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## THE LEVEL OF PHYSICAL TRAINING SPECIFIC TO THE OPPOSITE PLAYER IN PERFORMANCE VOLLEYBALL

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***Abstract:** In the training of players, the premise is that sportives are trainable and that their performance capacity level can be influenced in a positive way. Generally speaking, training in the field of a sports game, particularly in volleyball, is considered as a specialized process of development and formation of the personality of the player regarded both individually and as a member of the team.*

*The training activity acts in the direction of increasing the player's performance capacity. In the process of a physical training, we aim to develop at a higher level the basic physical qualities as well as those specific to the respective sports branch. As a remark we can say that with the improvement of sports mastery, the ability to reciprocally supplant motor qualities tends to be restricted and as a result all motor qualities must be developed, with emphasis on the dominant ones.*

*Method: Motor and functional tests applied to 8 volleyball players playing as a opposite player (universal).*

*Discussions: Looking at the most important opposite player in the A1 Male Volleyball Division, we could see that there are many situations where the lack of specific physical training at high level or at the level that is observed in stronger championships also betrays the level of training of our coaches. This can be regarded as one of the factors for which the level of playing and thus the performance recorded in our championship is often lower than the level of performance practiced in the strong championships of other countries, especially in Europe.*

*Conclusions: The analyses carried out in the hereby research, as well as the clear proof of the potential that the players in the internal championship display, by improving their specific physical training, can constitute a lever, which, together with others, properly researched, manages to identify the right recipe for recovering the prestige of volleyball in our country.*

**Key Words:** *Specific Physical Training, Opposite Player, Performance Volleyball.*

## **INTRODUCTION**

Within a well-structured training at the level of volleyball players, senior category, it is possible to achieve a significant increase in the indices of detent, endurance, speed, skill. These motor qualities form the optimal physical profile of senior volleyball players, a profile which must become the main objective of each coach in this category.

Physical training represents the essential and determining factor, having an independent existence, as it is the foundation of all other components of training, both in volleyball and in the rest of sports disciplines.

Physical training, along with tactical, technical, theoretical, biological psychological, artistic and rehabilitation training, it is the foundation of achieving success and high sports performance at the level of senior volleyball players.

General physical training is characterized by the complex manifestation of all basic physical qualities and it aims at the development and harmonization of these physical qualities, being used especially during the preparatory period of training. The main objective of general physical training is to improve the capacity for effort.

The main objective of specific physical training is to continue the physical development of volleyball players in accordance with the physiological and methodical peculiarities of the sport practiced.

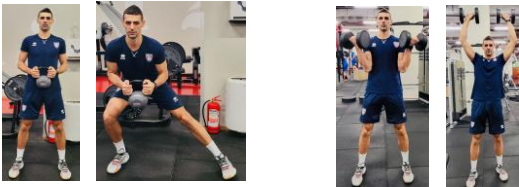
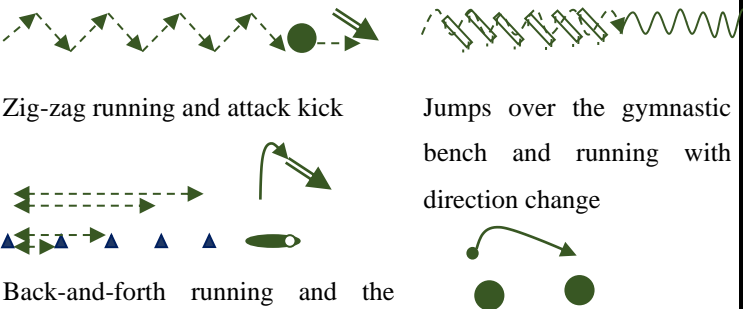
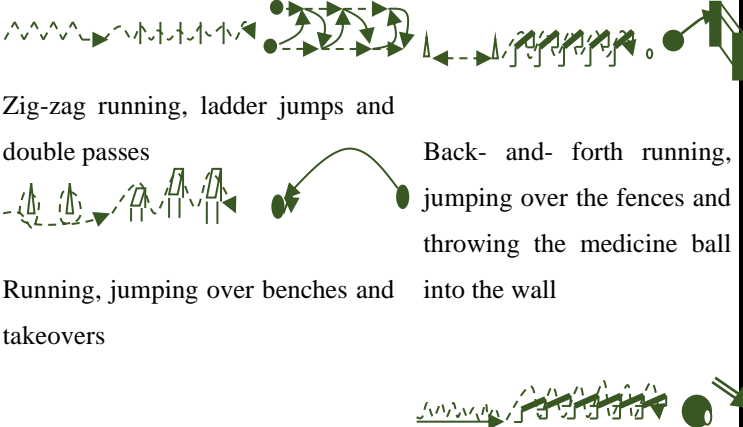
Specific physical training is used during the competitive period, characterized by harmonization of factors that condition performance.



