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FACULTY OF PHYSICAL CULTURE AND SPORTS

SUBJECT: VOLLEYBALL

POST DIPLOMATIC-MASTER STUDIES

THEME:

IMPORTANCE OF ATTACKING IN VOLLEYBALL AND THEIR COMPARISON BETWEEN THE TWO FINALISTS OF KOSOVO'S CUP 2014 - WOMEN

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Pristine, December, 2014

CONTENT

INTRODUCTION

Offensive system of the game in attack is a new unpredictable system. Each team or volleyball representation, must find its own model of game that best suits its mentality. In this way, it can reach over its possibilities, with great sacrifice and scientific approach during the monitoring and tracking of the system of these elements:

1. The number of steps during the game is about 344, and ends with the left and right foot pace that is important to the completion of the execution of any element.
2. Be always four strikers, three forward and one back (line 2).
3. Striker pace (unpredictable) two, moving towards the center, and realizes the attack on the outside of the field. The attack is based on the concentration of the first player (middle blocker) that runs on the outside.
4. Hitters from the second line have time to monitor the organization of the block of the opponent team and can adapt momentum and attack the weakest blocker.
5. The setter should try to raise more balls in the second line.

This system requires constant movement of players in attack. Continuous movement of players leads to aggravating circumstances to block the opponent team.

As in other team sports, the success of the volleyball game depends on a number of complex and interrelated factors. These factors are: technical preparation, physical preparation, tactical preparation, the ability to make decisions in the game, psychological stability, the expectation of the desired moment, the character and communication skills, and leadership skills.

In addition to these factors, successful team requires good organization in the sense that each player has its role and that specifically contributes to achieving this success.

In terms of the structure of the volleyball there are two basic phases: phase of attack and defense phase. Each of these phases is characterized by special tactical problems and specific technical skills that can solve these problems. However, often the third phase is forgotten: the transition phase, which unlike other sports games in volleyball are very short and refined, so that we can make the best out of the game which is very important. Elite teams are characterized by high efficiency and quick transition in the game, enabling efficient implementation of the attack and defense phase, and to viewers it seems like a "coordinated dance" between team members. Sports games can be classified into invasion games, net / wall games, striking / fielding games and target games. Volleyball became part of the games in net / wall and is specific in that it is the only team game in this category, with the exception of the duel game in tennis, table tennis and badminton.

Invasion games	Net/wall games	Striking/fielding games	Target games
Basketball	Volleyball	Baseball	Golf
Handball	Badminton	Softball	Croquet
Water Polo	Tennis	Cricket	Archery
Football	Table tennis		Boccia
Rugby			Curling
American Football			Bowling
Hockey			

Specifics of sports in the net are in the net / wall games, the player or team carries points by hitting the ball in the field space by force and sufficient precision, so that the opponent is unable to return the ball before it falls again (as in volleyball, badminton) or twice (as in tennis) in the field. In all games in net / wall the location of the ball is important, so the player must hit on the free /open space in order to achieve points. Good perception and severity during the game for space and ground is necessary that the player or team to successfully oppose the opponent in order to make room for the attack. On the other hand, players must defend space on the ground, being placed in a better position to turn the ball. Players should consider the advantages and disadvantages, as well as opponents, before selecting and implementing technical skills. The decision of a player must take into account the positions of their players and the opponent.

As noted, volleyball is specific sport or a particular sport that is the only team sport in the category of net / wall games. There is no duel game because the two teams are separated with the net. In addition to these characteristics, due to the very short contact with the ball, volleyball is characterized by big serial connection of technical elements, respectively phases of the game (acceptance-raising-hit), so that the element executed poorly causes the elements that follow. In terms of the structure of the game there are two basic phases: phase of attack and defense.

From the game structure there are two basic phases: attack and defense phase.

Each of these phases is characterized by special tactical problems and technical skills that can solve these problems. However, often the third phase is forgotten: the transition phase, which unlike other sports games in volleyball is very short and refined, so making the best for the game is very important. Elite teams are characterized by high efficiency and quick transition game, enabling efficient implementation of attack and defense phase and to viewers is like a "coordinated dance" between team members. It is of particular importance during the game to monitor and analyze several parameters during the game that are important as information about the directions of development of the game and the commitment of the players during the game. This can be made by cameras installed in different parts of field by analyzing through various programs. It is important to monitor the activities during the game.

