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## A SOCIOLOGICAL SURVEY BASED ON QUESTIONNAIRE REGARDING THE INDIVIDUALIZED TRAINING OF THE OPPOSITE PLAYER IN PERFORMANCE VOLLEYBALL

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### **Abstract:**

*Aim.* The hereby research aims to develop and apply a questionnaire to a number of 20 male A1 division coaches and 20 female A1 division coaches in order to find out their opinion on the specific physical training of volleyball players, and in particular, those acting as the opposite (universal), the scientific means used in their preparation, particularly targeting the scientific investigation methods applied. The work also intends to highlight differences when approaching some specific physical training of players in the two divisions.

*Method.* The applied questionnaire contains 10 items, with a single answer option, the purpose being that of rendering objective data on the current working methodology in the volleyball game in terms of the specific physical training component, especially of the specific physical training of the players playing as opposite (universal).

The questionnaire survey involved identifying the place and role of muscle training in senior physical training.

We mention that within the questionnaire we used the best phrases that emerged from the discussions (conversations) held in advance with decision makers, coaches, managers, specialists in the field of physical education and sport (volleyball).

*Result.* 67% of the answers look at the level of training of the volleyball players from the national team as being high, the rest think that the training of the athletes members of the national team is good or average.

*Conclusions:* Most coaches consider it important to train individual volleyball players at senior level.

**Keywords:** Questionnaire, Volleyball, Individualized Training, Opposite (Universal) Player.

## **INTRODUCTION**

Volleyball represents a game that features a wide range of technical procedures, tactical actions from the simplest to the most complex. This fact requires continuous and persistent training for the players, and for the teachers and coaches to gradually scale up the teaching of the sequences of learning, technique perfecting and tactics of this game, which contribute to an increased note of spectacularity.

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

The questionnaire carried out during the preparation of this research also has as an objective identifying the coaches' opinions regarding the level and the way of performing specific physical training in the case of volleyball players, in order to identify the causes and differences between the performances recorded by Romanian volleyball players, as opposed to those outside the country.

The object of this paper is to observe the methodology used by the coaches of the teams in Romania during the stage and the physical training process of the area 2 player (universal spiker).

## **METHOD**

For an overview, to have a picture of how to approach muscle training in sports training, we considered that it was necessary to develop a questionnaire.

The applied questionnaire consisted of 10 items, with a single answer option, the purpose being to provide us with concrete data on the current working methodology in the volleyball game in terms of the specific physical training component, especially of the specific physical training of the players as opposite (universal).

## **RESULTS**

To the first question, "How do you consider the current physical training of the volleyball players in the domestic championship?". "Very good" answered 25 of the

coaches, representing a percentage of 62.5%, 10 of them chose the "good" option, with a percentage of 25%, 3 answered with the "average" answer, that is 7.5%, and 2 of the respondents chose the "weak" option, which means. 5%.

**Table no. 1 The coaches' answers to question no.1**

The level of physical training of volleyball players	No. of answers	Percentage
Very good	25	62,5%
Good	10	25%
Average	3	7,5%
Weak	2	5%
Very weak	0	

To question number 2: "Do you think that muscle training has an important role in the training of volleyball players?", a number of 38 respondents chose the option "yes", which means a percentage of 95%, and 12 of the coaches chose the option "no", with a percentage of 5%.

**Table no. 2 The coaches' answers to question no.2**

The role of muscle training	No. of answers	Percentage
Yes	38	95%
No	12	5%

In question 3: In your opinion, how much of the training factor is involved in performance volleyball? ", in the opinion of Romanian coaches the answers were as follows: 15% consider tactical training, 45% technical training, 7.5% general physical training, 25% specific physical training, 5% psychological training and 2.5% theoretical training.

