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MENTAL PREPARATION FOR COMPETITION OF THE VOLLEYBALL PLAYER THAT ATTACKS FROM THE SECOND LINE

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Abstract:

Preparation for the competition includes the whole range of measures, actions, efforts undertaken by athletes and technicians to achieve performance in sports. This study aims to build a system of attitudes and conduct on volleyball players that attack from the second line, with operational and regulatory character that they can use to adapt creatively to the game's various situations and the opponent's actions. The sample of subjects in number 12, is the women's volleyball team CSU Medicina Tirgu Mures. The study period is 1 to 30 November 2012 and relates to participation in the Challenge Cup of CSU Medicina against Peelpush Meijel (The Netherlands). The research methodology consisted of compiling "the contest dossier" for the two official games. The material developed focused on information about mental preparation for the competition of the players that execute the second line attack and consisted on focused analysis of four major areas: information about themselves, information about opponents, information on the conditions of competition and contest information. All this information has been submitted for processing, interpretation and decision. "Profile sheets" were developed for both teams and, at the end, were compared to each other. The end result was unfavorable for CSU Medicina Tirgu Mures, in the sense of losing the confrontation with the team from The Netherlands. This was reflected on the effectiveness of the second line attack which was superior for the female players from Peelpush Meijel team.

Keywords: volleyball, second line attack, mental training, efficiency, opponent

Introduction:

Psychodiagnosis is one of the most important aspects of the motor activities field, with

broad impact on sports orientation, on the preparation and the results of motor activities [5].

The concept of mental training cannot be limited to the sphere of moral and volitional factors, because it engages to some extent the intellectual and attitudinal factors, all of which represent manifestations of the human psyche. So, mental preparation, we can consider a part of the whole process of sports training.

The athlete's capacity to support the complexity of volleyball is primarily a consequence of mental preparation, which shapes the consciousness, it strengthens character traits, their discipline and increases their motivation.

The sides or directions that work for mental training of volleyball players are made up of components of the human psyche. They can be described either in traditional terminology, or in modern cybernetic-systemic terminology. In the second one, we say that mental preparation should ensure the proper functioning of mental subsystems such as informational, decisional, regulatory, activators and effectors. Thus the sides of this training are:

- Intellectual preparation;
- Psycho-motor preparation;
- Affective preparation;
- Volitional preparation.

It is known that psychomotricity is the result of integration of mental and motor functions under the effect of the nervous system maturation aimed at the relation between the subject and his body. The psychomotor capabilities include the capacity of the individual to acquire and perform complex motor actions (with greater difficulty degree), accurately and economically conducting movements in time and space with the speed and power required in accordance with the situations that arise during the performance of actions [6].

Psychomotricity refers to the motric effects of the mental processes and the sensory-motric act is a motor effect of mental processes (J. Drever and English quoted by [5]).

Preparation for the competition includes the whole range of measures, actions, efforts undertaken by athletes and technicians to achieve performance in sports. This study aims to build a system of attitudes and conduct on volleyball players that attack from the second line, with operational and regulatory character that they can use to adapt creatively to the game's various situations and the opponent's actions.

In preparation for a match, the information is extremely important. If useful information is sought and valued, the useless information (disruptive, false, and intentionally malicious) can be avoided. Whereas man cannot always pretend to see or hear

what he doesn't like or deems necessary, he should develop the ability to select critical information (even rumors) and to resist suggestive influences contrary to their own assemblies [3].

There are studies that refer to a number of factors favoring the execution of the II line of attack. Being an action usually performed with high strength indexes, it has the main purpose to score the point or to reduce the possibilities for the opposing team to continue the game. In this line of thought, the II line of attack is based on the following factors [2]:

- Observation-sense of observation;
- Anticipation;
- Attention (flexibility, mobility, stability);
- Decision;
- Operational thinking (speed, flexibility, independence, decision);
- Intelligence;
- Creative imagination.

Effective management on how to drive the execution of the attack from the second line, involves the application of a specific management based on the actual implementation of an optimal speed and trajectory because a player surprised by an act of the game will react with delay and his entry into possession of the ball will be altered. Of course, the team cannot abuse such executions because it creates a habit that would eventually lead to an adverse effect [7].

Of course, the team cannot abuse such executions because it creates a habit that would eventually lead to an adverse effect [4].

In some specialized studies it was determined the duration (approximately) that frames a complete action from the first phase of the game.

Thus, it lasts on an average 1.09 seconds, from the moment of the ball retrieval to the actual hitting of the ball (the II line of attack) to the opponent's field [1].

The same author, quoted in [6], makes the following statement: This action from the second line should be well concealed and triggered as late as possible to not allow the adversaries to anticipate and therefore intercept it with a suitable placement. The first condition would be (beside a great experience) knowledge of how the adversary reacts to the already taken and conducted action.

