THE PROFILE OF THE OUTSIDE HITTER IN MALE VOLLEYBALL

Cojocaru Adin-Marian, Cojocaru Marilena
Spiru Haret University, Bucharest, Faculty of Physical Education and Sport
adincojocaru@yahoo.com

Abstract: The developmental trends of the current game determine all those involved in the performance activity to look for and to find new ways of playing the game in order to play as efficient and spectacular as possible. In the performance and high-performance game, the players who are playing on this position are those who participate in all game stages, and depending on their performance, they can influence the winning or the loss chances of the game.
The aim of the thesis is to analyse the parameters of the best players on this position in the world in order to create a national-level model.
The hypothesis of the thesis is that the achievement of certain higher parameters of the players on this position may negatively or positively influence the winning of sets or games.
The research methods were the bibliographic study, statistical-mathematical method, and the graphic representation method.
All the qualities and skills of the athlete are in complex relationships both with each other and between these and the game effectiveness. They change differently in the sports training process and they guide us in the fair appreciation of these (the skills) in the selection process.
In conclusion, the average profile of the best players on this position has achieved real values, which can be considered worthwhile landmarks in the selection of players for the position of outside hitter, and which have made a significant contribution to winning the games.
Key words: *hitter, volleyball, model, game*

Introduction

The evolution of a sports game involves the pursuit and study by the teachers and coaches engaged in a methodical activity of new specialized materials, novelties game materials, as well as their application in preparing the teams, according to the specificity of the game [1].
Due to its development over the years and the changes that occurred during its practice in various forms (recreation, then performance) by a large number of practitioners of various ages (amateurs, performers), the volleyball rose to a higher level which gives it a special, spectacular character and activity [2]. From this point of view, it is necessary that the novelties and development trends to prevail in the training of the players from the representative and divisional teams.
Volleyball requires a long period of accumulation of all its components, and it is necessary that the training process takes place after a rigorous quantification, with an appropriate methodology and workload [3].
The tendency of selecting the tall and very tall players, players with skills, speed, force-speed, personality must be the basis for building the representative teams, as well as the training groups [4]. The training must have as a training and performance objective the training and promotion of complete players (both in line I and in line II), multilaterally trained, with an accent on the specific aspect (in individual and collective actions in the game model) and physical appearance of the player.

Material and methods

The hypothesis of the thesis - The achievement of higher parameters of the players on this position may negatively or positively influence the winning chances of sets or games, and can become models for the Romanian players.

The tasks of the thesis were the following:

- selecting a bibliography on the chosen topic;
- establishing the purpose and hypothesis of the thesis;
- choosing the methods of developing the study;
- establishing the study sample;
- recording the results;
- analysing and interpreting the results;
- their iconographic representation;
- formulating conclusions and proposals;
- editing the thesis;
- supporting the thesis.

The research methods were

- bibliographic study,
- statistic-mathematical method,
- graphic representation method

Results and discussions

We present a table for each of the players tracked (outside hitters) who are part of the first four teams ranked in the 2016 Olympics Games

Name	Country	Age	Height	Weight	Spike	Blocking
Wallace de Souza	**Brazil**	25 years	189 cm	87 kg	344 cm	318 cm
Gillberto Godoy Filho		36 years	192 cm	85 kg	325 cm	312 cm
Murilo Endres		32 years	192 cm	76 kg	343 cm	319 cm
Theago Soares Alves		26 years	194 cm	88 kg	330 cm	308 cm
Dante Amaral		32 years	201 cm	86 kg	340 cm	327 cm
Arithmetic mean		**30.2 years**	**193.6 cm**	**84.4 kg**	**336.4 cm**	**316.8 cm**
Amplitude		**11**	**12**	**12**	**19**	**19**
Nikolay Penchev	**Bulgaria**	21 years	196 cm	87 kg	341 cm	335 cm
Vladimir Nikolov		35 years	200 cm	95 kg	345 cm	325 cm
Arithmetic mean		**28 years**	**198 cm**	**91 kg**	**343 cm**	**330 cm**
Amplitude		**14**	**4**	**8**	**4**	**10**
Simone Parodi	**Italia**	27 years	196 cm	82 kg	350 cm	335 cm
Ivan Zaytsev		24 years	202 cm	92 kg	355 cm	348 cm
Cristian Savyears		31 years	195 cm	95 kg	354 cm	335 cm
Samuele Papi		40 years	190 cm	84 kg	345 cm	310 cm
Arithmetic mean		**30.5 years**	**195.75 cm**	**88.25 kg**	**351 cm**	**332 cm**
Amplitude		**16**	**12**	**13**	**10**	**38**
Yury Berezhko	**Russia**	29 years	196 cm	93 kg	346 cm	338 cm
Sergey Tetyukhin		37 years	197 cm	89 kg	345 cm	339 cm
Arithmetic mean		**33 years**	**196.5 cm**	**91 kg**	**345.5 cm**	**338.5 cm**
Amplitude		**8**	**1**	**4**	**1**	**1**

Table 1 Outside hitter players of the first 4 teams of the 2016 Olympic Games

Country	Age (years)	Height (cm)	Weight (kg)	Spike (cm)	Blocking (cm)
Brazil	30.2	193.6	84.4	336.4	316.8
Bulgaria	28	198	91	343	330
Italia	30.5	195.75	88.25	351	332
Russia	33	196.5	91	345.5	338.5
Arithmetic mean	**30.42**	**195.96**	**88.66**	**343.97**	**329.32**