**Table no. 3 The coaches' answers to question no.3**

The share of the training factors in performance volleyball	No. of answers	Percentage
General physical training	3	7,5%
Specific physical training	10	25%
Technical training	18	45%
Tactical training	6	15%
Psychological training	2	5%
Theoretical training	1	2,5%

To question number 4: "At what level do you consider the specific physical training of the players of the senior national team to be? ". The share of answers is as follows: out of the total number of coaches who answered this question, 27 replied that the players of the national team have a very good training, representing a percentage of 67.5%, a number of 9 responded with option b ), a percentage of 22.5%, 3 with the option c ), with a percentage of 7.5% and 1 with d ), i.e. 2.5%

**Table no. 4      The coaches' answers to question no.4**

The level of specific physical training of senior national team	No. of answers	Percentage
Very good	27	67,7%
Good	9	22,5%
Average	3	7,5%
Weak	1	2,5%

To question number 5, "Do you consider it necessary to adapt the specific physical training to the requirements of the playing position?", the share of the answers is as follows: 21 answered that it is necessary to adapt the specific physical training to the requirements of the playing position, i.e. a percentage of 52.5%, and 19 of the coaches answered that it is not necessary, i.e. a percentage of 47.5%.

**Table no. 5      The coaches' answers to question no.5**

The necessity of adapting the specific physical training to the requirements of the playing position	No. of answers	Percentage
Yes	21	52,5%
No	19	47,5%

To question number 6, "Is strength training adapted to the position in the game?", the share of the answers is as follows: 33 respondents chose the option NO, i.e. a percentage of 82.5%, and 7 of them chose the first option, i.e. a percentage of 17.5%.

**Table no. 6      The coaches' answers to question no.6**

Adapting the strenght training to the position in the game	No. of answers	Percentage
Yes	7	17,5%
No	33	82,5%

To question number 7, "Is the strength level tested regularly?", the weight of the answers is: 13 of the respondents answered "yes", i.e. a percentage of 32.5%, and 27 answered "no", i.e. a percentage of 67.5%.

**Table no. 7      The coaches' answers to question no.7**

Strength level testing	No. of answers	Percentage
Yes	13	32,5%
No	27	67,5%

To question number 8, "What are the samples and tests used to monitor the level of development of specific strength?", the weight of the answers is as follows: from the total number of answers, 23 answered with option a), i.e. a percentage of 57.5% , 11 of the respondents answered with option b), i.e. 27.5% and only 6 of the coaches answered with option c), i.e. 15%.

**Table no. 8      The coaches' answers to question no.8**

Monitoring the level of development of specific strength	No. of answers	Percentage
a) Motor tests approved by the Romanian Volleyball Federation	23	57,5%
b) Tests using specific apparatuses	11	27,5%
c) Vert device	6	15%

To question number 9, "As part of specific physical training, do you often use exercises based on plyometric muscle contractions?", the weight of the answers is: 37 of the respondents answered "yes", i.e. a percentage of 92.5%, and 3 have answered with "no", i.e. a percentage of 7.5%.

**Table no. 9      The coaches' answers to question no.9**

The level of using exercises based on plyometric muscle contraction	No. of answers	Percentage
Yes	37	92,5%
No	3	7,5%

To question number 10, "Do you consider it necessary to carry out a research aimed at the specific physical training of performance volleyball players?", the weight of the answers is: 31 of the respondents answered "yes", i.e. a percentage of 77.5%, and 9 have answered with "no", i.e. a percentage of 22.5%.

**Table no. 10      The coaches' answers to question no.10**

The necessity of a research aimed at the specific physical training of performance volleyball players	No. of answers	Percentage
Yes	31	77,5%
No	9	22,5%

## CONCLUSIONS

1. Most respondents believe that general physical training and specific physical training are a priority in training, muscle training being extremely important in the training of athletes.
2. Fortunately, 67% of the respondents consider the level of training of the volleyball players from the national team to be high, while the rest consider that the training of the athletes of the national team is good or average.
3. The majority of respondents do not periodically test the level of muscle training.

4. Almost all of the coaches included in the sociological study stated that they mainly use plyometric exercises in training but do not monitor the individual evolution of the players.
5. Most of the coaches welcome the realization of a research that investigates the role of plyometric exercises in the training of seniors.

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