

STRATEGIC ORIENTATION OF TRAINING IN HIGH PERFORMANCE VOLLEYBALL

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Abstract

Looking at major competitions hierarchies (World Championships and Olympic Games) and FIVB rankings, it is clear that a total of 10-12 teams stand out clearly by both their accumulated scores, and by constant leading positions, over a relatively long stretch of time (4-6 years). A new permanent connection must be consistent with real resources and current trends in performance in volleyball players. In this context, connecting information resources with the highest level of scientific specialty is the essential condition for efforts aimed at optimizing performance. This strategic orientation of training involves achieving continuous availability performance, using a relatively small number of exercises, selective and cumulative efficiency (basic means selected and streamlined structure, dynamic content and application), fast recovery physical and mental immediately after exercise to ensure the development of high volume and intensity of training day (2 even 3 lessons / day), use of equipment, and cybernetization elements of programming and conduct training and competition dynamic, interdisciplinary scientific oversight body reactivity requests training and competition, team work (doctor, psychologist, biochemist, coach, statistician, nutritionist and so on).

Key words: volleyball, trend, strategy

1. INTRODUCTION

In the context of competitions last Olympic cycle, the results in all echelons representative and club teams, continental competitions have been an apparent decline from year to year, Romania hovering in female FIVB rankings, at number 50 and the men ranked 55 in 2010 and in 2011 instead of 33 female and 35 male.

If for past Olympic cycles, configuration occupants record leading places greater stability, hierarchies last decade about the conclusion that reversal of values, both at global and continental, is much more dynamic and unpredictable, balancing value through real leap scored 2 and 3 countries echelons value, making penetration more difficult among elite.

2. THEORETICAL BACKGROUND OF PROBLEM STATEMENT

The evolution of volleyball worldwide experienced a dynamic development both in terms of content and spectacular game and the area of distribution and popularity, a natural consequence of the policy FIVB practice consistently in this direction [2].

Analyzing hierarchy major competitions (CM and OJ) and FIVB rankings, is off finding of relative stability at the top-level value, for a total of 10-12 teams that stand out clearly both the accumulated score and the leading positions constantly made a relatively long stretch of time (4-6 years).

Italy, Russia, Cuba, Brazil, USA, China, and so on are teams who manage to maintain their leading positions in major competitions due to policy national federations, who designed and managed to establish:

- medium term development programs and long, scientifically, consistent and innovative economic support of governments and / or private companies, aimed at developing and promoting national volleyball world hierarchy of values;

- To train and qualify teachers specialized in the latest scientific knowledge and methodological getting rid of conservatism and routine is past, taking and adapting to the specific national training concepts and the latest game news;

- To popularize and develop volleyball in the younger echelons, making a solid and extensive selection of items outlook (prognosis with certainty scientific criteria) to achieve medium and long term, highly-tank local players. Needs of children undergoing initiation, from which to select representative teams players, international, commercial report 1 player selected from a total of 1000-5000 children supertalentelor report providing security selection. Behind selecting a player group, the Romanian team, there are more than 100 children, about 10 times less, which explains the low range selection for detection values faced by Romanian volleyball professionals;

- Build and stratify echelons value, opting to make a very broad base of the pyramid value, the

teams and players consistently sustained methodological training plan in the competition, and motivational material, both in specialized units and to the representative;

- Importation of great players and setting short and medium term, the strong club teams to facilitate increased local value and interest and mobilize domestic resources so that, in the medium and long term, to can engage and harness;

- Export players perspective directed towards countries and championship teams with great value and quality of training;

- Ensuring adequate competitive programs that provide a large amount of training games and official character made in the company of high value adversaries;

- Ensuring training in qualitative and quantitative parameters maximize the ceiling minimums 1000 hours / year, registering growth trend, while ensuring rapid restoration of conditions, psycho-biological and medical support and motivational effort at the highest scientific level;

- Priority development volleyball, primarily in the children by optimizing the selection of potential talent early ages, while providing a prolonged training (including in laboratory conditions - regional centers/national) and appropriate competitive programs;

- Huge financial investment and human materials (advertising, media, sponsorship, etc.), Together with the involvement of scientific research,

sports medicine, information technology and specialized methodological achievements, who have found a fast practicality in practice performanțială , result of productive management leadership.

Teams ranked in the top rankings of global competition, they can explain forefront constant position, the higher level you achieved the essential parameters which condition performance, namely [1]:

- a. Biomotric a somatosensory potential of players, the parameters - age, height, point of impact of the ball on attack and blocking - is increasing across teams;

- b. The effective action game for both the dominant specialization line and all other action games, mark growing values (especially due to the elimination of wrong actions), technical component being the carrying value spacing between contestants potential biometric balanced;

- c. Accumulation in dowry competitive experience of the player and the team achieved stable core structure formation in major competitions, registering an average increased international games; The fact the players leading teams worldwide, working in domestic or foreign club teams, with continental cups participation in inter-clubs manage to accumulate, club teams, averaging 30-50 championship games and about 10 games at inter-clubs competitions , plus games representative teams, and formal training (approx. 20)