Table 2 Mean values of the targeted parameters

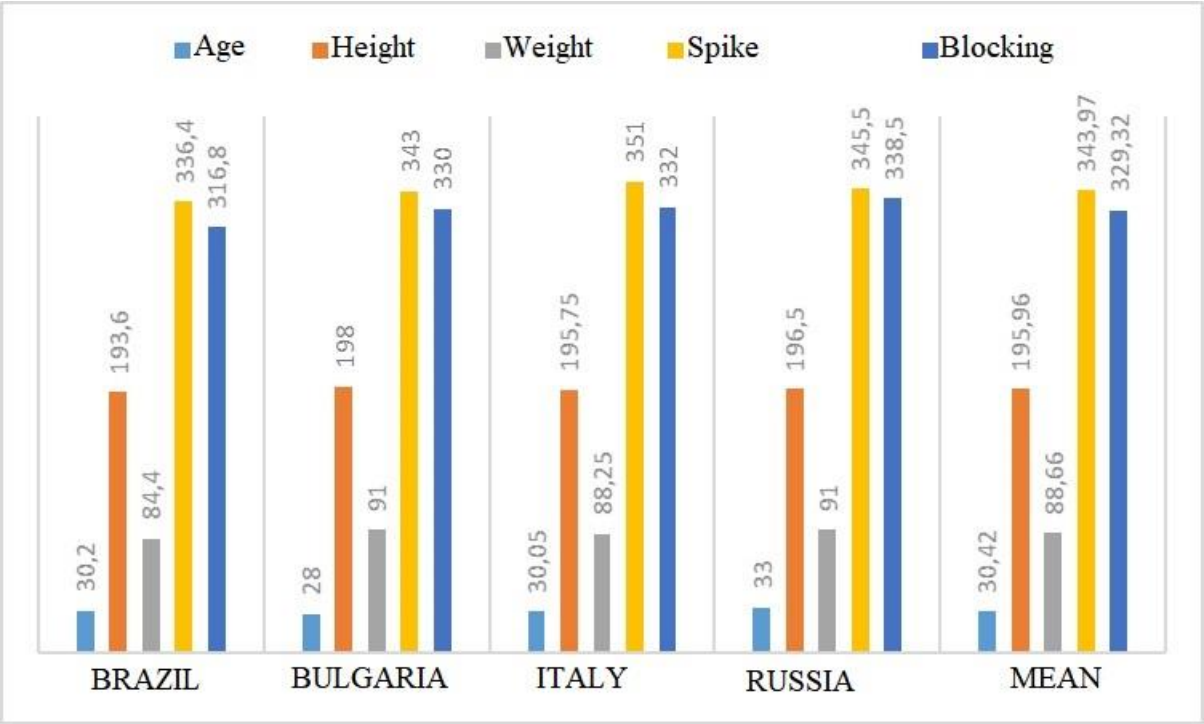

Figure 1 Parameters of top players of 2016 Olympic Games

The average age of the first 4 ranked teams is 30.42 years. We highlight the highest average age for the Russian team - 33 years, and the lowest for the Bulgarian team - 28 years.

The average height of the four ranked teams is 195.96. We highlight the highest height average for the Bulgarian team - 198 cm, and the lowest for the Brazilian team - 193.6 cm.

The average weight of the top four ranked teams is 88.66 kg. We highlight the highest average weight for the Bulgarian and Russian teams - 91 kg, and the lowest for the Brazilian team - 84.4 kg.

The spike average of the first four ranked teams is 343.97 cm. We highlight the highest spike average for the Italian team - 351 cm, and the lowest for the Brazilian team - 336.4 cm

The average volleyball blocking of the first four ranked teams is of 329.32 cm. We highlight the highest volleyball blocking average for the Russian team - 338.5 cm, and the lowest for the Brazilian team - 316.8 cm.

This suggests the fact that the secondary players are players with very good training on serve receive. In the past years can be observed changes regarding the defence and serve receive. There are many teams in which only two or maximum three players receive the serve [5]. The number of players participating in the serve receive is already considerably decreased so that as

many players as possible can be placed in very good attack positions.
In terms of attack, the secondary hitter is usually the setter who can solve any crisis situation. Of course, this situation is ideal and many training hours are needed to succeed [6].
It is possible to outline a model with extended attributes to which, together with the supplementation of the height values and of the spike and blocking efficiency, it is required a special contribution to defence. It is noted that the training method of the very tall players is quite well defined in many volleyball schools as long as players of over 2 m, with high-level skills, manage to easily spike in different rapid phases, while running and performing intense physical effort, to acrobatically and precisely take the contact on defence and on serve receive, disqualifying the rooted opinion that very tall people are deprived of coordination and skill. Even though we are talking about the hitter model, there are many opinions, some of which give priority to athletic stature and motoring qualities, others to technical-tactical level or teamwork, it is obvious that the future belongs to hitters that are very good at "teamwork game", with high efficiency, both in line I and line II actions. Players will have to miss as little as possible.

Conclusions

The average profile of the first four ranked teams is 30.42 years, a height of 195.96 cm, a weight of 88.66 kg, 343.97 cm for spike, and 329.32 cm for blocking.
These values are landmarks worth to be considered when selecting the players for the outside hitter position (outside hitter).
The values of the somatic and physical parameters must constitute landmarks for selecting the players for different positions.
The technical improvement and the efficiency of the main game actions for each position must constitute the main concern of the coaches since the junior level.
The hitter model is associated mainly with the safety of execution under high psychological and motoring function demands, situation anticipation and operative thinking, concentration and distributive attention, movement coordination and speed of the moving object.

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