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Original article

INTERDISCIPLINARY CONSTITUTIVE INVESTIGATIONS REGARDING THE APPROACH OF GENERAL PHYSICAL TRAINING IN THE TRAINING OF CADET VOLLEYBALL PLAYERS (14 – 16 YEARS OLD)

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Abstract

Aim. The problem of optimizing the general physical training of volleyball players at all levels is quite current and absolutely necessary both in theory and in practice of this sport. Not by chance, this game has a high level of popularity all over the world, including in Romania. However, the numerous publications as well as the modest results at the European and world level of the volleyball teams in the Romanian Championship, demonstrate that their training level is not up to current volleyball standards.

Methods. In order to highlight the current problems of women's volleyball at the level of female cadet players, on a national level, we resorted to a questionnaire-type investigation, in which we asked the opinion of volleyball specialists, regarding the detection of optimal ways to increase the training level of them.

In this context, we asked the specialists to express their opinion on several topics, which were of particular interest to us, including: the current level of volleyball in Romania, the issue of general and specific physical training of cadet volleyball players, the importance of individualization in training.

Results. The coaches were also offered a series of answer options that they had to tick if they agreed with one of them or had the possibility to opt for another opinion, which they considered correct. Conclusion. Most respondents consider that physical training is a priority in the training of cadets and, at the same time, strength development is extremely important in their training.

Keywords: volleyball, questionnaire, general physical training.

Introduction

The basic component of the entire instructive-educational process, without which its other elements cannot be conceived and conditions the achievement of sports results, as well as the training of players, is physical training. It involves the development of motor qualities, the mastery of a wide variety of motor skills and abilities, as well as the development of the morpho-functional indices of the body, corresponding to the requirements of performance volleyball. This major aspect must be taken into account and must be reflected in the training content, because in recent years the intention to essentialize the means of training, in the sense of choosing those with the most important meaning for the game, has impoverished the arsenal of means used for the physical training of the players.

The general physical training in the game of volleyball influences both the quantitative indicators of the model of the volleyball player, as well as the qualitative indicators of her technical training, having a decisive role in the evolution of sports performance.

It should also be noted the trend of modernization, of streamlining the strategies aimed at improving the physical condition by introducing some materials and computerized technological means and by using some complementary sports, intended to increase the diversity and complexity of the motor capacity of the volleyball players.

Methods

The operational approach of the preliminary research used a series of ascertaining investigations whose purpose was to establish the basis from which to start in the pedagogical experimental investigations in which the proposed hypotheses will be verified and confirmed.

The preliminary investigations took place in May - July 2022 and had as its objective the investigation with the help of a questionnaire-based sociological survey of a number of 20 specialists from some sports clubs in the country. Parallel to these investigations, a series of tests and control tests were carried out, to which a representative sample of female athletes was subjected for our research (97).

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The organization of experimental pedagogical investigations had in mind, a research, having a single representative sample of subjects that included female athletes aged 14-16 years.

Results

20 coaches of sports clubs participating in the National Volleyball Championship - Cadets participated in the survey, who helped us form an overview of the current level of volleyball in Romania. The survey was compiled by us and contains 10 questions, which, in our opinion, reflect the entire spectrum of training of cadet volleyball players (14-16 years old).

Thus, the first question addressed to the specialists was related to the assessment of the level of development of the cadet volleyball game, on a national level (Table no. 1, Figure no. 1).

