

alternarea pazei cu două mâini de sus și a preluării cu două mâini de jos;

- la 5m de perete, elan, serviciu din săritură cu trimiterea mingii către un reper de 0,50mx0,50m pe perete la 2,50m;

- autoridicare la fileu, elan și lovitura de atac cu trimiterea mingii în cercări sau pătrate de 0,50m diametrul sau latura

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## SPECIFIC CONTRIBUTIONS ON PREPARING TO JUNIOR GROUPS OF 17-18 YEARS VOLLEYBALL PLAYERS

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**Key words:** volleyball, juniors, training, efficiency

#### Abstract

This paper presents the content and results of an experimental approach to training and competition by continuously reporting on the effectiveness of competing technical and tactical of individual and collective actions - followed by resizing preparedness plans on the appropriate time. Research was conducted in 2007-2008 at CSS Buzau team. The experimental year was crowned with the title of vice-champion

Preparing specific junior teams I represent a challenge for any coach, especially if it can be capitalized through a demanding goal of obtaining a medal. We approached training by continuously reporting to the "effectiveness in competition", technical-tactical of individual and collective actions - followed by resizing timely preparedness plans if needed. We believe that the level of efficiency is a decisive indicator benchmarking and resize specific training game volleyball at the junior I.

#### Introduction

Subjects fed the experiment were the components of junior team I CSS Buzău (1989-1990 generation). These athletes have passed through all stages of training in the CSS group Buzau from novice to junior I and was prepared by Professor Marian Boldișteanu. Follow-up program objectification and awareness of its effectiveness in competition by athletes has been used experimentally in 2007-2008.. The research was conducted throughout the year competition, using as a starting point the behavior assessment team junior and CSS Buzau at the tournament "Marin Petrescu Memorial" held August 29 to September 2, 2007 in Bistrita. The values of efficiency index following the tournament from Bistrita are (table 0):

	Scervice	Receive	Set	Hit	Block	Dig	Play
Efficiency	0,388	0,588	0,751	0,599	0,262	0,460	0,518
International average	0,468	0,802	0,764	0,686	0,386	0,583	0,626

Table 0. Baseline effectiveness of technical and tactical - Memorial Marin Petrescu

#### Conclusions of the initial assessment:

1. All efficiency values are below the international average;
2. Acquisition of service attack blocking and dig has the largest deviations (negative) from international media efficiency;
3. Future training microcycles must include as objective preparing short-term efficiency of the service from 0.388 to 0.425, the receiving of service from 0.588 to 0.63, blocking of 0.262 to 0.35;
4. These training objectives can be achieved by resizing the preparedness plans

After the tournament in Bistrita, given the effectiveness of technical and tactical levels of individual, we established the following short and medium term objectives:

1. Until October 28, 2007 at the end of the tour - phase I (short-term objective) to increasing the efficiency of 0.388 to 0.400, and the acquisition of service from 0.588 to 0.630;
2. Until December 2, 2007 taking the place I completed the phase I group (medium term objective). Objective digit: increased efficiency from 0.262 to 0.298.

From the initial assessment was preparing parted in 2 periods of preparation and two periods of recovery. The planning has been allocated a larger amount of training in the technical and tactical actions of individual 2, who were deficient, that department and take over the service. The first training period included:

Total training days	56
Effective Preparation	51
Break	5
Working Volume	96
Number of Workouts	48
Official Games	3
Extra volume preparation for B + SR	2h 40min

Table 1. Model training period CSS Buzau junior team to conduct the tour

After deployment Buzau CSS tour evaluation team games was (Table 2):

	Scervice	Receive	Set	Hit	Block	Dig	Play
International average	0,468	0,802	0,764	0,686	0,386	0,583	0,626
Bistrița	0,388	0,588	0,751	0,599	0,262	0,460	0,419
Efficiency	0,410	0,637	0,700	0,739	0,286	0,486	0,543

Table 2 Values of effective technical and tactical actions undertaken by the tour championship games

#### Conclusions after the first period of preparation and conduct of the tour:

1. Short term objective was achieved;
  2. Technical and tactical effectiveness of individual actions has increased, which have been granted a further work in training;
  3. In the next period of training will be given a greater workload to the technical-tactical actions individual.
- In the next phase of training should be made the medium term objective that is taking the place I group.