We assume that the selection and adaptation of specific methods and means of improving physical training, integrated within a coherent training program, at the level of volleyball players as opposite (universal), senior, positively influence their motor and functional capacity, to a greater extent than through a traditional training process.

## **METHODS**

Action was taken on the development of power (of spiking, jumping, reactive, starting or acceleration) through a series of proposed programs and specific means in volleyball. Also improvement was performed on maintaining the indicators of motor qualities manifestation at the levels reached at the end of the preparatory period.

**MESOCYCLE The competitive period (November, 9 – December, 6)**

Week	The applied means		
<p><b>November, 9 – 15</b></p> <p>Running: continuously run for 15 minutes</p> <p>Stretching</p> <p>The development of the strength of the muscles of the upper limbs</p> <p>The development of the strength of the muscles of the lower limbs</p>	<p>From sitting to press, bending and stretching the knees.</p> <p>From atandibg with legs apart, holding the dumbbell in hands, side lunge</p>	<p>Barbell pushed from the chest from a lying position</p> <p>From standing apart, arms bent with dumbbells in hands, lifting arms outstretched high.</p>	
<p><b>November, 16 – 22</b></p> <p>Running: continuously run for 15 minutes</p> <p>Stretching</p> <p>Speed + Strenght + Techniques</p> <ul style="list-style-type: none"> <li>- accelerations</li> <li>- decelerations 10 - 30 m</li> <li>+ technique exercises;</li> <li>- changes of direction, stop and go</li> <li>+ technique exercises;</li> <li>- jumping over different obstacles.</li> </ul>	<p>Zig-zag running and attack kick</p> <p>Back-and-forth running and the attack kick</p>	<p>Jumps over the gymnastic bench and running with direction change</p> <p>Throwing the medicine ball from a lying down positon.</p>	
<p><b>November, 23 – 29</b></p> <p>Running: continuously run for 15 minutes</p> <p>Stretching</p> <p>Speed + Strenght + Techniques</p>	<p>Zig-zag running, ladder jumps and double passes</p> <p>Running, jumping over benches and takeovers</p>	<p>Back- and- forth running, jumping over the fences and throwing the medicine ball into the wall</p>	

		Running, jumping over fences and attack kicks.
November, 30– December, 6	Running: continuously run for 15 minutes Stretching Speed + Strength + Techniques	 

## RESULTS

In order to correctly interpret the level of general physical training and the level of specific physical training of the 8 volleyball players as opposite (universal), we will analyze the progress of each player separately so that we can observe if the designed training program had an effect and if the hypothesis of the study is verified.

We must remind you that during the 4 months that the players were in centralized training, May 2019 – August 2019, the 8 volleyball players under study performed a number of 32 specific physical training sessions. Along with the application of the specific physical training program, the motor tests were also applied to check the general physical training. These samples were applied at the beginning of the experimental period and at the end of the training period.