Table no. 1 The level of development of the cadet volleyball game, currently in Romania

<i>What is the training level of junior volleyball players (12-14 years old) in Romania?</i>	Very high	20%
	High	60%
	Weak	20%
	Very weak	0%

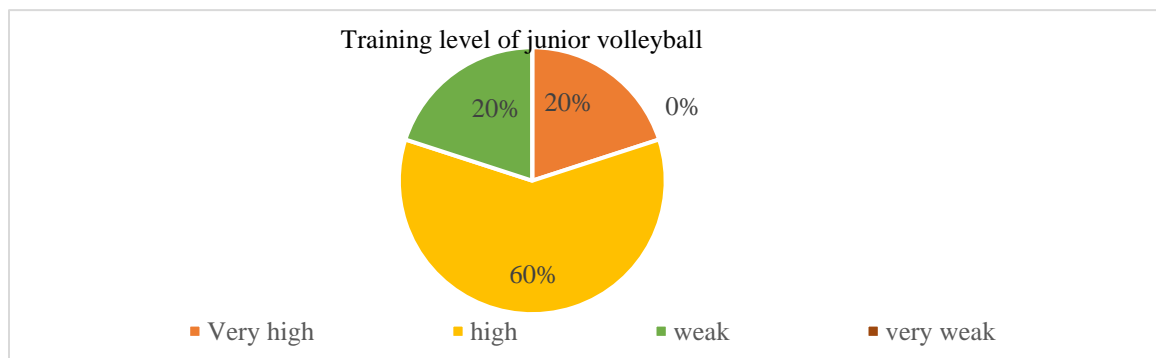


Figure no. 1 Graphic representation of the answers obtained to question no. 1

The analysis of the obtained results (Table no. 1) shows us that the majority of specialists consider that the level of development of the volleyball game at the cadet level in Romania is average, for this option 60% of those surveyed were of the opinion. However, 20% of the coaches consider that the level of training of volleyball players in Romania is currently high and another 20% consider it weak.

Therefore, the recorded results express the fact that in the training process of cadet volleyball players in Romania there are a number of problems related to their training process.

We were also interested in the opinions of the specialists regarding the number of trainings that are scheduled per week in the training process of female cadet volleyball players (Table no. 2, Figure no. 2).

Table no. 2 Number of training sessions/week

How many training sessions do you think should be scheduled/week at the age of 14-16? 4 workouts

How many training sessions do you think should be scheduled/week at the age of 14-16?	4 workouts	4	20%
	5 workouts	6	30%
	6 workouts	10	50%

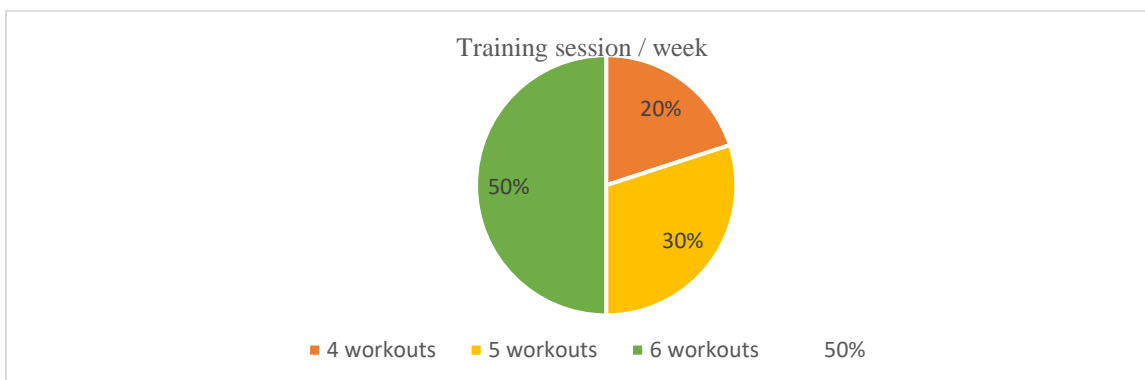


Figure no. 2 Graphic representation of the answers obtained to question no. 2

Here, the opinions of those surveyed vary quite a lot, and most 50.00% claim that 6 trainings/week are necessary in the training of cadet volleyball players, and the others had other opinions such as 20% - 4 trainings/week and 30% believes that 5 trainings/week are needed. The next question answered by the coaches was related to the importance of sports training components in the instructional-educational process at the level of cadet volleyball players (Table no. 3, Figure no. 3).

