

Identifying the coordination skills of young volleyball players

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Field of study: Training and sport performance

Type of study: Experimental study

Type of presentation. Poster presentation. ICSS 2019

Introduction

Not only vertical jump performance is indispensable in the sport of volleyball. Volleyball players, in addition to technical elements, must also have coordinating skills; agility and speed for the best performance. Volleyball also includes quick moves indifferent directions such as; front, back, sideways in the function of their caption the ball or moving to a block, in receptions & defending the ball technical and not speed skills. In a monitoring of volleyball teams in Tirana during training, it was noticed that coaches pay more attention to technical elements and not to skill and speed. Materials and Methods: The subjects of this study are 3 young volleyball teams in Tirana No.45 players with an average Age of 15-16 years, Body Height 172.3, Body Weight 62.02, BMI 20.9. Volleyball players train 3 times a week and 1 match. Tests were conducted at two different periods of 8-weeks; T-TEST & Lateral Change of Direction Test, (Brianmac) which monitor the development of speed with direct changes and are part of the volleyball game. Results: From the results obtained from the testing of T-TEST (Hoffman (1961) and Lateral Change of Direction Test (Chu., 1996). (Brianmac) according to our normative charts and calculations made, these volleyball players ages have these comparative values; In Lateral Change of Direction test are POOR with 6.7second in T-TEST POOR test10.89sec.

Discussion: T-TEST & Lateral Change Direction are tests similar to volleyball players' movements in the front, back and forth. The analysis of the test results is compared between the 8-weeks and showed the lower level of skill of young volleyball players15-16 in Albania. Coaches can be creative and involved in any number of volleyballs like movements. It is expected that with proper training between each test and alternate and ball, the analysis will show an improvement in the skill and speed of the volleyball players

Conclusion: The training process of young volleyball players in Albania is conditioned by the factor available to develop training sessions with a specific training purpose. The results of this study clearly show that the development of female volleyball agility improvement of these skills scores can be achieved with a specific training model to help players improve their skills. There are changes in the agility and speed of the game of volleyball.

Keywords: Identification, coordination skills, young volleyball players