STUDY IN PROGRAMMING THE TECHNICAL TRAINING FOR BEGINNING FEMALE VOLLEYBALLERS BY INTRODUCING SUPPORTING DEVICES

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Abstract

Coaches experience difficulties regarding the appropriation of the proper technique in volleyball for beginners, and the importance of the use of supporting devices in order to facilitate the learning of the game would increase performance, thus enhancing the working volume in less time.

Most of the coaches questioned do not use supporting devices in training for various reasons, but appreciate the need for their introduction in the training process.

Implementing a new methodology based on a modern orientation in training female junior volleyballers by using supporting devices will lead to improved performance.

The use of supporting devices represents an efficient modality to train and assess players, able to complement the present-day methodology in high performance volleyball.

Key words: *programming, technique, voleyball, supporting devices.*

INTRODUCTION

Optimization represents a decisive step towards performance, being the reason why the training means and methods should be reoriented, in order to lead towards accuracy and constance in execution, as early as the primary phase of learning the technical element.

PURPOSE

The purpose of research is to optimise technical training by means of supporting devices in learning the game of volleyball.

OBJECTIVES

The theoretical objective consists in informing coaches in the field regarding the optimisation of technical training by introducing in the training sessions the supporting devices that may provide an objective evaluation of technique.

The applied objective is to present supporting devices specific to the training in volleyball in order to prepare the junior teams.

WORKING HYPOTHESIS

Implementation of a new working methodology grounded in a modern orientation in training female junior volleyballers, by using supporting devices aimed at enhancing performance.

It is considered that during the training process it is useful to employ a unitary system of objective indices for the evaluation of the training level, which may be presented by a program on the basis of motion analysis, and that the use of supporting devices represent an efficient means of player training and evaluation, able to complement the present-day methodology in high performance volleyball.

RESEARCH STRUCTURE

Research methods used: bibliographical study, questionnaire, statistical mathematical method, graphic method.

The questionnaire was drawn up in order to create the perspective on the manner of approaching technical training by experts in the field of volleyball.

The questionnaire consists of ten questions and it is directly addressed to the coaches involved in th process of selecting and training junior voleyballers in female teams.

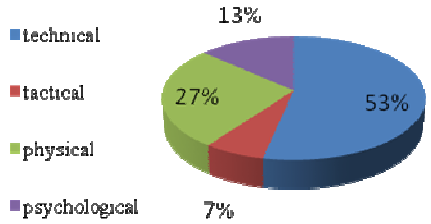
The questions bore on 3 areas: selection, training and evaluation of the technical level.

Each question had a clearcut objective, finally aiming at acquiring genuine data on the manner of achieving and evaluating the technical training in female junior volleyballers.

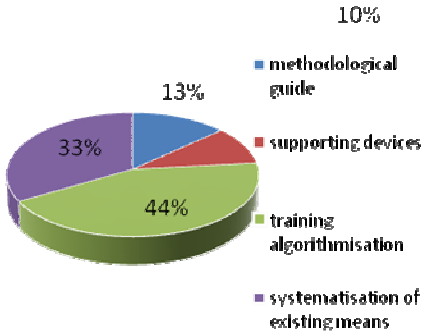
The questionnaire was answered by 30 experts working as coaches, who aided in the formation of a clear image on the technical level and evaluation existing in the junior teams.

Gathering, analysing and interpreting expert opinions on approaching the technical training in junior volleyball

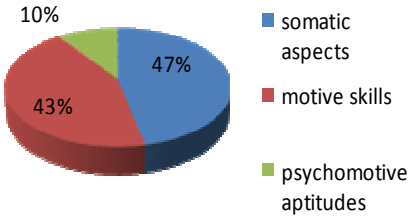
În your activity, you mostly encounter difficulties in the component?



