

## STREAMLINE OF SECOND ATTACK LINE OF VOLLEYBALL SENIOR TEAMS

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### Abstract

*The theme aims to progress the game of volleyball by aligning internal performance strategies, trends in modern game that is based on capturing the opponent. In sports training area, along with methodological orientation modeling content preparedness, tactical structure is necessary to implement the collective, attacked the second line, the surprise element in the strategy to approach a official game.*

*From studying table and figures presented, we can say that the second line attack of the most commonly used in the second phase by CSU volleyball team Tirgu Mures Medicine can be considered as a safety feature, when reception from opponents attack is not very good.*

*The initiative represents a high ball at the net for current and prospective coaches who want to improve the quality of the game, using the attack of the second line as a safety game raising the yield by enclosing the technical element category, efficiency.*

**Keywords:** volleyball, safeness, efficiency

### 1. INTRODUCTION

Worldwide volleyball evolution knows a special dynamic, both in terms of developing the content and the impressiveness of the game, and also regarding the popularity and spreading area, natural consequence of the policy that FIVB practice consistently in this direction. (Cojocaru, 2007:9).

In the context of the performance perspective in a volleyball game, we consider that improvement and continuous modernization are necessary, not through a simple knowledge selection, but through a restructuring of the entire performance system, in relationship with the appearance of the surprise element in the first phase of the game. This surprise element can only be, in our acknowledgment, the 2nd attack line.

Topic affects progress play volleyball by aligning strategies the internal performance strategies alignment to the trends of the modern game, which based on surprising the opponent. In the area of volleyball training, simultaneously with the methodological orientation of modelling, the training content requires the implementation in the 2nd attack line of the tactic-collective structure, as a surprise element in the strategy of approaching an official game.

Our initiative represents "a high ball at the net" for the present and future volleyball coaches who want to improve the game quality on the one side, through

using the 2nd attack line as a safety element, and, on the other hand, to increase the game capacity by framing this technical element in the efficient category.

### 2. MATERIAL AND METHODS

Starting from the current analysis on performances in worldwide volleyball and from our internal realities (Women's National Championship, Division A<sub>1</sub>), we considered appropriate to conceptually approach the Romanian volleyball performance optimization strategy. In this sense, we act through a critical analysis of results achieved by the CSU Medicine Tirgu Mures volleyball team in the National Volleyball Championship Tour – Senior, the 2012/2013 Edition.

Hereby, we are trying to find an answer to the question: Is the 2<sup>nd</sup> attack line an element of reliability or efficiency?

For a better presentation, we tried to use descriptive methods in order to provide an accurate picture of the analyzed situation.

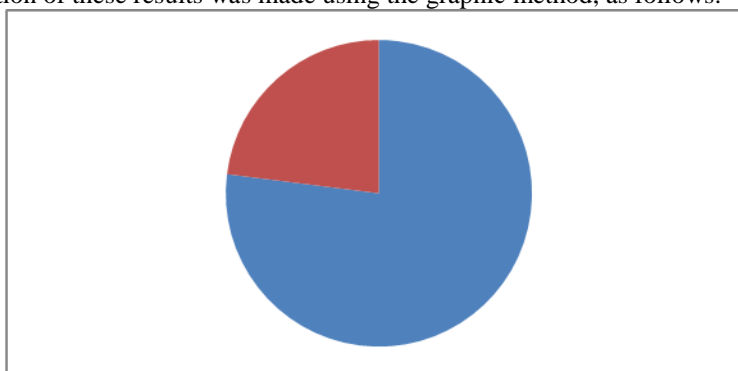
### 3. RESULTS AND DISCUSSION

The results of the share of the 2<sup>nd</sup> line attacks in the total number of attack actions and its efficiency in the 2012/2013 Competition Season are showed in Table 1:

