# STUDY ON EFFICIENCY OF ACTIONS A SERVICE AND RECEPTION SERVICE, YOUTH LEVEL IN THE GAME OF VOLLEYBALL

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**Abstract:** By means that we belong, volleyball claims to use their own methods. In this regard, the directions of scientific research is moving towards detailed knowledge and the development of models and micro-models drawn from the work itself.
The chosen theme is, we believe, of the utmost importance because of the work of coaches who prepare teams of cadets, performance varies later. Making a technical preparations in order to achieve higher sports results, occur over time and the clubs divisional A1.
It started the development of science-based operational models that contain standardized means of preparation will lead to a more efficient process at each level of education.
Finally this research attempts to evaluate whether those specific drive systems used in the training of volleyball players were youth, had been successful in shaping the pattern of play and training.
In modernizing education and training to improve the capacity at every level, develop operational models.
**Key words**: efficiency, skills, service, reception from service, volleyball

## Introduction

The variety of techniques, whose materialization is manifested in the plethora of tactical execution of actions has great theoretical and practical learning opportunities and broadening the knowledge base and stimulating the creative initiative, both for players and coaches. As such, it becomes necessary theoretical process or training.
The multitude and variety with successive phases of the game, alternating rapidly situations attack the defense, the opportunities they give players to display their imagination and their ability inventive, attacking in strength or stability of passes executed with great finesse pressure emulation, all offering both players, but especially the audience, moments of great spectacle [1].
The game of volleyball plays an important role in the development of combined speed qualities - strength, particularly the large number of jumps, requests the data from the tare weight of each player, in terms of speed gear [2]
The training of cadets has a number of features mainly due to peculiarities they present different periods of their development [3].
The chosen theme is, we think have, of utmost importance because of the work of coaches who prepare teams of cadets, performance varies later. Making a technical preparations in order to achieve higher sports results occur in the divisional clubs A1.

## Research hypotheses

The main purpose of this paper is to highlight the main aspects of the training content and resources to serve the newly specialists as documentary material.
In order to solve these problems we proposed, need to verify the training into practice patterns, with the task:
- Selection and systematization means;
- Quantification of scientific knowledge on the collective capacity;
- Systematization of operations;
- Directions optimization training;
- Verification objectives.

We started from the hypothesis that: the development of science-based operational models that contain standardized means of preparation will lead to a more efficient process at each level of education.

## Research tasks

We work in developing methodological several stages, as follows:
- setting goals which arose from the concrete problems that they achieve initial work;
- documentation done by attending specialized bibliography, through discussions with various specialists and methodical selection of findings of its own experience;
- shaping the content elements of the work and methodology development;
- material analysis, interpretation and conclusions detachment;
- structuring content and drafting work.

The object of this research it was preformed group (youth) Sports Club Dinamo Bucharest, which is a homogeneous group, selected well.
Working conditions are good, we mean that is a proper gym, and the base material is acceptable.
During my training researched models presented in this paper is dated 08/01/2015 and until 07/01/2016.

Performance objective for the year we carried out the research were as follows:
- for the team - participating in the final of C.N. the Romanian Federation of Volleyball, occupying a podium place;
- proposal of one or two players to the national team of youth.

**Result**

Sports included in the study sample were as follows:

**Table 1 – Components of the studied sample**

| Nr. crt. | Nume and surname | Age | Waist | Wingspan | Weight | Position |
|---|---|---|---|---|---|---|
| **1** | *H.E.* | 16 | 174 | 176 | 62 | *Setter* |
| **2** | *T.R.* | 15 | 170 | 171 | 55 | *Setter* |
| **3** | *V.R.* | 15 | 170 | 172 | 54 | *Setter* |
| **4** | *T.E.* | 14 | 165 | 166 | 46 | *Setter* |
| **5** | *P.L.* | 16 | 183 | 182 | 65 | *Middle Blocker* |
| **6** | *T.R.* | 16 | 182 | 184 | 60 | *Middle Blocker* |
| **7** | *L.M.* | 16 | 179 | 183 | 56 | *Middle Blocker* |
| **8** | *C.D.* | 15 | 177 | 178 | 60 | *Middle Blocker* |
| **9** | *M.A.* | 16 | 176 | 175 | 57 | *Outside spiker* |
| **10** | *R.I.* | 16 | 176 | 175 | 58 | *Outside spiker* |
| **11** | *D.O.* | 16 | 175 | 180 | 51 | *Outside spiker* |
| **12** | *B.M.* | 15 | 175 | 179 | 63 | *Outside spiker* |
| **13** | *B.D.* | 15 | 170 | 171 | 55 | *Outside spiker* |
| **14** | *V.F.* | 15 | 170 | 172 | 57 | *Outside spiker* |
| **15** | *S.R.* | 16 | 165 | 164 | 50 | *Libero* |
| **16** | *T.A.* | 15 | 160 | 160 | 51 | *Libero* |

To determine the physical training of the group, they were used samples Romanian Federation of Volleyball evaluating the potential motor and to assess the technical level were used following control samples:

1. executions service - measure service efficiency;
2. executions reception from service area 1 - measuring the effectiveness of the reception from service zone 1;

executions reception from service area 5 - measuring the effectiveness of the reception from service zone 5.