Material and method:

The sample of subjects in number 12, is the women's volleyball team CSU Medicina Tirgu Mures (Table 1):

The subjects Table 1

No.	Name and surname	Age (years)	Field position
1.	OM	23	Setter
2.	SA	25	Player zone II
3.	FM	24	Player zone IV
4.	CL	22	Setter
5.	IR	22	Player zone III
6.	IF	22	Player zone IV
7.	TA	26	Player zone IV
8.	GG	25	Player zone II
9.	PA	24	Player zone III
10.	TG	26	Player zone IV
11.	FA	30	Player zone III
12.	NI	25	Player zone IV

The study period is 1 to 30 November 2012 and relates to participation in the Challenge Cup of CSU Medicina against Peelpush Meijel (Table 2):

The study period Table 2

Date	Match	Score
12.nov. 2012	Peelpush Meijel (Olanda) – CSU Medicina (Romania)	0 – 3
21 nov. 2012	CSU Medicina (Romania) – Peelpush Meijel (Olanda)	2 – 3 (0 – 1 Golden Set)

The research methodology consisted of compiling "the contest dossier" for the two official games and consisted on focused analysis of four major areas: information about themselves, information about opponents, information on the conditions of competition and contest information.

Competition file no. 1 was elaborated before the away match and consisted of gathering Competition file no.1

information about the competition information (Table 3). Compiling Profile-sheets could not be completed because we couldn't obtain information related to psychological characteristics, technical and tactical behavior of the players from the Netherlands. They were made after disputing the match in the first round.

Competition file no.1 Table 3

Contest conditions	Information	Processing-interpretation-decision
Location, time zone	Meijel (the Netherlands), -1 hour	Travel from 10 nov.
Base of competition	Sports hall, 1000 spectators	Training with spectators in Tg. Mureş
Program	11 nov, 1900 training 12 nov, 1900 official match	Training from 1900 in Tg. Mureş
Arbitration	Serbia, Greece	-

Competition file no. 2 was elaborated after the away game and was based on information from recording the game and processing technical and tactical data and the opponents behavior (Table 4).

Competition file no. 2 Table 4

Contest conditions	Preparation status	Processing-interpretation-decision
Confrontation expected / present	Surprising, disconcerting	Exercises to focus on the task
Technical and tactical	Medium technical and tactical knowledge base in relation to the second line attack.	Exercising learned operational schemes using algorithms and positive transfer forms.
Psychobehavioral - Cautious attitude - Vigilance - Critical evaluation - Calm - Trust.	- Unnoticed - To take into account - Unrealized potential - Noticed - Noticed	- Exercises for orientation and focus towards significant stimuli - Exercises to strengthen confidence (using the attack from the second line) - Exercises for mastering emotional reactions: overcoming fear and self-distrust

Results and discussions

In the course of the away game and recorded result (3-0 for CSU Medicina Tg. Mures) some technical-tactical efficiency parameters were highlighted that had contributed to achieving

victory. The overall effectiveness of the attack from the second line of the team from Tg. Mureş was far superior to the one registered for the team from the Netherlands. The tactical plan elaborated for the next game was focused on the continued use of the

second line attack, the technical element that was considered to be decisive in achieving the victory.

The overall efficiency of the second line attack registered for CSU Medicina Tg. Mureş in General efficiency of the second line attack

the return match was lower than the attack efficiency recorded for Meijel Peelpush team. Centralized results of these efficiency parameters are presented in Table 5:

Table 5

Match	The efficiency of accurate ball receives (%)		The efficiency of neutral ball receives (%)	
	CSU Medicina	Peelpush Meijel	CSU Medicina	Peelpush Meijel
1.	62	31	18	7
2.	35	67	25	23

The entire preparation for the return match was focused on the use of elements and techniques that have higher efficiency indices than the opponents', especially the attack from the second line. Mental preparation for competition was highlighted on the recorded information and their application in training.

Conclusions and recommendations

Following the technical, tactical and psychological analysis, in terms of the return game, between CSU Medicina Tg. Mureş and Peelpush Meijel we issued the following conclusions:

- Due to reduction in efficiency of the attack from the second line (Table 5), a mental freeze appeared that generated a psychomotor imbalance for CSU Medicina Tg. Mureş

- Adjustments of competitive behavior proved to be ineffective. This was detrimental to the outcome reflected on the scoreboard

- The immunity to distractions for the team in Tg. Mureş was severely offset by team supporters from the Netherlands. This is due to non-correlation of training before competition with actual game situations.

- The ability to concentrate decreased at the end of the sets and game, contributing decisively to the loss of this confrontation between the two teams.

These conclusions generated the following proposals:

- Introduction of exercises to build capacity to anticipate events in the tactical field

- Profile sheets, programs and preparation schemes for a competition will be written so that athletes can get both new information and any corrections or clarifications needed.

- Developing comprehensive training exercises in training prior to competition must

follow the ability to concentrate on the task at the competition and immunity to external disturbances.

- Achieving a well-being state of mind as an intellectual-emotional state through a mental-operative organization of the psychic system with the aim of suitability to the task of technical and tactical preparation and personality factors.

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