Table 1. The racing experience to the players participating. J.O. in 2008

	C.M.		J.O.		Other competition		Average
	Min/max	Average	Min/max	Average	Min/max	Average	
Players Z₃	3/31	6.9	0/8	0.77	30/377	85.27	92.95
Setter	5/27	7.15	0/18	2.69	49/358	87.46	97.23
Players Z₄	3/21	6.72	4/15	2.09	35/244	78.4	87.22
Players Z₂	5/22	8.1	0/15	2.7	35/234	95.6	106.4
Libero	11/19	6.32	xx	xx	40/183	42.62	58
Average	5,4/24,6	7.03	1/14	2.04	37,8/279,2	77.87	88.36

3. DISCUSSION

The analysis of the building while the value of the top teams in the world, highlights the finding that large plateau at peak performance global hierarchies (CM and OJ) the structure remains constant stable teams, extending over a period of on average 3-5 years after teams entering a rebuilding process. In doing so, we notice the option to store in batches, 2-3 athletes (aprox.15%) high value at the upper age limit (27-30 years), 3-4 players (approx. 30%) with certain perspectives, are at the minimum age (19-21 years), the remaining batch of 7-8 players, consisting of athletes around the average age of competition, fluctuating between 24-26 years.

Team building begins, on average, 2-4 years previous plateau maximum performance, based on a core Sextet, which includes linkage and players from the center, the core remains constant and is expanding year after year, by integrating players shooters who have the most dynamic fluctuation in the team structure.

Players teams in maximum performance plateau have conducted extensive activity over a period of 6-8 years, including an initial test stage and then integration batch of 1-3 years age 18-22 reserved years, then a stage of construction and stabilization of the whole team and players during the 2-3 year period corresponding age 22-24 years, followed by yield maximum recovery phase, the team and each player, media and world medalists Olympic year hovering around the age of 24-26 years, the biological model of volleyball players being on the upward slope and plateau maximum possible that mental wear and functional-motor, not enough to make his presence felt yet

In establishing the final goal, which is built team of specialists majority option, is to fix the final goal performantial, the Olympics and World Championships, Continental Championships aim using intermediate conclusion that emerges from the large share (ranging up to 50%) of players integrated test tasks and build competitive experience, for inclusion in future structure teams after major objective. There are rare exceptions in which great players and experience but potential biological decline, are retained in future batches, if only for strategic-pedagogical reasons.

Regarding the height of players, the trend of increasing their wide team player presence up and Libero generally lower height (1.76 to 1.80 cm F or 1.80 to 1.90 cm M), apparently reducing the average team.

Descent tend to achieve great performance age (between 21-26 years in women), train himself as conceptual content and methodology changes imposed by the need to travel to the 9-10 years age initial selection, decompression period of accumulation in player training prior to higher the recovery stage performers, which are designed expansion strategies.

To the requirements of evidence-valuable player of international training, which must have accumulated at least 10,000 training hours and 300 games (Japanese research is confirmed by European and American FIVB specialists Newsletters 2005-2008), candidates for local volleyball, solutions to these needs should be guided landing of accruals quality and quantity of training and becoming volleyball players during the game (regional centers, competitions differentiated value, minimum 1000 hours / year).

Extension of practice (over 180 countries affiliated to FIVB), including geographical distribution criteria for participants in large competitions, making the value of teams ceilings, performed by accumulating scores provided differentiated according FIVB rankings competition, as balancing real value for an increasing number of countries in different echelons value, are more difficult to penetrate and especially maintaining the value of the top group.

Content and action game players, knows a tendency to gain, bringing with them the application thresholds players, psychically, technical, tactical and functional-motor, increasingly higher.

Players who have reached a high threshold psycho-physical wear and have a small bag of action, with a low efficiency in the game, they cannot meet the demands of increasingly elevated the game in the future, and become barriers development process you will experience the game. For this reason, the selection will have to become more drastic, operating with increasingly stringent criteria on mental skills and somatomotor which must show exceptional potential ability for players to rule the world or Olympic aspirants.

In preparation area volleyball players, along with methodological orientation modeling conditions and content of training, weight training extends directly through games, whose specific gravity is growing (80-100 games / year), training performance components (biomotrice, technical and tactical, psychological), achieving approximately 1/3 of the volume of training in specific conditions of competitive play.

Rationalization and standardization of means of training - are measures of methodically undertaken in the process of objectification of training and competitions [3].

4. CONCLUSIONS

This strategic orientation training involves:

- Obtain a continuous availability performance, the fund whose upper stages of preparation to achieve maximum athletic form;
- Using a relatively small number of exercises, selective and cumulative efficiency (basic means selected and streamlined structure, content and dynamic request);
- Physical and mental speedy recovery immediately after exercise to ensure the conduct of

an increased volume and intensity of training day (2 even 3 lessons / day);

- Use of equipment, and mathematization cibernetizare elements of programming and conduct training and competition dynamics;

- Interdisciplinary scientific oversight body responsive to requests training and competition, team work (doctor, psychologist, biochemist, coach, statistician, nutritionist, and so on).

All initiatives and investments aimed at progress and competitive supremacy. Moreover, there is further progress in the game, increase efficiency skill game players and teams as a result of the preparation and selection of players, more scientifically rigorous.

New permanent connection must be consistent with real resources and current trends manifested in performance volleyball players. In this context, connecting information resources with the highest level of scientific specialty is the essential condition for efforts aimed at optimizing performance. Otherwise, there is conceptual in traditional seclusion, generating routine and thus distancing from elite value.

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