**Table 2 – Technical control samples at the beginning of the preparatory period**

| Nr. Crt. | Name and surname | Control samples | | |
|---|---|---|---|---|
| | | **1** | **2** | **3** |
| **1** | **H.E.** | 4 | 3 | 4 |
| **2** | **T.R.** | 4 | 4 | 3 |
| **3** | **V.R.** | 3 | 3 | 3 |
| **4** | **T.E.** | 4 | 4 | 4 |
| **5** | **P.L.** | 3 | 3 | 3 |
| **6** | **T.R.** | 4 | 4 | 3 |
| **7** | **L.M.** | 5 | 5 | 4 |
| **8** | **C.D.** | 5 | 5 | 5 |
| **9** | **M.A.** | 3 | 3 | 4 |

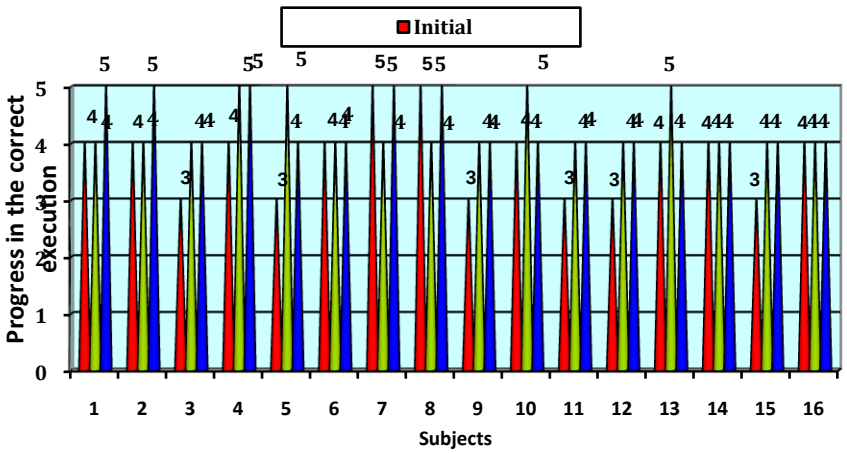
| | | | | |
|---|---|---|---|---|
| **10** | **R.L.** | 4 | 3 | 5 |
| **11** | **D.O.** | 3 | 3 | 3 |
| **12** | **B.M.** | 4 | 4 | 4 |
| **13** | **B.D.** | 3 | 3 | 4 |
| **14** | **V.F.** | 4 | 3 | 5 |
| **15** | **S.R.** | 4 | 4 | 3 |
| **16** | **T.A.** | 3 | 2 | 3 |

**Table 3 – Technical control samples after of the preparatory period**

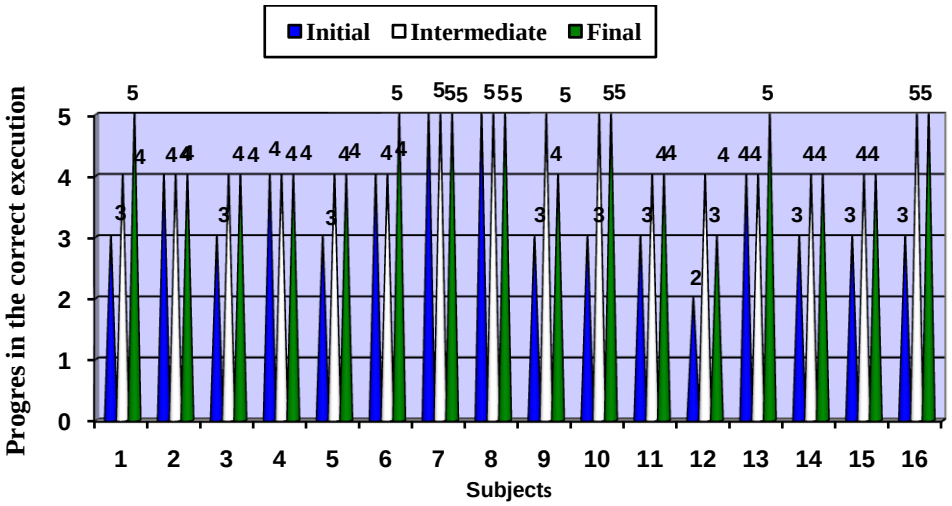
| Nr. Crt. | Name and surname | Control samples | | |
|---|---|---|---|---|
| | | 1 | 2 | 3 |
| **1** | **H.E.** | 5 | 5 | 4 |
| **2** | **T.R.** | 5 | 4 | 4 |
| **3** | **V.R.** | 4 | 4 | 4 |
| **4** | **T.E.** | 5 | 4 | 5 |
| **5** | **P.L.** | 4 | 4 | 4 |
| **6** | **T.R.** | 4 | 5 | 5 |
| **7** | **L.M.** | 5 | 5 | 5 |
| **8** | **C.D.** | 5 | 5 | 5 |
| **9** | **M.A.** | 4 | 4 | 4 |
| **10** | **R.L.** | 4 | 5 | 4 |
| **11** | **D.O.** | 4 | 4 | 4 |
| **12** | **B.M.** | 5 | 4 | 5 |
| **13** | **B.D.** | 4 | 4 | 4 |
| **14** | **V.F.** | 4 | 5 | 4 |
| **15** | **S.R.** | 4 | 5 | 5 |
| **16** | **T.A.** | 4 | 3 | 4 |