Analysis of competitive activities is the analysis of the game during the game. Besides the mentioned structural analysis (which determines the phases and technical elements and motions models of the game during the game). There are several types of analysis that are most important analysis of results or symbols, analysis of motion - time and functional analysis.

Analysis of the results deals with the analyzing of technical and tactical elements, their number, variations and efficiency during the game. Specialist for the analysis of results, symbols or data is the statistician (the person who keeps the statistics) which is usually part of the professional staff. Modern volleyball requires real-time analysis of the results during the game, which provides the coach information in the form of trend (direction of attack, etc.), the good and poor characteristics of its teams, but also the opposition's characteristics, on the basis of which the coach can provide some tactical instructions to the players and to define a new strategy or new game plan.

Analysis of motion-time is an analysis similar to the analysis of results or symbols according to some movement, as data they are analyzed (in this case this can be done by the computer through monitoring the distance the players), but here are included movement intensity and its duration (time component). The purpose of the analysis is to determine the frequency of occurrence (appearance) of certain movements and intensity, their combination, the length of a certain motion, and determining the specifics of the work-rest in order to determine and define of sportive - specific training, respectively condition and monitoring of the player's engagement.

Functional analysis focuses on the monitoring of physiological parameters during the game, such as heart rate, the consumption of oxygen, the level of lactate in the blood and muscles, etc., in order to provide information on the structure and dominance of energy processes during the game. Special techniques in volleyball game play an important role in achieving high results of the team. Each team has found his game model that fits its mentality. In this way it can go beyond its capabilities with great sacrifices, scientific and systematic approach following innovations in the world of volleyball. Three techniques are known for the success of the game of volleyball:

➢ Block
➢ Defense
➢ Attack

The game of volleyball is divided into attack, defense and transition.

From the name implies that the phase of transition is a phase between attack and defense, or defense and attack. In volleyball transition phase occurs whenever the ball crosses the net. Characteristics of the transition phase is not only the transition between tactical requirements, but also the transition from a psychological condition in the other psychological condition, example of transition from the psychological of aggressiveness state during the attack in a state of "playing safe" for defense. The importance of the transition in volleyball contributes to the

psychological preparation of the players, communication, and accurately defined strategy and plan of the game.

Volleyball game after the separation in the phase of attack, defense and transition can be divided into the following elements:

For every element of the volleyball game as characteristic are tactical and technical skills problems. There are a number of technical elements used in particular element of the game, especially in the defense phase, and in their successful implementation of these motion skills affect many factors.

A volleyball player through a "difficult" game from 5 sets executes about: 250-300 actions. 50-60% of these actions are the rebounds; 27-33% of these actions are fast movements and changes of direction in a small space, and 12-17% of the actions are with the sliding of the players in the court.

The new rules of the game, namely the introduction (Rally Point System) of all action, points has brought new and important information such as:

- ➢ Duration about 90 min (before about 120min)
- ➢ The duration of the active phase (game) from 3-10 sec; passive phase duration of 13-16 sec (duration of the active phase of women longer than men) 53.02% of the shares last less than 5 seconds, 15.43% of shares last 5-7 seconds (by the old rules until 1999 these shares were dominating - and accounted about 42% of the shares.); 11:36% of the shares last from 7-10sec
- ➢ In the fifth set the active phase increases over 6 sec.
- ➢ Analysis according to the position (5-1 system) shows various loads between players:
- ➢ The setter 130 hits (mainly aiming to jump, from which most of sub-maximal intensity)
- ➢ The middle blocker about 100 attacks
- ➢ The attacker about 90 hits
- ➢ The liberos about 70 hits

