BELOW TAKEOVER EFFICIENCY OF VOLLEYBALL PLAYERS

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Keywords: volleyball, training components, model.
Abstract: The aim of the present research is to provide a comparative analysis regarding the takeover of service and taking the attack, leading to precise knowledge and fair game in these situations actually of great importance in achieving training important, appropriate and accordance with the current requirements of sports performance.

Introduction

Of all the takeover, takeover of the service is the most common and effective. The more she runs down with two hands, but can be executed with two hands above, is true, in few cases. Taking over the running attack when the ball bounces in deadlock when or bypassing the blockage. To execute the takeover of attack should you position yourself correctly to the second line, to anticipate where the ball comes to be very careful line blockage teammates I.

On taking the service we took into account the latest regulatory provisions which granted the opportunity to serve the entire width of the field and masking the ball when serving the ball (screens);

These two drawbacks of defense provided by the regulation ball very quickly lead to the loss, can not achieve its own team attack actions.

All these aspects of the game shows that are favored shares of attack. This creates an imbalance between the actions of attack and defense.

We found differences (imbalances) between phases of attack and defense, finally being disadvantaged.

Material – method:

Place research was conducted in the hall "LPS" High School of Sports hall of Suceava and College hall "Nicu Gane" in Fălticeni between 3 October 2013 and 28 February 2014.

After obtaining the necessary data at their processing we've been using recording sheets obtained from official matches, and I tried to make the content model versus game in the two teams in the county, stopping us on the topic.

Results and discussion:

In the tables below, the figures contained in them, mean values of the model content of the actions of play during the match. These values can be considered optimal and actions reflect environmental demands studied, taking the job and taking the attack to LPS Suceava in games played in the 2013-2014 National Championship against Team CSS "Nicu Gane" Fălticeni.

Tabel no. 1 Number of actions from serve takedowns

No./Games	I	II	III	IV	Total actions
actions/game	19	24	26	15	84
good	9	12	17	5	43
bad	10	12	9	10	41

Tabel no. 2 Number of actions from spike takedowns

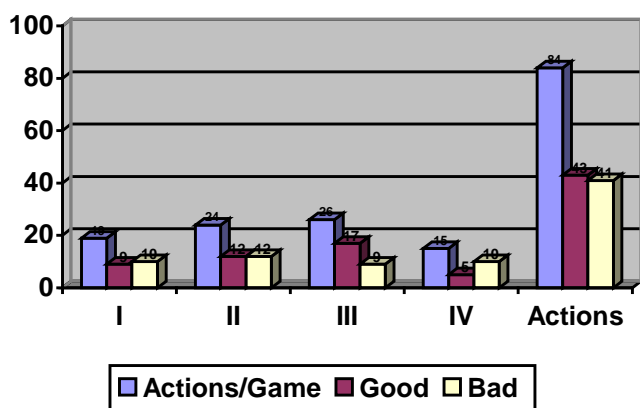| No./Games	I	II	III	IV	Total actions
actions/game	14	20	23	11	68
good	8	11	12	4	35
bad	6	9	11	7	33

Fig.1 Serve takedowns

Fig 2. Chart representing actions in the takeover of service

Takeover of service is an action game that is specific only phase I, and has a special importance in organizing the game because both because every mistake takeover may represent point for opponents and that, according to the execution, effectiveness depends largely on its prior actions, and care about the attack, and as a result the efficiency of the entire phase.

We addressed effectively through the efficient uptake of the service phase:

- Winning pickup (good), taking over from Phase I to win;
- Taking neutral, following the takeover to continue Phase I;
- Lost phase (Wrong), taking over after the opponent made the point of work.

This may be so:

- In terms of the area of which is taking the first place is Z6 with the increased efficiency, followed in order by Z5 Z1 and Z2 respectively, Z3, Z4;
- The efficiency of the service is good takeover Won;
- A cause of loss is less efficient match of the acquisition of Z5, efficiency index values were relevant.

Tabel no. 3 Comparative data of serve takedown from LPS Suceava volleyball team.

Nr. Crt.	Componente model Prel. din serv.	Meci				
		Total	+	0	-	I.E.
1	Total acțiuni	84	40	7	37	0,51
2	Preluare din Z1	18,4	9	6	3,4	0,65
3	Preluare din Z6	36,6	20,2	12,2	4,2	0,71
4	Preluare din Z5	17,2	8,6	5,2	3,4	0,65
5	Preluare din Z2, Z3, Z4	11,8	5,8	4,2	1,8	0,63

Tabel no. 4 Comparative data of serve takedown from CSS " Nicu Gane" Falticeni volleyball team.

Nr. Crt.	Componente model Prel. din serv.	Meci				
		Total	+	0	-	I.E.
1	Total acțiuni	108	52	27	29	0,59
2	Preluare din Z1	28,8	14	4,4	10,4	0,56
3	Preluare din Z6	39,2	19,6	9,4	10,2	0,61
4	Preluare din Z5	22,4	8,8	6,2	7,4	0,53
5	Preluare din Z2, Z3, Z4	17,6	7,3	4,2	6,1	0,534

In terms of efficiency by comparison of average shares gained, lost neutral and by analyzing the efficiency index of the two situations (taking over from work and taking the attack) we see an inclination to

take over the service with IE = 0.55, and the takeover of attack I.E .. = 0.54;

Taking the attack, is one of the most important actions of the game of volleyball to win points, their effectiveness often depends on the set and winning the game. From this it follows that the value increased or decreased efficiency index (IE) can be decisive in winning or losing a set or a match. Therefore we can say that "Who is better protected second line is more likely to succeed".