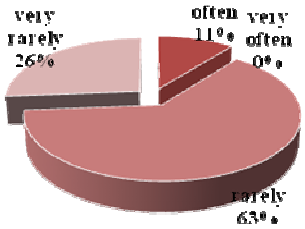
Which methods of improving the training level do you know?



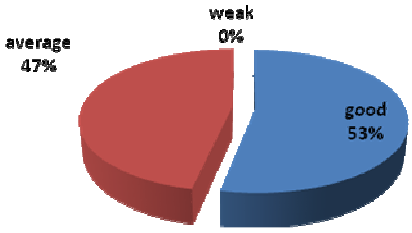
Which do you consider to be the enhancing skills that should be predominantly focused on in selection?



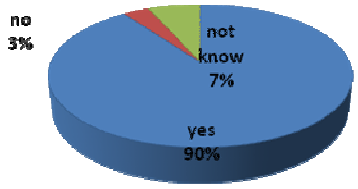
How often do you think supporting devices are used in training lessons?



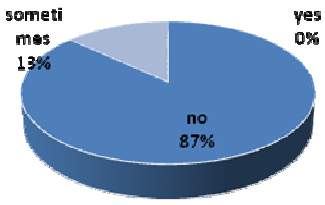
How would you assess the techical level of your team?



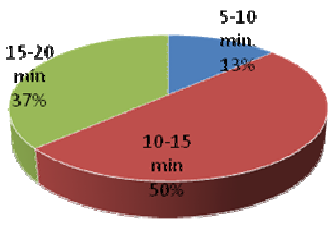
8. In your opinion, will the use of supporting devices contribute to increasing efficiency in volleyballers' training?



Do you use supporting devices specific to volleyball learning in the training lessons?

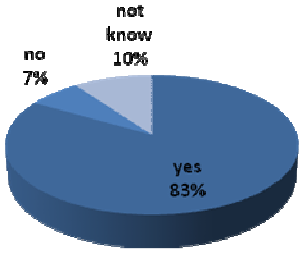


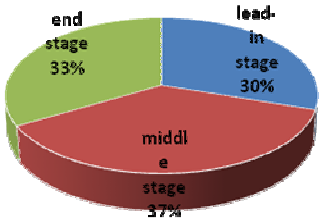
9. În your opinion, how much time should be devoted to using supporting devices in the training lesson?



Do you see as useful the technical training using specific supporting devices in learning volleyball in junior teams?

10. Which lesson stage do you consider should involve supporting devices in learning technique for beginners in volleybal?





CONCLUSIONS

- Research through the questionnaire showed the opinions of the coaches training volleyball teams all over the country.
- Coaches encounter great difficulty in appropriating the volleyball technique in the teams of beginners, and the importance of using supporting devices in learning the game of volleyball may enhance performance by providing an increased working volume in less time.
- Most of the coaches questioned do not use supporting devices in their training lessons for various reasons, but consider it a plus in introducing them in the training process.
- As compared to the work load in beginners' teams, most coaches opined that supporting devices should be used in the middle stage of the lesson, and the time allotted to them should be 10-15 minutes.
- 90% of the coaches questioned considered the use of supporting devices as an efficient training and evaluation method for players, able to complement the present-day methodology in high performance volleyball.

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LEVEL ARCHITECTURE AND COMPUTERISED SYSTEM COMPONENTS FOR ASSESSMENT IN VOLLEYBALL

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Abstract

The presence of computers in volleyball has been validated in point of image analysis (in the studies of movement biomechanics), and the analysis and processing of the data recorded in the game (the analysis of player efficiency and other game parameters), or in classifying player/teams. The present paper deals with the computer as a component of the intelligent system of learning, assessing and correcting the two-handed pass from below in volleyball.

Key words: *computerised system, learning, correction, assessment, volleyball*

CONTENT

Structurally speaking, the computerised system used in learning, assessing, and correcting the pass from below in volleyball has a 7-level architecture:

Level 1. Psychomotor – is mainly focussed on controlling the **biomechanic acts** of