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FACULTY OF PHYSICAL CULTURE AND SPORTS

SUBJECT: VOLLEYBALL

POST DIPLOMATIC-MASTER STUDIES

THEME

**THE IMPORTANCE OF JUMPING IN VOLLEYBALL AND ITS
COMPARISON BETWEEN THE TWO CUP FINALISTS OF KOSOVO
2014 - WOMEN**

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INTRODUCTION

We can say that volleyball is a complex sport which consists of simple and compound complex movements, and that these movements are executed by the team members in terms of cooperation and opposition the rival team during the game. Volleyball is in the group of sports games with high and permanent intensity that are characterized by numerous short periods with high motion intensity, divided by short periods of break during which the volleyball players relax. As in other sports games or sports teams, in volleyball the success depends on many complex and interconnected factors.

With the change of the official rules of volleyball at the 28th FIVB Congress, the roles of volleyball players have been changed. New roles in attack and defense have conditioned the need for more intensive study of volleyball players' skills, especially the ability of the explosive force of leg muscles that in volleyball terminology, it refers to the vertical jump.

Volleyball as a collective sport team represents a very important area or subject where the volleyball player specifically can express and show their specific motion creativity. It is believed that one of the main motives which make people do sports is the goal or claim for learning, renewal and improvement of motion skills, then better organization of the training process so it can be understood as a goal of preservation and promotion of health.

Based on sport in general and the volleyball game in this context presents a human complex activity, where its definition can be formulated if it's verified and based on some essential characteristics of this phenomenon: **a)** Volleyball as a sport is a complex sportive discipline and one of the most common and most important sports discipline. **b)** Because of the special characteristics of growth and development of young volleyball players, we should carefully train about the explosive strength of the legs. The volleyball game can be played in give parts, which means it can last about 90 minutes, during which volleyball players do 250-300 actions in which the explosive strength of legs muscles dominate. From the total number, jumps constitute 50-60% of actions, quick moves and the change of direction in space with about 30% of actions and 15% descents of actions.

The average height of the body of modern volleyball players is higher than in the early period and varies between 195 and 200 cm. The average height of the setter and attackers is 345-355 cm, while the blockers average height is 320-335 cm (Grgantov, 2003). In actions of attacking and blocking the explosive strength dominates which is referred as vertical jump in volleyball and from this often depends on gaining points.

Based on the model of characteristics, volleyball players besides the anthropometric characteristics have jumping skills from place and movement, also the fast switching in space in a small distance. Based on that the height of the trained volleyball players' body cannot be changed, height within the high jump and block (vertical jump) can be increased by exercise.

Volleyball requirements set to volleyball players from year to year are being continually increased. The number of games in a season is constantly growing, in teams and representatives, with a higher level of competitive quality. Consequently, there is a need to increase the conditional capabilities, which will ensure that volleyball players to play an entire season without injury and in the highest level of possibilities. Conditional preparations play an extremely important role in the modern world of professional sport. Contemporary volleyball requires all volleyball players a high level of general and specific motion skills, characteristic of the game of volleyball and for certain positions (places) of players. Players must be prepared to carry out any technical-tactical element with an efficiency as high as possible.

For this to be achieved, the adequate optimal and physical preparation is necessary for every volleyball player. It is impossible that any technical element of the game to be executed without adequate physical preparation (striking the ball will not be effective if the volleyball player doesn't show optimal strength and speed level, jumping on strike is extremely executed with explosive strength of legs etc). The quality of the game depends on this and winning the match, which is imperative at every game (Jovanovic, 2006).

Volleyball takes place in the sports which besides the jump or vertical explosive force there are other things that the volleyball players need to know about their reachable height such as: height in jumping from place with both hands (manifested in case of blocking), height from place with one hand (comes to terms with the renewal of the ball with one hand in block, his transfer on the block and many other forms of action with the ball over the net), height with one hand by momentum (height during the shot).

Explosive strength of legs is very important during the vertical jump and speed of movement in the area. Given that the explosive force can only be achieved with high-intensity work, which does not last long, it is clear that its energy resources are mainly anaerobic mechanisms. Increasing the work in explosive force is always based on the establishment of anaerobic mechanisms and increasing of concentration of ATP and CP in active muscles. Motion skills are not always the decisive factors for the final result (the result of the race), but are important. Vertical jump, in different situations, is the dominant form of movement in the volleyball game.

