

4. Organizarea și practicarea în competiții autonome a echipelor, creează posibilitatea ca elevii desemnați sau aleși căpitani de echipă să se formeze și să se impună ca adevărați conducători dar și sportivă cu personalitate.

5. Competițiile autonome folosite de noi în lecțiile de educație fizică din experiment au asigurat îndeplinirea tuturor obiectivelor educației fizice împreună cu gimnastica și atletismul, confirmând astfel ipoteza asumată în lucrarea noastră.

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CONTRIBUTIONS ON PHYSICAL TRAINING FOR VOLLEYBALL GIRLS AT “HOPES” LEVEL

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Key words: volleyball, physical training, rationalization, standardization

Abstract

The paper presents operational means for physical training adapted for volleyball groups. Streamlining and standardization was made for girls - advanced/"hopes" level. Practice verification in was conducted among school year 2008-2009 at Bucharest CSS 2 groups

In volleyball, for advanced level I groups (“hopes” 13-14 years), the main priority concerns automating aspects of the dominant component for technical-tactical action game and, developing at a high level the general and specific capacity.

Introduction

To make proper preparation is considering rationalization of the exercises, and their implementation in standard algorithms - pursuing the seated objectives and by programming training issues. Streamlining exercises are based on parameters that sober estimate their executions, and thereby setting the value of each lesson objectives training issues, so that by comparing the values we can select the exercises with high efficiency. Thus it establishes an optimal ratio between a number of practices (tending to a necessary minimum) and efficiency ensuring (tending to maximize the objectives of each training lesson themes). Standardization involves setting parameters that dispassionate the execution of a physical exercise, taking into account that, in relation to the target for a particular theme, we can use several different exercises. Actuation systems presented in this paper were verified in practice onto a groups of volleyball games, advanced/hopes of the CSS No. 2 Bucharest, during the school year 2008-2009. Following application of a breakthrough was achieved, statistically significant.

1. EXERCISES FOR DEVELOPMENT OF JOINT MOBILITY AND MUSCLE

FLEXIBILITY

Program 1:

1. standing with left leg back, right foot forward, torso bent forward and hands supported on the wall, pushing the pelvis forward: 30"with each foot in front 2x20" with each foot in front;

2. away from standing, leaning trunk and legs supporting the fingers on top: 30 ", 2x20;
3. away from standing, crouched, with the lowering arms among his knee and sat on the trunk right heel: 30 ", 2x20";
4. whole sitting, left leg side, right leg is the leg or ankle caught and rises to the chest, with carrying knee in lateral 15 "on each side: 2x (15"+15 ");
5. whole sitting, right leg and bend the knee goes out and the heel inward, bending the trunk and grabbing your ankles with both hands, 30 "on each side: 2x (20" 20 ");
6. sitting "legged", elbows on knees and grabbing support peak leg, feet are stuck, pressing the elbows to knees apart: 30", 2x20 ";
7. sitting facing the wall, supporting the right hand wall, right leg calf raise to back and grabbing his feet with his left hand: 20"on each side;
8. whole sitting, right hand side support, passing right over the left foot, right foot pressing the left knee with left hand bend: 20 "on each side;
9. deep lunge, lowering the torso and supporting your fingers on the floor: 20";
10. whole sitting, carrying arm straight up and by lowering his forearm after bending the neck, right hand grabbing the elbow with the palm of left hand with tension to the left, 20 "on each side.

Program 2:

1. standing, catching hand back hand left arm right arm, bending the head to the right and left arm by pulling right: 10"s each side, 2x (10"+10");
2. standing, arms slightly away from the body before down arms pulling down, followed by pulling up shoulders: 10"down 10" up, 2x (10"+10");
3. standing with arms stretched overhead, dragging the left arm with right hand arm, to right: 10"on each side, 2x (10"+10");
4. standing with his arms behind his back with hands attached, bending to the left, by bringing the left arm with his right hand: 10 "on each side, 2x (10"+10 ");
5. standing, arms behind his back with hands attached, pulling arms to bend back and torso before: 15 "on each side;
6. standing, carrying his right arm down to left, bringing right shoulder to left with left hand, 10 "on each side, 2x (10"+10 ");
7. standing, lying on the horizontal arm, pulling back the arm to push standing shoulder with his right hand and twisting the torso to the left: 10 "on each side, 2x (10s+10);
8. standing, arms stretched forward horizontally with the palm up, pulling back the extension arms to the torso before: 2x15 ";
9. sitting, taking hands in the back, left arm over his shoulder, right arm on the shoulder, pulling her arms and bending his head to back and forward: 10 "on each side for drawing and bending head;
10. sitting, lying horizontal arm before hand right hand left hand bend in the support to stop pulling the left arm: down, up, by right, to left, 10 "x4 positions for each arm;
11. sitting with forearms vertically, hands stuck in front, pressing the right hand palm over left palm: 15 "for each hand, 2x (15" 15 ");
12. sitting with forearms vertically, hands stuck in front, turning the palms to the right and left: 15 "on each side, 2x (15" 15 ");

PROGRAMS OF EXERCISES FOR WARMING-UP PRECEDING TRAINING LESSONS AND OFFICIAL GAMES

General warming-up:

- walking on the tips, walking on the external side of the feet, walking on the inner side of the feet, walking with knees in half-flexion, walking with knees stretched, with carrying calves before and torso back, walking with knees stretched, with carrying leg back and torso before, went to lunge forward, walking on heels, walking with knees stretched the execution of each leg before by side, went to the back with knees stretched and carrying each foot to back, from side;
- running, back running, side running, side moving to add steps, game ankles in place and away, playing the ankles in place and running faster on 10-15m, running with knees to the horizontal, place and away, running with lifting leg forward, with knees stretched, place and away, running to raise calves lying back with your knees, place and away;
- jumping like the ball, jumping on the spot by lifting the knees to the horizontal, step jumps, step salt;

- 5 jumps on one foot, 5 jumps on both legs simultaneously;
- walking and running, outstretched rotating arms, forward and backward simultaneously and alternately, light running, raising an arm and lowering the other, with extension and rotation and lower the lifting arms, light foot, the lateral extension of their arms and crossing over ; of easy running, lifting and lowering arms by side;
- by standing away, rotating head left and right, from standing left, leaning forward and pointing towards the back trunk extension, the standing left, leaning side to raise the opposite arm bending part, to the left and right, from the stand away, twisting torso to the left and right, with carrying arms to side horizontal, the sitting away, bending the twisted trunk and put it twisted to the left and right, of standing, lifting left leg to the horizontal and reaching its peak with right palm and vice versa;
- by whole sitting, leaning forward, straightening and extension on the back, arms overhead, the whole sitting, leaning to the left leg twisted right hand and back, feet apart laterally, the whole sitting, legs apart, bend with carrying palms the ankles;
- by standing away, turning the torso to the left and right, from the stand, crouch, carrying legs back support palms, float, return to squat, vertical jump and landing in standing, from standing, squat, vertical jump, landing, duction feet laterally to the left, the squat, vertical jump, carrying the leg side to the right, landing in the squat - the squat with hands on support, alternative carrying a leg back and forth;
- by dorsal lying, lifting, torso and legs with fingers reaching their peak, return;
- by dorsal lying, vertical lifting and lowering their feet, by dorsal lying, alternative lifting and lowering their feet vertically, by dorsal lying , lateral arms outstretched with palms on the floor carrying twisted left leg to right back and continue with leading the right foot twisted to the left;
- standing, jumping distance in feet laterally and forward-back, simple and with rotations of 180 degrees;
- by facing with the support of lay hands, move forward and back, with legs supported by partner - arm and trunk movements in pairs with partner overcoming resistance, vertical jump, the place, with palms pressed defeat partner supported on shoulders contractor;

Specific warm-up:

- running with different speed, running side, moving side to add steps, moving forward with steps add-back, running with changes in direction, running side to change direction, moving side to add steps to change direction, run, stop, turn , run, run, stop, run sideways, stop, sprint, stop, move sideways, stop, jump;
- jumping on one leg and both feet;
- foot, stop, simulating receiving, diving, setting, sprinting, stopping, jumping kick attack imitation and freeze;
- running, stopping, lateral lunge, diving on each shoulder;
- on set and by moving, passing the ball with two hands up, taking over the top, without and with returns of 90⁰, 180⁰ and 360⁰ to each side;
- on set, maintaining the ball in the air, front and left side right by taking over and lifting with two hands below the waist hit;
- high set forward, jump, attack and hit dodge high;
- short pass overhead, with the return of 180 and 360 ° to the left and the right, receive and pass with two hands from above;
- same drill, with care-taking with two hands down;
- service, sprint, stop, jump to block in area 2, lateral movement to the left and the right, stop and block areas 3,4,3 and 2, sprint to 5, and diving off the left shoulder, lifting and diving the right shoulder;
- same drill, with service from the left side, blocks are in zones 4,3,2,3,2, sprint to 5 and two dives execution;
- self set and shot attack from areas 2, 3 and 4;
- in pairs with one ball - passing and takeovers, at different distances;
 - place and moving;
 - with two hands from above and below;
 - in pairs, 1 to 2 passes and moving to short passes over his head and hit the attack 2 runs over 2;
- in groups of 3 players:

- 1 pass of 2 and 3 run shot in the attack by short pass 2;
- passes to the wall and or net;
- by changing jobs after 1, 3 or 5 shots of appeal executed sequentially;
- n pairs, 1 player with a ball in a part of the net, 2nd player beyond the net: 1 self set simulated attack and stroke, 2 reception, self set, hit attack, succession to all areas of 1st line;
- n pairs, each on one side of the net: 1 throws the ball and run simultaneously with 2, both blocking, each 3 throws, on each of the areas of line I

EXERCISES FOR MOTOR SKILL DEVELOPMENT INTO VOLLEYBALL SPECIFIC DEMANDS

Development of speed in various forms of expression:

- 6x3m, 6x6m - 6x4m, 8x6m - 6x9m, 6x18m;
- executions in the form of competition; - individual executions; - executions on pairs;
- 4x (6x6), step jump - 4x (6x6), step salt;
- 2x6 jumps on each foot - 2x6 jumps on both feet;
- all:
- on immediately near the wall, reaching a point at 35 cm above the point reached by the fingertips of hands stretched overhead 3-5x5 consecutive jumps;
- running jump, with reaching a point at 45 cm above the point marked by hands outstretched fingertips overhead 3-5x5 jumps, jumps 2x10;
 - 4x6 3 m running jump, turn left and the right alternative to landing;
 - 4 x6 running jump 6 m, with the same return and landing procedures;
 - 6x6 jumping over the bench on both feet perpendicular to the bench, landing, turning and jumping;
 - jumping on the bench on the bench high, and on the ground, both feet -10x3 jumping, arms raised above his head;

Andurance developing:

- time lapse: - option 1: 0.30 min, 1.30 min, 1.00 min. 2.00 min.;
 version 2: 2.00 min. 1.00 min. 1.30 min. 0.30 min.;
 30 ";
- used processes: - running and lateral movement - stops, turns, jumps;
 imulating the receiving, set, hit, block;
 iving forward and laterally;

Mixed circuit passing to the wall; running jump; attack hits the wall, the momentum of 6 m; "crunches"; "the square"; push-up passing overhead with two hands from above and below; self sets with two hands down;

Mixed circuit 2: jumping the rope; dorsal by lying, bent knees, lifting the torso; push-ups on a bar or on the ground; of facial bed, arms above his head and feet in a bar, lifting the torso; standing with feet apart, lunge to the left, return and continue to the right; sitting with legs forward and slightly apart, bend and twist to the left to enter the float, return and continue to the right;

Mixed circuit 3: "crunches"; passing the wall lateral displacement of 3 m; "back crunches "; passing the wall lateral displacement of 3 m; block; hitting a suspended ball; lateral lunge and diving; passing overhead by moving with and without 180 ° turn, with two hands from above and below; kick attack throw walls ball; "triangle"; push-ups in various planes;

Technical circuit 1: from the bottom line sprint to the grid; block jumps; lateral movement and running the bottom grid line between Zones 1 and 2 and follow the same execution between areas 4 and 5; service, sprint, jump to block, running side to the 6, header, lifting, kick attack, blocking, self taking the ball to the right and left; from 3 m line, successively in areas 2, 3 and 4 sprint, jump to block, back to line 3 m - 2x3 blocks; from the bottom line, success in areas 1.6 and 5 sprint, stop, diving, referral, sprint to the bottom line - 2x3 digs;