We should emphasize that the structure and characteristics of modern volleyball differ from males and females. For this we can conclude from the results obtained from the research of Djurkovic, T. (2007) in a sample of men of a same age group. The author in research has won results in which discriminate functions differentiate the two groups of teams in a level of significance of 0.01 (p <0:01) in rotations five and three. These are rotations when the setter is found in the most inconvenient situation where during the serve he/she should run from the left side of the net and has the longest road of running. It is possible that in volleyball for women, these differences are not statistically significant due to the small number of powerful serves with jumps. Such powerful and fast serves, among other things, shorten the preparation of hitters in which case they should run quickly, to be placed on the acceptance of the ball and accurately organize their attack. This research also analyzed the rotation when the hitter is in the front and

back area. Significant differences in the situational parameters were made by the discriminative analysis in favor to the most successful teams and teams that are ranked on top. We assume that the serve with jumps and diagonal shot from the back area of the cadets is one reason for the differences in previous research results for cadets. Empirically is clear that the majority of innovations in technology and tactics of the game start from males. So as it was stated above, in a volleyball game there is attack and defense phase. Defense phase is much more complex and important and more substantial because it starts virtually from serve quality and the area in which is served, therefore, it depends on a complete defense to organize a successful attack. Some theorists and practitioners of volleyball think that instead of defense phase we should talk about the attack phase, where through the attack phase two main phases of the game in volleyball are presented.

CONCLUSION

Efficiency in the volleyball game is possible only if systematically the phenomena are defined which are of particular importance for the basic movements' structure in the volleyball game. Volleyball is a complex sport which consists of simple and complex movements, and that these movements are executed by members of the team in terms of cooperation during the game. Since volleyball is a complex sport, it sets requirements in these anthropological characteristics mentioned. Besides verifying the contribution of each anthropological characteristic in the training process as well as in the game it is of special importance to confirm the reports between all characteristics, in which case we obtain information on the integral preparation and expected success in the game.

Nowadays the development of volleyball in particular of volleyball players is required from the researchers that the anthropology space be studied more clearly (especially motion situational or technical indicators) that have a direct impact to the success of the volleyball game. Detection of situational motion factors in the realization of different situational tasks in the game of volleyball is of particular importance in order to safely and efficiently diagnose, program, and directly lead and control training processes and the game of volleyball generally.

The research was conducted in order to determine the difference of some motion situational variables, respectively the number of serves, number of throws and the number of passes as the technique in the attacking phase between two teams, the team of VC "Drita" and the team VC "Kastrioti ", participants in Kosovo's final Cup 2014. So the primary purpose of the paper is that within technical and tactical elements of the attack in the volleyball game which are of particular importance in the attack phase to clarify the role of each technical-tactical element in the phase of attack during the game.

Based on the subject and the problem of research there have been three hypotheses submitted.

The sample for research in this paper is defined as population of the volleyball players of two finalists' teams VC "Drita" and VC "Kastrioti". In this research are included 10 finalists of volleyball players of both teams, a total of 20 volleyball players. Data from the game are obtained in electronic way and from the image of the game.

In this paper are applied these technical and tactical variables: serves; passing (jumps) and hits. The difference between the results of the arithmetic averages of the surveyed groups is determined through the discriminative analysis - T-test.

From the research we can emphasize that the analysis of parameters from the volleyball matches are usually intended to determine indicator or group of indicators that distinguishes the winning teams from losing teams, Eom H. J. 1992, Marelić, N. 2004, Palao, J. M. 2004, Zetou, E. 2006, and frequently there are situations where a volleyball team successfully implements the attack only after repeated attacks. Also, we think it will be interesting to research the differences in six

rotations in the senior women's volleyball, where the quality of hits of the diagonal attacker from the back area often gives chances to win or lose the game.

It is known from statistical indicators that in the Croatian national team of senior women, a player with diagonal position (B. Jelic) has had more than fifty percent of the total for the hit of balls for a match. This research corresponds with the player number 9 Ergysa Blloku, which from the total of hits executed from the team 108 hits she has executed 43 or 40% of the hits. This shows the importance that an attacker has in the game.

A successful group of volleyball players should be comprised by high quality, and they must possess situational motion skills that are very important factors of success in technical and tactical structures of volleyball. Because for every situation that arises in the course of the game they need to realize it with adequate specific motion skills appropriately by motion strength of the explosive strength of legs and hitting with the hand that is manifested through speed, accuracy, co-ordination and agility. This fact ranks the situational motion skills among the most responsible for the success of the volleyball game.