In the interpretation of data (graphic 1) shows that, the arithmetic mean is 3.83 initial effective execution and final arithmetic mean is 4.42 efficient executions; progress is visible 0.59 efficient executions. Due to age close sportsmen and quality training level we find a high homogeneity.
Following the evolution of each player can define the extremes:

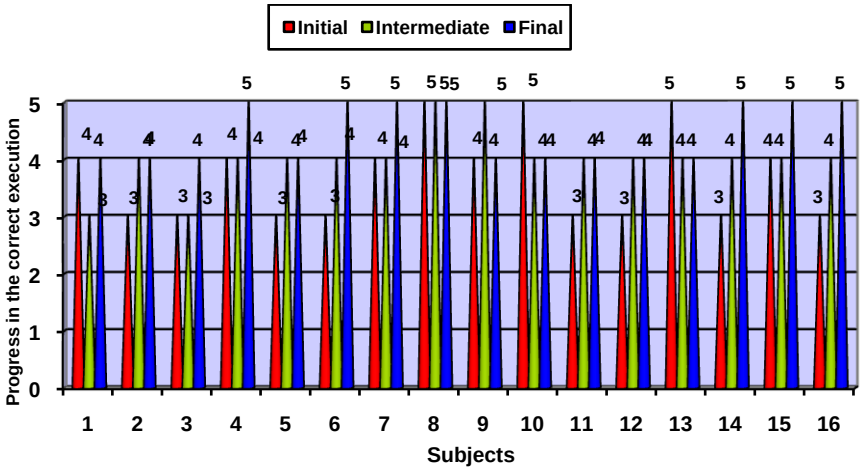
- the players 7 and 8 had a constant evolution, recording and initial sample and the final sample maximum effective executions;
- the players 1, 2 and 4 initial testing have been four executions efficient, and the final testing showed five effective executions;
- rest of the players were registered for final testing effective April executions, some with progress of execution.



Graphic 1 – Evaluating the efficiency of service




Grafic 2 – Evaluating the efficiency of reception from Z1




Grafic 3 – Evaluating the efficiency of reception from Z5

**Discusions**

In the interpretation of data from the reception of services in one area, it appears that the arithmetic mean is 3.50 initial effective execution and final arithmetic mean is 4.33 efficient executions; progress is visible 0,83 efficient executions. Due to age close sportsmen and quality training level we find a high homogeneity (graphic 2).

Following the evolution of each player can define the extremes:

- The players 7 and 8 had a constant evolution, recording and initial sample and the final sample maximum effective executions;
- The players were 3 initial testing efficient executions and the final testing five executions have been effective, with the greatest progress;
- player with the low number of effective execution is sporty 12 that initial testing recorded two executions correct and accurate testing Final 3 executions.

Following interpretation of the data shows that, the arithmetic mean is 3.67 initial

effective execution and final arithmetic mean is 4.33 efficient executions; progress is visible 0.66 efficient executions. Due to age close sportsmen and quality training level we find a high homogeneity (grahic 3).

Following the evolution of each player can define the extremes:

- The player 8 had a constant evolution, recording and initial sample and the final sample maximum effective executions;
- he players 4 and 6 initial testing showed executions effective April 3 respectively, and the final testing showed five effective executions;
- player was number 10 had a surprising setback, dropping it from 5 to 4 effective executions.

Service efficiency, action taken as attack is then converted into action by specific tactical attack [4].

It is obvious specialization to take over the service, which is usually performed in the device, with the two players to the service plan and the service of three players jump teams having their structure, 4.3 and even 2 players in reception [5].

Reception gets trajectories medium-high, bouncing ball on lifting, supporting and direct attack, raising the jump, masking intention of lifting and dodge the idea of speeding up construction of attack, the fragment game lifting attack and creating optimal conditions for shooter.

**Conclusions**

After processing and interpreting data we can conclude the following:

At the beginning of each year the competition, each team will set its own game model in accordance with

individual possibilities and future athletes in that group;

Evidence Control finds that: averages are significant differences due to age and level close to the optimal development of motor skills, group having a high homogeneity;

On preparing specific averages are significant differences due to the evolution of each player. Initial testing only 6 players have achieved scale participation in the championship, and the intermediate testing progress has been very good, the whole team getting points for participation in the competition;

Optimization model of training is achieved by means of selection and systematization of training;

The modernization of education and training to improve the capacity at every level, develop operational models;

To facilitate the improvement of techniques and tactical game play patterns to be used;

After applying the model to fulfill the objective of the team ranking second in National Championship.

**Acknowledgement**

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