Table no. 3 The importance of sports training components in the instructional-educational process for cadet volleyball players 14-16 years old

Wich of the sports training factor require special attention in the instructional-educational process for cadet volleyball players (14 – 16 years old)?			
General physical training	2	10%	
Specific physical training	2	10%	
Technical training	0	0%	
Tactical training	0	0%	
Psychological preparation	14	70%	
all			

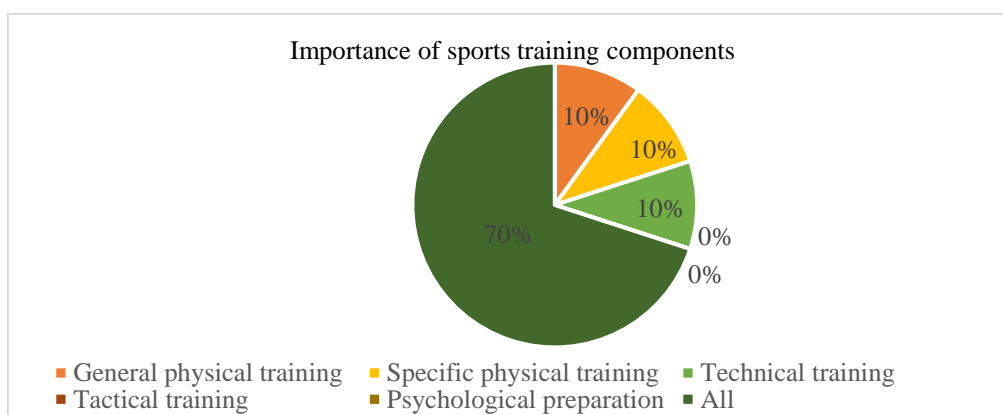


Figure no. 3 Graphic representation of the answers obtained to question no. 3

Interpreting the results of the experts in the field, we notice that (70%) of the coaches are of the opinion that all factors of sports training are very important in the preparation of female players, two coaches are of the opinion that the technical factor is more important, two other coaches emphasize the physical factor general, and two other specialists in the field are of the opinion that the specific physical factor.

Thus, a large number of coaches participating in this survey indicate that in the training of female cadet volleyball players, all factors of sports training should be treated equally. We were also interested in the opinions of specialists regarding the importance they attach to physical training in the process of preparing for the volleyball game (Table no. 4, Figure no. 4).

Table no. 4 The importance of general physical training in the training of cadet volleyball players

What importance do you attach to general physical training in the training of cadet volleyball players (14-16 years old)?	<i>Very big importance</i>	8	40%
	<i>Big importance</i>	3	15%
	<i>Medium importance</i>	1	5%
	<i>Low importance</i>	0	0%
	<i>Very little importance</i>		

