately highlighted, for example, the high waist of the volleyball players facilitates some attack or blocking executions. The constitutional premises of performance determine performance only with the help of the energetic-conditional premises of performance. The energetic-conditional premises of performance, so the capacity of strength and endurance and the capacity of speed, have a decisive importance for many instances of performance, but only within the structure of the other performance factors.

The game of volleyball has recently undergone major changes in terms of the speed of the game phases,

this aspect influencing the physical training of the players and implicitly their qualities. The physical training of the athletes represents the most important factor that conditions the achievement of the sports performance”.

II. Rules of sports performance

Glicheria, D. (2009), speaks about „ the unwritten rules of performance sports, which are applied in all competitive situations:

- the basis of success depends on sustained training;
- no match is lost until the referee has whistled the end;
- if you have a weaker opponent, do not show your superiority for show off.

III. The personality and responsibility of the coach

Wayland from Michigan, USA, publishes in the "Die Lehre der Leichtathletik" magazine no. 22/1056, the article entitled "What is a coach?" Here is what this article says: “A coach is a politician, a judge, a public speaker, an inventor, a sports teacher, a finance specialist, a worker, a psychologist, a psychiatrist and a clergyman altogether.

It is fine if he can also be an astrologer or if he at least understands some of the magic of numbers. He must be optimistic and yet be very proud, he must seem harsh and firm, but at the right time he must also show weakness and conciliation. He must be confident, but in a restrained way, enthusiastic, but not too much, he must have the skin of an elephant, the savagery of a lion, the smell of a dog, the courage of a bull, the endurance of an antelope, the wisdom of an owl, the cunning of a fox and the heart of a cat”.

According to Glicheria, D. (2009), “Coaching, especially for performance teams, is a profession that must be done with passion and selflessness. It is an activity that involves a large volume of work, also involving sacrifice in the sphere of personal life.

For 10-11 months a year the coach is in a continuous activity, in which the daily schedule has no limits in

hours. The coaching profession took shape and individualized relatively late, after the first decade of the twentieth century.

Previously, the preparation of the team fell to a player who enjoyed authority and who showed a good sense of organization. The development of the game, its institutionalization, the increase of the scope of the big competitions imposed the need to individualize and define the role of coach. The coach currently has a socio-professional status that includes rights and duties with general and specific content and a great stability over time.

The coach is a specialist in the field, with superior qualification, the team's results depending on the level of excellence of the coach. The coach will always guide, instruct, educate, exert influence on the players through the transmission of knowledge, the formation of skills and abilities, of habits.

The coach must develop the plan and strategy of the game and the team's preparation, in accordance with the methodical orientation of the federation, which he outlines in a vision of perspective and customizes it to the specifics of the players and teams. The coach must have the ability to lead and organize the entire activity.

The pedagogical mastery of the coach is a synthesis of the general and specialized knowledge he/she possesses, of the experience gained as well as of his/her level of availability. Professional mastery accumulates and improves over the years. Training in sports games and not only, must be treated with special care by all stakeholders. The complexity of the training process requires the contribution of highly qualified specialists who collaborate permanently in order to scientifically guide the training. All teams are trained and led by a team of specialists, a multidisciplinary team that includes:

- the manager, who is the person who accompanies the team everywhere, solves the organizational and financial problems regarding the preparation and participation in competitions as well as the professional and special ones of the players;

- the head coach or the technical director, who is the person responsible for the orientation and the content of the training process. Together with the second/deputy coach, he/she will establish the strategy and tactics of the team's game;
- the second coach, who is the person who collaborates with the main coach, partially or fully organizing the training lessons, effectively participating in the guidance of workshops. At the same time, the second coach supervizes individual training, all under the direct guidance of and in collaboration with the head coach;
- the team doctor, who is the person who has a double profile, that of directing the training effort, establishing a proper diet and solving the team's medical problems;
- the psychosociologist, who is the person who ensures the mental training of the players and the social integration;
- the nurse or the masseur, who is the person who helps to restore the body of the athletes after the effort, through massage maneuvers or other specific means.

IV. Conclusions

Therefore, in the modernization of the training process, an important place is also occupied by the new relationship that is shaping and developing in the relationship between the coach and the volleyball player. The nature and the content of these relationships, but especially the open way in which the "exchange" between the two elements of the coach-volleyball player "educational couple" is conceived and realized, directly determines the efficiency of the process of modernization and the improvement of the training and the development of the volleyball player's personality.

Lică, L. (2017) mentions that "the dynamics of the evolution of sports performances in the game of volleyball requires the identification of development trends, of the elements that generate progress, but also of those that limit it, in order to maximize them. The physical training is the foundation on which all other factors of sports training are optimized, having a special importance at all levels of training and at the senior level being the one that often makes the difference in achieving



performance.

Another basic requirement of the training at the senior level is individualization, the training concept being modelled according to the physiological and psychological characteristics of the player, condition which naturally improves the training objectives”.

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