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Original article

THE IMPORTANCE OF PLANNING AND SCHEDULING THE UNIVERSAL PLAYER'S TRAINING SESSIONS DURING THE COMPETITION PERIOD IN VOLLEYBALL

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Abstract:

Aim. The structure of the competition period includes games according to the championship schedule of the Romanian Volleyball Federation, the athletes' level of training, and the classification category.

The games training will be a permanent and continuous process throughout the entire athletic career, regardless of the age and the athletes' level of training.

The purpose of games training consists in volleyball players (including universal players) being able to perform during games all technical and tactical actions they have learned during the training process.

Method. The specialized training program will lead to an increase in the level of motor training, which will greatly influence the quality of performing game elements and will ensure the successful completion of tactical tasks throughout the game.

Result. The evaluation of the efficiency of game actions as a result of applying the training model used in training universal players during our study was carried out during the 2020-2021 season of the National Volleyball Championship, A1 Division, and includes the actual results obtained by the athletes in official games.

The data collected by us through the Data Volley program was processed in order to standardize the recorded values and establish the progress made by the group of subjects under research.

Conclusion. The use of the proposed programs has led to an efficient training program for universal volleyball players (hitters), with a direct impact on improving performance in terms of training and competition activity.

Keywords: volleyball, competition period, universal player.

Introduction:

Volleyball is a game that has a rich range of technical procedures, tactical actions from the simplest to the most complex. This requires continuous and persistent training of the players and the teachers and coaches to phase teaching and perfecting the technique and tactics of this game, an aspect that contributes to conferring an increased note of momentousness.

The updating and upgrading of the training process is determined by the need to ensure the consistency between the content of the sports training and the contemporary requirements of high-level volleyball.

The most important aspect of specific physical training is the choice of exercises and the development of training programs, because each individual player exhibits different indices that must be improved in order to be effective in the game.

In modern volleyball, all senior teams use the 5+1 game system, where there is only one setter and five hitters, including this Zone 2 (Universal) player who specializes in the hitter position. Thus, the "universal" becomes highly important in the actions of the volleyball game, through the manner, thinking, technique used for shaping, instructing during the years of practice, training, official and unofficial competitions.

Research hypothesis:

We assume that the implementation of specialized programs, adapted to the specificities of the volleyball player - universal, determines the long-term improvement, during the entire championship, of the level of specific physical training, also reflected in the results obtained during the matches.


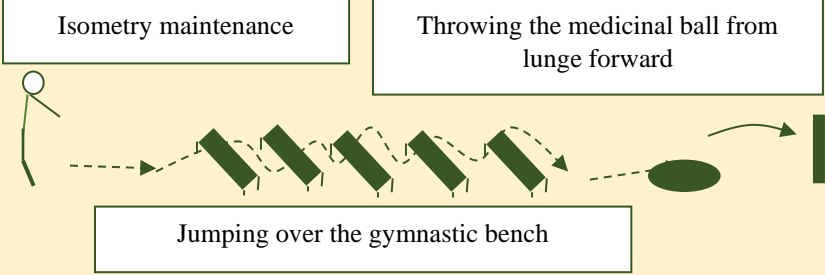
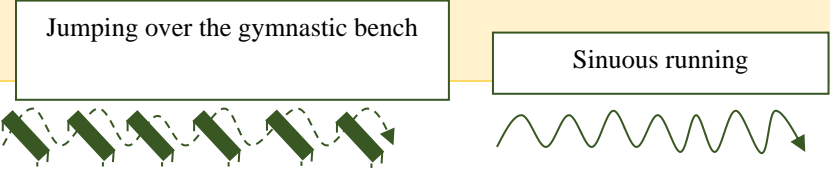
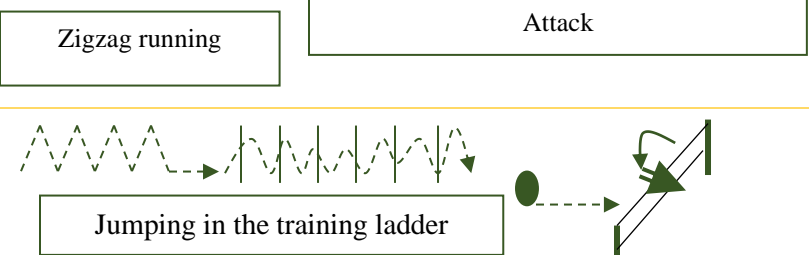
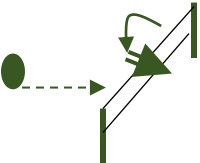
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Methods:

The athletes improved their training progressively, during the training periods, which determined specific adaptations for each stage.

The main objective pursued was to achieve a high level of performance at a certain time, usually for the main competitions of the year, based on the correct evolution of the sports form. In order to achieve such a level, we had to properly plan the entire program, so that the improvement of skills, the development of bio-motor qualities and psychological traits follows a logical and sequential evolution.

Action was taken on the development of power (hitting, separation, reactive, starting, acceleration) through the proposed programs and means specific to volleyball, on maintaining the indices of motor qualities manifestation at the levels reached at the end of the preparatory period.

Seniors M	Universal player (libero)		Session no. 25
Warm-up	Session - specific physical training		
Running	Stretching		
			
	 <p>Isometry maintenance</p> <p>Throwing the medicinal ball from lunge forward</p> <p>Jumping over the gymnastic bench</p>	<p>3 series X 15 sec maintaining isometry + 5 jumps over benches + 10 throws of the medicinal ball</p>	
	 <p>Jumping over the gymnastic bench</p> <p>Sinuous running</p>	<p>3 sets X 6 jumps over benches + 20 m sinuous running</p>	
	 <p>Zigzag running</p> <p>Attack</p>		
	 <p>Jumping in the training ladder</p> <p>Jump serve</p>		
	<p>Running forward and full</p>		

	3 sets X zigzag running + 6 jumps + 7 attacks
	3 series X 10 m running + 3 jumps over benches + 10 jump serves
Stretching	

Results:

A number of 3 players (table no. 1) who participated in the National Volleyball Championship, A1 Division in the 2020-2021 competition season were included in the experiment.

Table no. 1 Subject sample

No.	Name of the player	Year of birth	Height (cm)	Current team	Position held
1	LICĂ LAURENȚIU	1980	200	SCMU Craiova	Universal
2	MATEI CIPRIAN	1989	203	CSA Steaua București	Universal
3	CHERBELEAȚĂ GABRIEL	1991	200	CS Dinamo București	Universal

The evaluation of the effectiveness of the game actions as a result of implementing the training model used in the training of universal players during the period of our study, was carried out during the 2020-2021 competition season of the National Volleyball Championship, A1 Division and includes the actual results obtained by the athletes in the official games.

The data we collected through the Data Volley program were processed in order to standardize the recorded values and to establish the progress achieved by the group of subjects under research.

Thus, the initial testing assumed the results obtained in the first match of the championship for each of the three universal (libero) players subjected to research.

After the initial testing, we reached the conclusion that the serve is far below the international one, provided that most universal players jump serve, forcefully and with a high degree of efficiency.

We believe that it is a position where these players have an acceptable contribution in the game, but we had to work to increase the values of efficiency in attack, blocking and serve.