Integral analysis of the game includes a series of actions orientated in the observation, monitoring, collection, processing, interpretation and presentation of data for the teams' game and the opponent team's game during and after the game. Given the specifics of the volleyball team all six rotations of the game should be practiced. Appropriate sequencing of certain players in the net and on the field in a rotation set can result with a game more or less successful, in which many factors influence, such as technical and tactical knowledge of players, anthropometric characteristics, their motion, functional and cognitive skills and their conation characteristics.

The formation of volleyball players is a complex process by which we understand the quantitative and qualitative learning process and their perfection in a higher degree. Forming of a volleyball player, the specialization of her role represents a complex process of learning technical and tactical elements, with a particular focus on her physical preparation, as well as the stage of selection and training of the volleyball player in that role, where she can also maximally use her predispositions.

In this way, volleyball specialization includes the forming of the organizer of game, acceptor-attacker, middle blocker, weekside hitter and liberos prepared for the reception of the serve and protection of the area. Priority in the process of specialization will be the differentiated work with each role of a volleyball player separately, and their integrated work during the game.

Volleyball is a collective game that puts players in front of a number of requirements that belong to the field of intellectual abilities. These requirements relate with memorizing simple facts related to the rules of the game, but also the fast and correct perception of the situation in the field, and rational selection of movements in the game to gain the initiative in the group.

Also in the choice of tactics the assessment of opportunities of mates and opponents is done and relating to these the behavioral expectations will be done, for what the complex mental processes are needed.

It is clear that the role of intellectual or cognitive abilities in the realization of tasks in the game of volleyball cannot be ignored; however, the problem of weight and structure of these tasks is shown in the cognitive field, respectively group of necessary intellectual skills for the realization of the volleyball game.

The analysis of the importance of jumping or explosive force in volleyball and the comparison between the two teams during a match between the finalists of the Cup of Kosovo 2014 of VC "Drita" from Gjilan and VC "Kastrioti" from Ferizaj will be a research which by nature of research is not sufficiently explored in Kosovo, same as the different European authors. This will be an attempt of mine in this regard.

CONCLUSION

A successful group should be consisted of volleyball players with high quality and they must possess appropriate motion skills that are one of the most important factors of success in technical tactical structures of volleyball. Because, every situation that arises in the course of the game should be realized with motion and specific skills appropriately with motion strength of all the musculoskeletal system that manifests through speed, accuracy, co-ordination, agility and relatable. This fact lists the motion skills as the most responsible for the success of the volleyball game.

According to the scientific research, this study belongs to the class of empirical research, but the purpose represents applied research which aims gaining knowledge and new information necessary for practical application in the field of sports, and overall pedagogical practices in schools.

This study presents confirmatory research where according to a known problem of the control of performed hypotheses is done using appropriate methods and research drafts.

The primary purpose of this study was that within motion, technical and tactical skills, the role and importance of technical elements to be clarified which are executed by a jump during a game of volleyball and the comparison of this motion skill between the two teams during a match between the finalists of Kosovo's Cup 2014 of VC "Drita" from Gjilan and VC "Kastrioti" from Ferizaj.

The sample for the purposes of this study is defined as a population of senior girls, players of boll teams, finalists of Kosovo's Cup 2014 of VC "Drita" from Gjilan and VC "Kastrioti" from Ferizaj. The total includes 20 girls aged 16-28 years old of both clubs of Kosovo's Super league, so it means 10 girls or volleyball players from VC "Drita" from Gjilan and 10 girls or volleyball players from VC "Kastrioti" from Ferizaj.

The variables of this research are as statistical results from the points earned individually and collectively and also from the analysis of technical elements executed without points and marking points. Jumps executed by players in the attack phase (strike).

Motion situational variables (technical elements) applied in this research are: jumps executed by the players on the stage of the attack (strike), points earned by the jumping of players on the stage of the attack (strike), jumps in the execution of the passive block and points earned, jumps in the execution of the active block and points earned, serving by jumping, points earned from serving by jumping.

The results obtained after statistical analysis show:

- Generally the winning team dominates during the game with a big number of jumps in all sets of the game.

- Regarding the errors made throughout the game, the winning team has the smaller number of errors in the execution of all technical elements with jumping, a total of 8 errors compared with the losing team that have made 11 errors in three sets played.
- Application of asymmetry test is not necessary in the distribution of results about arithmetic average when only the three results because the top of the curve in this case is very platykurtic.
- Small number of results in a variable and the small number of sample defined as players of both finalists of Kosovo's Cup in volleyball included in the research is not sufficient to obtain a significant statistical difference between them in number of the points earned by jumping.
- It is proved that to win the game on the volleyball, the team should have the largest number of execution of active blocks compared to the losing team.