

Selection volleyball girls U-18 in functional parameters in Albanian

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Abstract

Performance profiling for volleyball players is important to distinguish anthropometric and physical characteristics in contrast to other sports. The objective of this study is to select for the national team of young volleyball players by evaluating some of the key parameters in this function sport. The selection of these volleyball players has been done in two different areas of Albania, in the Southern and Central part. Since in these areas of Albania is also a well-developed volleyball player in different age groups. Methods; Canadian volleyball players for the national team have been tested in these functional parameters; 68 volleyball players with age defined Age 17, Body Higher (BH), Body Weight (BW), Body Mass (BMI% kg / m²), Higher Arms (HA), Jump Block (JB), Jump Attack the Run Speed 10x5m (RS). These tests have been developed in the premises where these volleyball players are trained. Results; after the compilation of volleyball players data for both southern and central Albania, changes were noted regarding the functional parameters evaluated. From the data obtained in the tests, it was noticed the effect of the exercise that these volleyball players have developed for the level of jumble in their respective teams. Conclusion; this study appreciated the level of volleyball players in Albania in two different areas for younger age candidates to be part of the national team. Value differences obtained from the tests used and the choice of prospective players for the future. The results obtained suggest changes to the sports performance in the vertical jump.

Keywords: volleyball, jump, run speed