

STUDY CONSIDERING THE LEARNING OF BASIC INDIVIDUAL ACTIONS AND COLLECTIVE ACTIONS IN VOLLEY-BALL IN A TEAM OF BEGINNERS

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ABSTRACT. The selection of this study is based on the actual condition nationwide regarding a creation of more efficient learning methodology in volleyball game. Volleyball game known today a new development, due to the vast popularity and spread enjoyed by all ages. Spectacular game, dynamism is given by a variety of processes and technical and tactical actions of attack and defence, acting on the development of human personality, helping to cultivate educational factors aimed at developing collective spirit, imagination and perseverance (Șanta, C: 2016).

Keywords: *playing, volley-ball, initiation, individual actions.*

REZUMAT. *Studiu privind învățarea acțiunilor individuale de bază a acțiunilor colective în jocul de volei la o grupă de începători.* Lucrarea are ca obiectiv găsirea unor mijloace eficiente pentru învățarea acțiunilor de bază din jocul de volei. Jocul de volei cunoaște în zilele noastre o nouă evoluție, determinată de mare popularitate și răspândire de care se bucură la toate categoriile de vârstă. Spectaculozitatea jocului, dinamismul este dat de o mare varietate de procedee și acțiuni tehnico-tactice de atac și apărare, acționând asupra dezvoltării personalității umane, contribuind la cultivarea unor factori educaționali ce vizează dezvoltarea spiritului colectiv, a imaginației și perseverenței (Șanta, C: 2016).

Cuvinte cheie: *joc, volei, inițiere, acțiuni individuale*

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Introduction

The spreading of volley-ball all over the world gathered with the increasing number of participants gives a special place among other sports. The players' evolution and performance exists only where knowledge and performance are going hand in hand and step by step in the learning process to achieve high scores.

The key aspects in volley-ball are the real main target in winning sets and eventually the match.

Adrian Dragnea's "Training – Theory and Methods" (1996) shows that an efficient work is based on a model of efficient action plan explained comprehensively.

Standards and Assumptions

This study is based upon the principle of the learning process of correctitude, rapidity of individual and collective actions to favourize in a positive way the capacity and performance of future volley-ball players.

We consider that this study may have at least two standards of getting started the scientifically procedure.

- The modality of learning the individual and collective technical -tactical actions at this age pointing the correct assimilation of the body moving
- Standardizing and rationalizing of these means at this age might be a favourizing factor for capacity and performance.

This study was made between two teams of beginners at C.S.S TOPLIŢA. At the first team I used the classic ways of instruction. At the second team I used a standardized method to correspond to a modern coaching.

To analyse my efficient work I can gather the following points:

- The correct timing in the process of learning the technical-tactics of individual and collective movements.
- The correctitude of these regarding the efficiency.
- The efficiency of individual and collective technical - tactical actions.

Instruments used at the Experimental Team

The instruments were rationalized and standardized for each technical - tactical action (serving, lifting, charge) for a team spirit game (Şanta, 2014).

- *THE SERVICE*
 Ex.1: Serving with extended arm.
 Ex.2: Hit the wall-ball (4-5 metres).
 Ex.3: Serve from under over the ned from different range.
 Ex.4: Serving from under at a precise target on the playground.
 Ex.5: Serving from under on fixed points.
- *FRONT PASS WITH TWO HANDS*
 Ex.1: Ball lifting visible through triangle fingers.
 Ex.2: Fast steps with strait arms (3-4 metres).
 Ex.3: Serves and passes over the ned (3-4 metres).
 Ex.4: Upper serving to a precise target.
 Ex.5: Triangular steps for passing the ball above the ned.
- *RECEIVING WITH TWO HANDS*
 Ex.1: Receiving the ball in an inappropriate condition (surprise).
 Ex.2: Receiving the ball on sitting position and drive it to a third mat.
 Ex.3: Two hands passes from under the ned.
 Ex.4: The closest service over the nearest play and two hand receiving.
 Ex.5: Service receives and charge.
- *THE ATTACK*
 Ex.1: The players under the ned standing on a support are receiving the serves given by the coach.
 Ex.2: Teaching and learning the bended-body-jump attack.
 Ex.3: Impetus, strike, ball strike, served by the coach.
 Ex.4: Charging strike offered by the coach.
 Ex.5: Lifted charge offered by a team mate.

Results

The comparison shows that every kid wants all and right now so the methods' of technical-tactical actions are important. They just want to play together. If we can't achieve this goal we'll lose young talents on the way. Assessment was made by the method of observation in time unit (table 1).

Table 1. Evaluate the necessary training time

TECHNIQUES - TACTICS	FIRST GROUP	SECOND GROUP
SERVICE	10 h	8 h
PASS (SET)	12h	10 h
RECEIVING	14 h	14 h
ATTACK	18 h	14 h

For a correct measure we used a structural level of 1 to 5 playing a simple match (table 2).

Table 2. Evaluation notes

TECHNIQUES - TACTICS	TRAINING	STUDY
SERVICE	4	4,5
PASS(SET)	3,5	4
RECEIVING	3,5	4
ATTACK	4	5

Conclusions

Over the facts we can come to a conclusion:

- All technical –tactic individual meanings were for a good result.
- Rationalising the methodology is the best for future performance.
- The movement lessons I used are concordance with the childrens' age concerning the preconized fast learning of actions.
- The surroundings are a benefit for childrens' volley-ball process and learning.
- The global instruction shows a delicate balance: to show the best of them children want to achieve all rapidly forgetting basics and here is the main role of the coach.

Scientifically we have drawn some conclusions to increase the performance of future volley-ball players:

- The methods used by us led to a better performance.
- The careful choosing of methods led us to an appropriate learning of technical- tactical procedures in short time.
- These steps in playing volley-ball led us to high results. The main points scientifically explained were pupils in a range of 10 – 12 years old training.

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