**Table 1.** Share of 2<sup>nd</sup> line attacks

Num ber	MATCH	Phase I	Phase II	Direction of the attack	Recep tion %	Score
1.	CSU Tg. Mureş - CSM Lugoj	2 Z <sub>1</sub> (++)	7 Z <sub>6</sub> (2++; 5+)	7 Z <sub>1</sub>	55%	3 – 0
2.	CSU Tg. Mureş - Dinamo Buc.	2 Z <sub>6</sub> (++) 9 Z <sub>1</sub> (5++; 2+; 2-)	4 Z <sub>6</sub> (3+; 1-)	10 Z <sub>1</sub> 5 Z <sub>5</sub>	29%	1 – 3
3.	U Cluj - CSU Tg. Mureş	2 Z <sub>1</sub> (++)	9 Z <sub>6</sub> (3-; 4+; 2++)	6 Z <sub>1</sub> 5 Z <sub>5</sub>	57%	2 – 3
4.	CSU Tg. Mureş - CSM Blaj	2 Z <sub>6</sub> (+) 3 Z <sub>1</sub> (2+; 1-)	2 Z <sub>6</sub> (++) 8 Z <sub>1</sub> (7+; 1-)	12 Z <sub>1</sub> 3 Z <sub>5</sub>	35%	3 – 2
5.	Piatra N. - CSU Tg. Mureş	0	11 Z <sub>6</sub> (2-; 5+; 4++)	8 Z <sub>1</sub> ; 3 Z <sub>5</sub>	47%	3 – 1
6.	CSU Tg. Mureş - U Bacău	0	7 Z <sub>6</sub> (5+; 2++)	4 Z <sub>1</sub> ; 3 Z <sub>5</sub>	44%	0 – 3
7.	CSM Buc. - CSU Tg. Mureş	0	4 Z <sub>6</sub> (1-; 1+; 2++)	3 Z <sub>1</sub> ; 1 Z <sub>5</sub>	45%	2 – 3
8.	CSU Tg. Mureş - SCM Argeş	0	4 Z <sub>6</sub> (4+) 3 Z <sub>1</sub> (3+)	4 Z <sub>5</sub> ; 3 Z <sub>1</sub>	39%	3 – 0
9.	CS Craiova - CSU Tg. Mureş	4 Z <sub>6</sub> (1-; 1+; 2++)	4 Z <sub>6</sub> (1+; 3++)	5 Z <sub>1</sub> ; 3 Z <sub>5</sub>	56%	3 – 2
10.	CSU Tg. Mureş - CSM Sibiu	1 Z <sub>1</sub> (-)	15 Z <sub>6</sub> (9+; 2-; 4++)	14 Z <sub>1</sub> ; 2 Z <sub>5</sub>	49%	3 – 1
11.	Constanța - CSU Tg. Mureş	1 Z <sub>1</sub> (-)	8 Z <sub>6</sub> (1-; 7+) 3 Z <sub>1</sub> (1-; 2+)	8 Z <sub>1</sub> ; 4 Z <sub>5</sub>	42%	3 – 0

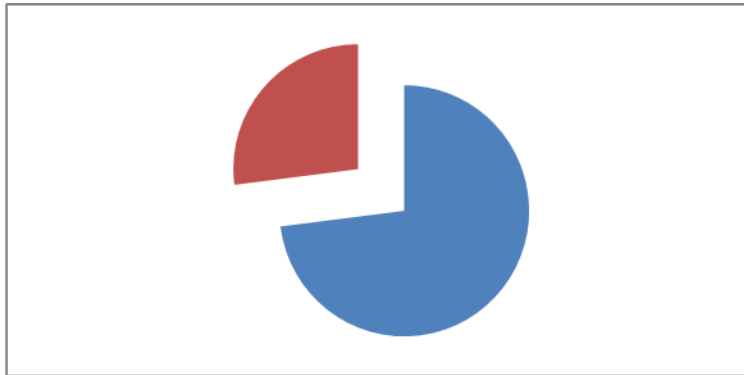
The interpretation of these results was made using the graphic method, as follows:



**Figure 1.** Share of the attack in the two stages of the game

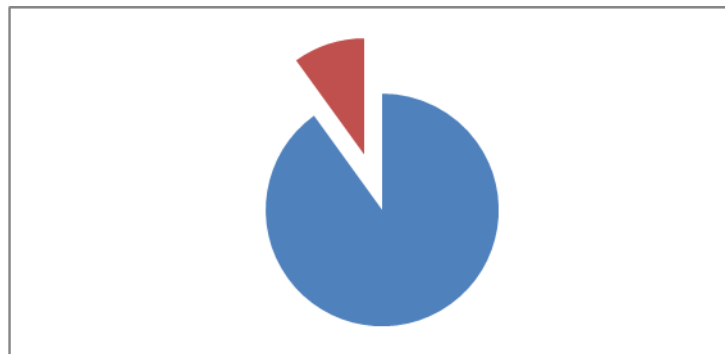
*Legend:*

- attack of the second line in Phase II
- attack of the second line in Phase I



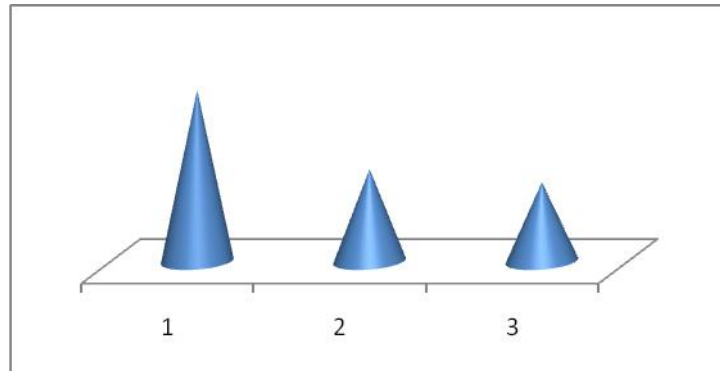
**Figure 2.** Share of the attack to zone I, in the two stages of the game