From 30 oct 2007-2 dec 2007 training period was divided into a training period and a recovery. Resize preparedness plans I did it by allocating an additional volume of training, the freeze - as with the service and takeover of service;

Total training days	35
Effective Preparation	32
Break	3
Working Volume	60
Number of Workouts	30
Freiendly Games	
Official Games	3
Extra volume preparation for B	100 min

Table 3. Model period of the junior team preparing for the return CSS Buzau

After deployment return the evaluation results were as follows (table 4.):

	Scervice	Receive	Set	Hit	Block	Dig	Play
Bistrița	0,388	0,588	0,751	0,599	0,262	0,460	0,419
Efficiency	0,425	0,745	0,648	0,639	0,295	0,487	0,539
International average	0,468	0,802	0,764	0,686	0,386	0,583	0,626
Appreciation	Progres	Progres	Regres	Progres	Progres	Progres	Progres

Table 4. Actions technical-tactical values after games of phase I

**Conclusions after 1<sup>st</sup> phase on the championship:**

1. Medium-term objective was achieved; the team takes place in Buzau CSS group and qualifies to the semifinal tournament;
2. Increased service efficiency;
3. Assumption of increased service efficiency;
4. The effectiveness of the block grew
5. Resize preparedness plans should be allocated an additional volume of technical and tactical work actions less effective.
6. After carrying out the assessment tour, digital values were validated training plans.

*Performance objective established was to obtain a medal at the tournament.â*

Following preparation must be considered highly relevant knowledge that effectiveness of technical and tactical progress individual can not be so obvious. We say this because the teams that we meet have a different value, are better prepared having the composition of their national players in teams.

Total training days	119
Effective Preparation	112
Break	5
Working Volume	224 ore
Number of Workouts	119
Freiendly Games	4
Official Games	5
Extra volume preparation for play structures (S1+S2)	7 ore

Table 5. Model during training tournament semifinal

Considering these aspects we decided to continue preparations to give an additional volume of work and acquisition of office only service throughout S1 preparation of technical-tactical action game that collective and S2 deadlock in the context of the game, following the period of preparation for tournament focused on the S3 training game. Macrociclu new content preparation (table 5.): Between 7 and 11 aprilie 2008 tournament semifinal was held in Bucharest participating 6 teams. After deployment team game won second place Buzau CSS qualifying to the tournament, so the goal was achieved. The values of efficiency measures of individual and collective technical and tactical present them in Table 6.

	Scervice	Receive	Set	Hit	Block	Dig	Play
Bistrița	0,388	0,588	0,751	0,599	0,262	0,460	0,419
Efficiency	0,425	0,745	0,648	0,639	0,295	0,487	0,539
Efficiency final tournament	0,427	0,760	0,690	0,656	0,301	0,490	0,554
International average	0,468	0,802	0,764	0,686	0,386	0,583	0,626
Appreciation	Progres	Progres	Regres	Progres	Progres	Progres	Progres

Table 6. Individual tactical and technical efficiency measures obtained from Buzau CSS team in the tournament semifinal

The 7-11 may 2008 final tournament was held in Dej wit the best teams: LAPI Dej, CSS Buzău, Liceul 12 București, CSS Toplița, LPS Piatra-Neamț și CSS Constanța

**Our team took second place obtaining silver medal.**

We believe that this way of training - a scientific management training times reported to the effectiveness of competition - made it possible to obtain good results.