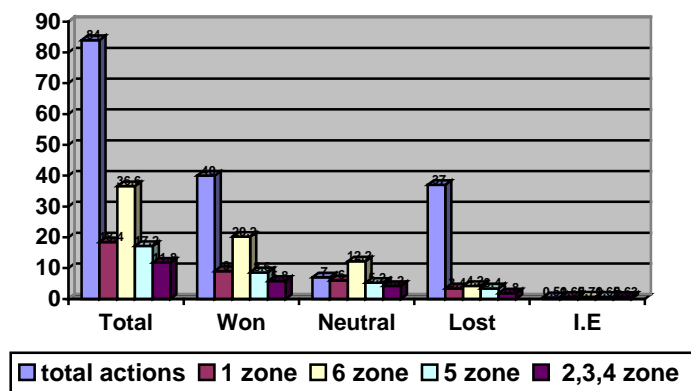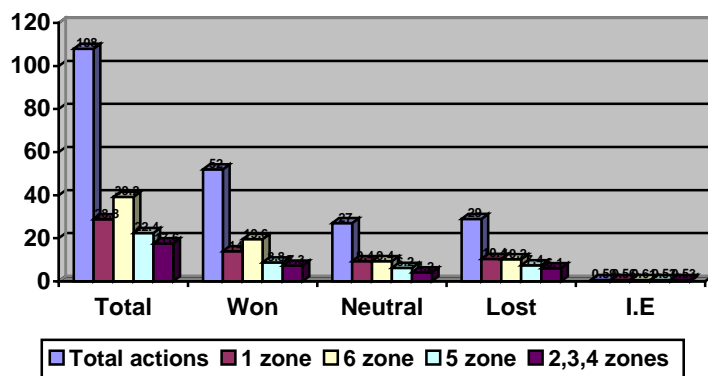**Fig. no. 3 Efficiency index of serve takedown –LPS Suceava**

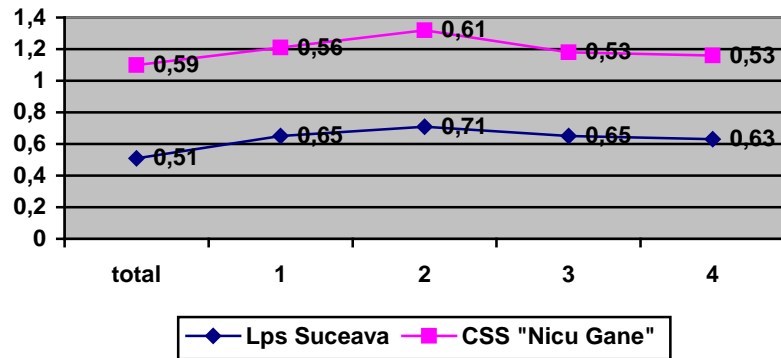**Fig. no. 4 Efficiency index of serve takedown –CSS ,,Nicu Gane"**

Analyzing data from tables we can get some important conclusions on the effectiveness of university education:

Watching carefully this brief comparative analysis, we can say with certainty that the blockage, stroke and service remain the most important actions in a volleyball match. But we can not emphasize the

importance, necessity of actions: taking the job and taking the attack, the effectiveness of which depends on numerous occasions victory.

The level of efficiency that are made, taking the job and taking the attack during a set or a match, they claim and are critical to the effectiveness of other game actions (pass, attack, block) and consequently can lead to winning set and match.

Fig. no. 5 Efficiency index of serve takedown on both teams

Conclusions

The present research on the content and effectiveness of the game, taking over the attack and takeover of service at the two junior teams in the county studied fits the general requirements of knowledge of the game and is a very topical issue on its development . Through research we tried to make a modest contribution to the development of theoretical - methodical game and we provide those interested, concrete data and information on the content and effectiveness of both actions joc.In after processing and interpretation of data, we have developed a some models of the content and effectiveness of both actions in the game for junior teams and by analyzing their comparative conclusions we drew some essentials:

Knowledge and effectiveness of the game, acquisition and takeover of service attack is necessary and compulsory and quality training is essential milestones in accordance with the current requirements of the volleyball game;

Develop content and effectiveness of both gaming action must be based on competitive game, so they will be prepared after the data and information they provide official game, the competition.

The models and parameters regarding the content and effectiveness should be benchmarks initial stake and training, obtaining results of value being subject to continuous exceeding their level, prerequisite if we take into account the value of ever-increasing players and the continuous progress of the game.

Preparing the game must be made for each of the two actions on each position area of land so as to eliminate întâmplătorul the game, each player having specific tasks in accordance with the parameters of the content and effectiveness of both actions game-specific job which they evolve.

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Titlu: Eficienţa preluării de jos a jucătorilor de volei.
Cuvinte cheie: volei, componentele pregătirii, model.
Rezumat: Scopul cercetării de faţă, este realizarea unei analize comparative în ceea ce priveşte preluarea din serviciu şi preluarea din atac, care să ducă la o cunoaştere exactă şi reală a jocului în aceste situaţii, fapt de mare importanţă în realizarea unei pregătiri importante, adecvate şi în conformitate cu cerinţele actuale ale performanţei sportive.