Technical circuit 2: jumping to block, as high, without pause on the ground; run between the 2 marks and achieve each running and lateral movement; jump over the gymnastics bench, jump from the bench, landing, turning, jumping on the bench; moving back and forward between 2 marks; from a landmark impetus of 2 m, jump for attack, return to the benchmark, running diagonally to the right and left; diving sideways to the right and to the left;

Technical circuit 3: service, receive with lunge, blocking, setting, combined drill no4, hit attack; working time and breaks: version 1 to 0.30 min. 0.30 min.; version 2 to 1.00 min. 0.30 min.; Version 3 to 1.30 min.

1.00 min.;

d) Drills for specific coordination development:

- on standing, hitting the ball and maintaining it in air, with the palm, backhand, with the inner edge of the hand - in succession, alternating with each hand;
- from the standing, keeping the ball in air overhead: maintaining the ball in the air with successive hitting it with palm; after 5-10 the alternate hands consecutive shots with the same hand; series of 10-15 shots, alternating hands every touch of the ball;
- tapping the ball with the palm of the same bottom-up: with arms outstretched before; with arms outstretched to the side;
- by whole sitting at 2m away by a wall - high passes with successive lowering of the point of tapping the wall and accelerate the speed of the ball and bird boarding successive tapping point and increase the ball flight trajectory;
- by sitting on the legs with knees slightly apart - passing with two hands in front, oblique, the right-left side, taking the two hands of left-right side;
- keeping the ball in the air by hitting it with two hands down, turn of 180⁰ several in the same direction and an alternative to the right and the left one;
- 1m to a wall, throwing the ball at a fixed point, jumping and lock the ball on the wall;
- by standing, throw the ball over the head, jump and catch balls in the palm of the hand opposite peak simulating the attack hit;
- by sitting set with two hands above his head, receive with two hands from below by sending the ball over his head - rotating set with two hands up and taking over with two hands down;
- 1.5m to the wall, take-off, jump service, sending the ball to 0.50 m landmarks on the wall at 2.50 m high;
- self set near the net, take-off and hit-shot sending the ball into circles or squares of 0.50 m diameter/side

CONTRIBUȚII PRIVIND PREGĂTIREA FIZICĂ SPECIFICĂ LA GRUPELE DE VOLEI FETE - NIVEL SPERANȚE

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Cuvinte cheie: volei, pregătire fizică, raționalizare, standardizare

Rezumat: Lucrarea prezintă mijloace operaționale pentru pregătirea fizică aplicabile grupelor de volei. Raționalizarea și standardizarea s-a realizat pentru nivelul avansați "speranțe" fete. Verificarea în practică a fost efectuată în anul școlar 2008-2009 la grupele de sportive ale CSS nr. 2 București

În volei, pentru nivelul avansați I (speranțe 13-14 ani), obiectivul prioritar vizează: automatizarea aspectelor dominante din componenta tehnico-tactică a acțiunilor de joc și dezvoltarea la un nivel superior a capacității motrice generale și specifice.

Introducere

Pentru efectuarea pregătirii propriu-zise se au în vedere raționalizarea utilizării exercițiilor, standardizarea execuției acestora și algoritmizarea care urmăresc îndeplinirea obiectivelor temelor stabilite prin programarea pregătirii. Raționalizarea exercițiilor se bazează pe parametrii care obiectivează execuția acestora, stabilindu-se astfel valoarea fiecăruia în realizarea obiectivelor temelor din lecțiile de antrenament, pentru ca prin compararea valorilor să se selecționeze exercițiile cu cea mai ridicată eficiență. În felul acesta se stabilește un raport optim între un număr de exerciții, ce tinde spre un minim necesar și asigurarea eficienței, ce tinde spre maximizare în realizarea obiectivelor fiecărei teme din lecțiile de antrenament. Standardizarea presupune stabilirea unor parametri care obiectivează execuția unui exercițiu, avându-se în vedere faptul că, în raport cu obiectivul stabilit pentru o anumită temă, pot fi folosite mai multe exerciții.

Sistemele de acționare prezentate în această lucrare au fost verificate în practică la grupele de volei