The motor and functional tests that were applied to the 8 volleyball players who play as a universal player (opposite) as well as the results recorded during the initial measurements can be found in the following table:

**Table no. 1 Initial measurements for motric tests**

No. crt	First and last name of the player	Motric Tests							
		Vertical jump with one hand touching fixed point. (cm.)	Vertical jump with both hands touching fixed point. (cm.)	Lateral displacement on 4m (45°) (rep. no.)	Abdominal strength in 20 sec (rep. no.)	Triple jump from two on feet (cm.)	Back – and – forth displacement (6m x 5 rep. 0(sec.))	Ruffier Test	Visual acuity test
1	L.L.	348	340	38	22	711	7,21	4	10/10

2	M.C.	346	338	37	20	689	7,32	4	10/10
3	C.G.	342	337	35	20	678	7,33	5	10/10
4	T.M.	343	341	33	19	710	7,41	4	10/10
5	R.A.	341	338	34	20	690	7,34	4	10/10
6	N.V.	347	334	36	18	691	7,35	4	10/10
7	K.N.	351	345	38	21	702	7,39	4	10/10
8	P.M.	347	338	38	22	708	7,22	4	10/10

The results of the final measurements recorded for the motor tests in the 8 players at the middle of the study are centralized in the following table:

**Table no. 2 Final measurements at the motric tests**

No. crt	First and last name of the player	Motric Tests							
		Vertical jump with one hand touching fixed point. (cm.)	Vertical jump with both hands touching fixed point. (cm.)	Lateral displacement on 4m (45'') (rep. no.)	Abdominal strength in 20 sec (rep. no.)	Triple jump from two on feet (cm.)	Back – and – forth displacement (6m x 5 rep.0(sec.))	Ruffier Test	Visual acuity test
1	L.L.	350	341	39	24	718	7,19	1	10/10
2	M.C.	349	338	38	22	690	7,26	2	10/10
3	C.G.	345	337	34	21	680	7,29	2	10/10
4	T.M.	344	343	34	21	710	7,37	3	10/10
5	R.A.	342	340	34	22	693	7,32	3	10/10
6	N.V.	347	334	36	18	691	7,32	3	10/10
7	K.N.	351	345	38	21	703	7,36	3	10/10
8	P.M.	347	338	38	22	708	7,19	3	10/10

From the analysis of the motor and functional tests, the following could be found:

- Regarding the vertical jump with touching a fixed point with one hand, differences of 4-5 cm were recorded.
- Regarding the vertical jump by touching a fixed point with two hands, differences of 2-4 cm were recorded.
- Regarding the lateral displacement on 4 m (45 sec.), differences of 2-3 repetitions were recorded.
- During the abdominal strength test in 20 sec, a difference of 3 repetitions was identified in all analyzed subjects.
- Regarding the triple jump from two on two feet, differences of 4 - 12 cm were recorded.
- Regarding the back-and- forth displacement 6m x 5 rep., differences of 6 - 12 seconds were recorded.

- In the Ruffier test, a very good index was recorded, which proves that the level of physical training increased constantly as the applied program unfolded.
- In the visual acuity test, all subjects had an index of 10/10, the highest, from the beginning to the end of the study.

Analyzing the level of homogeneity in terms of the applied motor tests, we will notice that the dispersion compared to the average of the results for all players falls between 11% and 20%, thus drawing the conclusion that the group is homogeneous.

## CONCLUSIONS

After carrying out this research, we found that the importance of physical training for the attacker player of zone 2 (universal/opposite) is essential in obtaining performance both at the individual level and at the level of the whole team.

As we all know, the universal player is the spiker in a volleyball team to whom most passes are directed, he is the main attacking weapon in this sport. For this reason, we appreciate that in addition to the individual physical attributes characteristic to each volleyball player and universal attacker, the specific physical training plays an overwhelming role and often reflects the training level of the entire team.

Analyzing the most important universal/opposite players in A1 Division, men's volleyball, we could observe the fact that there are many situations in which the lack of specific physical training at a high level or at the level that is observed in stronger championships also betrays the level of training of the coaches in our championship. This can be considered one of the factors why the level of play and implicitly, the performance recorded in our championship is often lower than the level of performance practiced in the strong championships of other countries, especially in Europe.

At the same time, given the fact that at least a significant part of the Romanian players are active in the national championship, their influence stands as an almost certain consequence the level of training and, in particular, the performances recorded at the level of the representative team of Romania.

However, we believe that the analyzes carried out in this report, as well as the clear evidence of the potential that the players in the internal championship have, through the improvement of specific physical training, can constitute a lever, which together with

others, properly researched, are meant to identify the right recipe for recovering the prestige of volleyball in our country.

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