The final testing took place during the last match held in the National Volleyball Championship, A1 Division, 2020/2021

Table no. 2 Statistical parameters for technique efficiency indices

No.	Name and first name	Attack		Jump serve		Block	
		TI	TF	TI	TF	TI	TF
1.	L.L.	30%	65%	67%	80%	50%	75%
2.	M.C.	31%	70%	51%	75%	32%	60%
3.	C.G.	24%	59%	45%	70%	42%	65%
Average		28%	65%	54%	75%	41%	67%
Standard deviation		0.037	0.055	0.113	0.05	0.090	0.076
CV%		1.321%	0.846%	0.209%	0.066%	0.219%	0.113%

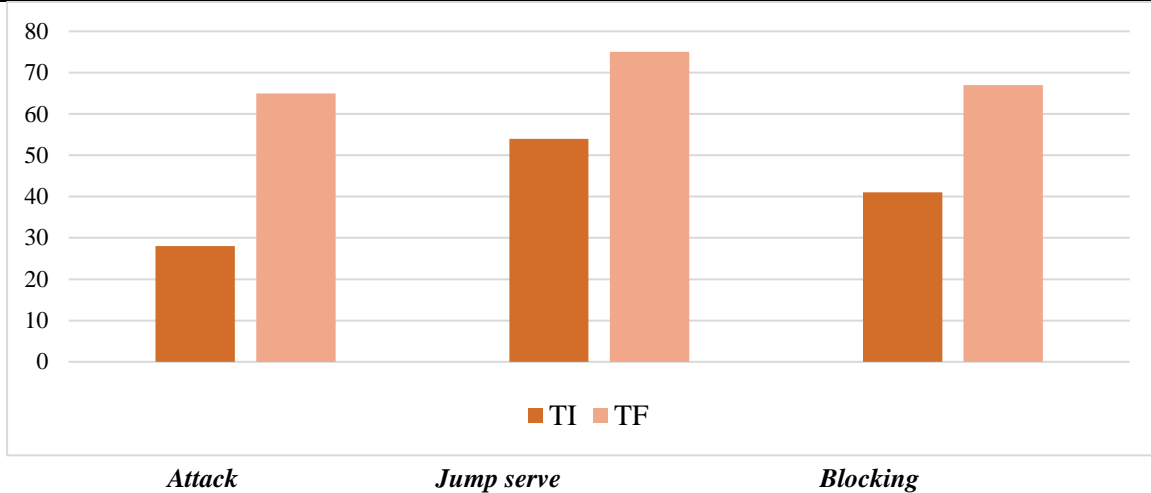


Figure no. 1 Technique indices - chart of results

It can be seen in our batch (table no. 2) that the **attack** efficiency in the initial testing is 28%, and in the final testing the efficiency increased to 65%. Regarding the coefficient of variability, it shows us a homogeneous group in both tests ($T_1 - 1.321\%$; $T_2 - 0.846\%$).

The action in which they permanently participate is the **blocking**, where we observe a rather large difference between the initial and the final testing, so if in the initial testing the average efficiency was 41%, in the final testing the efficiency was 67%.

All three athletes **jump serve**, and as can be seen from table no. 12, in the initial testing the efficiency of this technical element is 54% while in the final testing it increased to 75%. The coefficient of variability shows us a homogeneous group in both tests ($T_1 - 0.209\%$; $T_2 - 0.066\%$).

We can say that, in perspective, we need to place the emphasis on the specific training of players on this position to blocking, attack and jump serve.

Conclusions:

The use of the programs proposed by us has led to an efficient training program for universal volleyball players (libero) with a direct impact on the improvement of performances in terms of training and competition activity, thus confirming the research hypothesis.

The assessment of the effectiveness of the game actions through the proposed tests, showed that the team subjected to the experiment recorded significant differences in all tests, such as: attack, jump serve, blocking.

In conclusion, the use of the proposed programs in the training of senior universal volleyball players, determines a faster and more extensive development of the efficiency of the game actions and determines a more efficient use of the time allocated to training.

In order to achieve accurate schedules and planning of the training, the place and importance of the specific physical training must be established with great precision, with clear objectives for each stage of the training.

The training must be carried out with various means adapted to the requirements of participation in competitions, harmonizing the individual physical training of the player according to potential and level of acquisitions as well as the requirements of integration within the team.

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