- Legend:*
- attack of Phase II
  - attack of Phase I



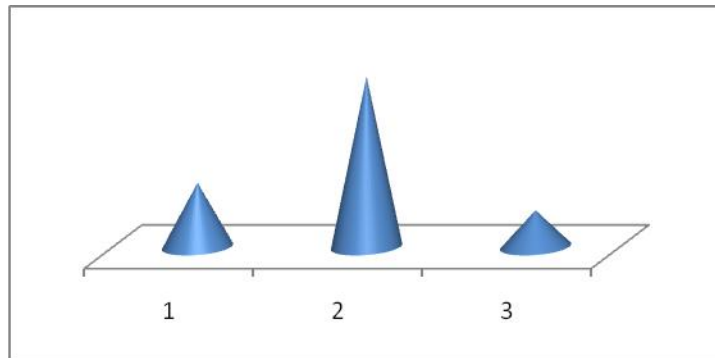
**Figure 3.** Share of the attack to zone VI, in the two stages of the game

- Legend:*
- attack of Phase II
  - attack of Phase I



**Figure 4.** Efficiency attack of the second line – Phase I

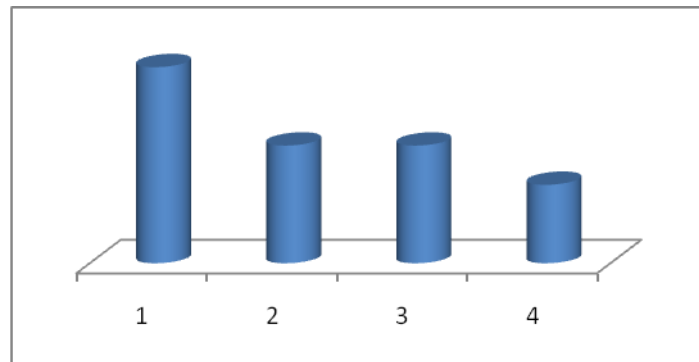
- Legend:*
1. decisive attack
  2. reliability attack
  3. error attack



**Figure 5.** Efficiency attack of the second line – Phase II

Legend:

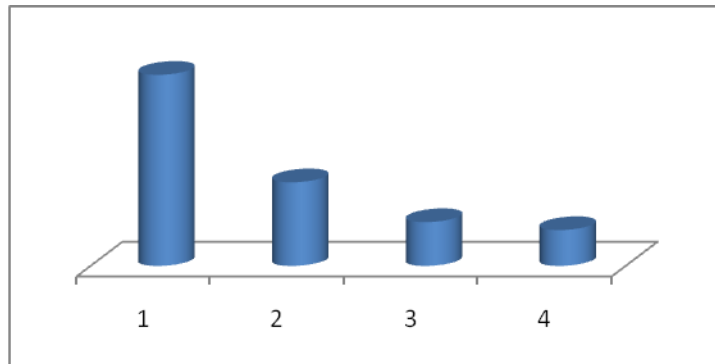
1. decisive attack
2. reliability attack
3. error attack



**Figure 6.** Direction attack of the second line – Phase I

Legend:

1. In the I area
2. In the V area
3. In the VI area
4. In another area



**Figure 7.** Direction attack of the second line – Phase I

Legend:

1. In the I area
2. In the V area
3. In the VI area
4. In another area

**4. CONCLUSIONS AND PROPOSALS**

Analyzing the data in Table 1, we can say that the efficiency of the second line of attack on the two

stages of the game is between 23.60% in the second phase and 30.77% in first stage of the game. This enables us to conclude that the second attack line was most commonly used in the second phase of the CSU Medicine Tirgu Mures volleyball team and can be considered a safety feature, used when the opponent's attack is really good.

This conclusion is strengthened by studying Figures 1, 2 and 3 that highlight the greater share of the second line attacks of I and VI, the second phase of the game.

Another conclusion emerges by studying Figures 4 and 5; in that phase of the game the decisive attack has higher percentage, compared to Phase II where the attack security records a higher percentage.

Regarding the direction of the attack of the second line in both phases of the game, the tendency towards the playing area I is predominant (Figures 5 and 6).

All these conclusions drawn from the analysis of this material may lead us to make the following proposals:

- use of the attack of the second line in a higher percentage in the two phases of the game;
- diversification of the directions of attack;
- use of second-line attack by the opposing players and the quality of work or takeovers came from enemy attack;
- use of the attack of the second line and the V net when tactical combinations have largely completed direction of III and II.

This investigation is aimed at the continuous progress of the volleyball game, and implicitly at the alignment of internal performance strategies to the trends and guidelines of the modern game, which is always based on surprising the opponent. In the area

of volleyball training, simultaneously with the methodological orientation of modelling the training content, the implementation in the second attack line of the tactic-collective structure is required, as a surprise element in the strategy of approaching an official game.

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