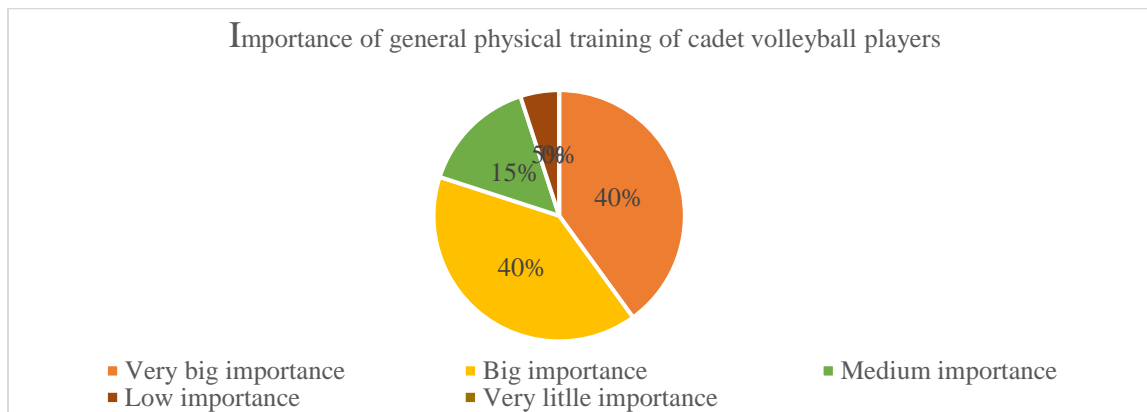


Figure no. 4 Graphic representation of the answers obtained to question no. 4

Here, the opinions of those surveyed support the same thing, most 80.00% claim that a very high or high importance should be given to general physical training in the training of volleyball players, and the others had other opinions such as medium importance – 15%, low importance – 5% and none of those surveyed mentioned the very low importance of physical training. This, in fact, shows us that the coaches of the Romanian National Volleyball Championship at the cadet level, are of the opinion that general physical training is of major importance for increasing the level of volleyball in Romania.

The next question addressed to the coaches was related to the importance of motor skills and their contribution in the training of a team of cadet volleyball players (Table no. 5, Figure no. 5).

Table no. 5 What are the dominant motor qualities for the general physical training of cadet volleyball players

Which of the following motor skills do you consider to be very important at the age of 14-16 years, in the game of volleyball?	<i>Speed</i>	2	10%
	<i>Force</i>	10	50%
	<i>Strength</i>	2	10%
	<i>Skill</i>	8	40%

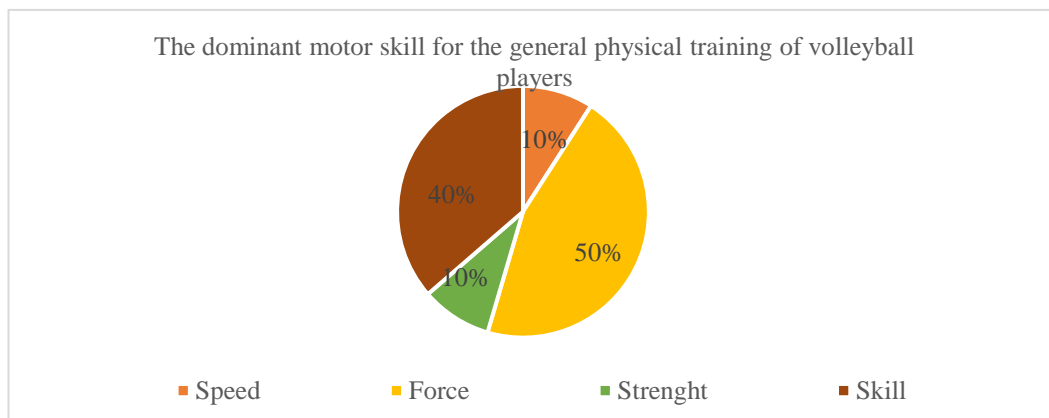


Figure no. 5 Graphic representation of the answers obtained to question no. 5

According to the data in (Table no. 5), it is clearly observed that the majority of those surveyed, 50% consider strength important and essential in the training of cadet volleyball players, 40% of coaches consider strength skills important and only 10% consider speed or endurance very important.

Conclusions

Most respondents consider that physical training is a priority in the training of cadets and, at the same time, strength development is extremely important in their training. Unfortunately, only 20% of the respondents consider the level of training of the cadet volleyball players to be very high, the majority considering that the training of the female athletes trained by them is high or weak. Asked additionally what they would consider to be the causes, the majority blamed the training conditions, the lack of an appropriate selection due to the need to include as many students as possible in the sports classes to form their groups, and the lack of motivation.

The elaboration, application and confirmation of the effectiveness of training programs for volleyball players, in the opinion of the specialists consulted, have the establishment of an own training methodology, in accordance with the requirements imposed by the technical-tactical content and the motor structure of its activity during the game.

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