CSS BUZAU																		
Boldisteanu Marian		MACROCICLU DE PREGATIRE 1																
18 aug.-21 dec 2008																		
<b>II. Obiective:</b>																		
-de performanta		Pe termen scurt: ocupare loc I dupa faza I 2. Pe termen lung. Calificare turneu final																
- de instruire		Crestere eficienta S de la 0,388 la 0,400; Crestere eficienta Pe de la 0,588 la 0,630																
<b>Luni</b>	<b>August</b>		<b>Septembrie</b>				<b>Octombrie</b>				<b>Noiembrie</b>				<b>Decembrie</b>			
<b>Saptamani</b>	20-26	27-2	3-9	10-16	17-23	24-30	1-7	8-14	15-21	22-28	29-4	5-11	12-18	19-25	26-2	3-9	10-16	17-23
<b>II. Calendar</b>																		
intern		T			E1		E2		E3		E4		E5		E6			
international																		
Loc desfasur		Bist			Bz		GI		Bz		Bv		Bz		Plo			
<b>III. Periodizare</b>																		
perioade	PREGATITOARE					COMPETITIONALA										Tranzitie		
mezocicluri	DE DEZVOLTARE 4+1					Valorificare I tur					VALORIFICARE II RETUR					TRANZITIE		
Nr microciclu	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Denumire	Angrenar	Dezvoltar	Mentiner	Soc	Slefuire	Valorificare	alorifica	alorifica	alorifica	alorifica	alorifica	alorifica	alorifica	alorifica	alorifica	Tranzitie	Tranzitie	Tranzitie
<b>V. Forme pregatire</b>																		
la club	■		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
centralizata	■	■																
turnee																		
<b>V. Control medical</b>																		
	0 aug																	

Macrocicle preparation No.1 - Specimen

Denumire microciclu	valorificare		Microciclu de antrenament nr. 7							Perioada 1-7 oct 2008																											
Forma de preg.	la club		Luni	Marti	Miercuri	Joi	Vineri	Simbata	Duminica	Loc desfasurare Buzau																											
Comp. Modelului	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	Vol	%	Vol	%																
<b>Pref org. Pt. Efort</b>	40				40					40				40				270																			
<b>I. Preg. Fizica</b>	0	40	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	40	7.8	0	0																
F. maxima																		0	0	0	0																
Pondere		40																40	7.8	0	0																
<b>II. Preg. tk-ta. In</b>	0	0	0	0	30	0	0	0	60	0	0	0	0	0	0	0	0	150	23	0	0																
Service+prod serv.									20									50	5.8	0	0																
Atac									40									40	7.8	0	0																
p. atac					30													30	5.3	0	0																
Blocaj										30								30	5.3	0	0																
<b>III. Preg. tk-ta cc</b>	0	0	20	0	0	0	0	0	40	0	0	0	0	0	0	0	0	160	31	0	0																
Structura I																		0	0	0	0																
atac faza I									40									40	7.8	0	0																
Structura II																		0	0	0	0																
aparare L1					25													25	4.3	0	0																
aparare L2					25													25	4.3	0	0																
Structura III																		0	0	0	0																
joc cu efectiv rod.		20																70	14	0	0																
<b>IV. Joc verifictema</b>										80								80	16	0	0																
<b>Joc oficial</b>																		80	16	0	0																
<b>A. M</b>																		Perf S = Ps																			
																		Joc etapa II CSS	780																		
																		Galati - CSS Buzau	510			0															
Volum antrenament	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	120																		
Indice antr./intens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.03	40%	0.36	30%																
Indice antr./intens	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00																
<b>P. M</b>	Dezvoltare F max Joc cu efectiv redus 2x2 3x3		Perf primire stoc. Perf S2 de joc cu actiune dom pe aparare L1-L2		Perf lov de stoc Perf S1 de joc cu actiune dom pe constr stoc cu R1- 4-6. <b>Perf. S=Ps</b>		Joc cu tema / joc cu mingi aruncate		Perf. Blocaj Perf. S3 cu actiune dom pe trecerea din stoc in aparare								Nr zile microciclu		L1 intensitati 65 25%		M. ind antr. pl 0.26																
																			M. ind antr. eqt 0:00		Nr. pagini																
Volum antrenament	100	0	120	0	140	0	120	0	120	0	0	0	0	0	0	0	0																				
Indice antr./intens	0.14	40%	0.25	75%	0.36	75%	0.36	30%	0.25	75%	0		0									0.49															
Indice antr./intens	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00																				
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Arab	40%																																				
Anarab /lect	75%																																				
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Preparation microcycle with additional volume to improve service and the receive of service (in red) - Specimen