

## DEFENSE, A GAME STAGE OF GREAT IMPORTANCE IN THE ECONOMY OF THE VOLLEYBALL GAME

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**Abstract:** We see the rebirth of the Romanian volleyball in the world hierarchy as it starts to focus not so much on the phase of attack but on the phases of defense, phases which count in the game economy just for the valorisation of the attack. This paper analyse the blocks situation on phase II of the game on a junior volleyball team. As a general conclusion, the reception of balls both from attacks and blocks should be prepared more carefully, and more work should be done for the group block in order to assure its synchronization.

**Keywords:** *Libero, block, phase of the game.*

### Introduction

In the modern volleyball game, defense should be given increasing importance, and it is done by introducing the libero, as defense is the basis of the attack efficiency. [1]

The volleyball game is a game in which phases alternate and succeed each other extremely fast, requiring that volleyball athletes should master well a large amount of knowledge in order to be able to rapidly choose the procedure which is efficient for the phase and the moment of the game.

Despite the evolution of the game towards a rapid succession, in many cases the game is still rather slowly, with many phases carried out statically, from positions too high, which lead to errors and to a slow pace of the game. [2]

The increase of the athletes' height has also increased the point of contact with the ball, in the attack phase. [3]

Blocks carried out

Table 1. Block distribution per areas in the game

The block as a moment of defense is the first moment responsible to prevent his opponent to score a point, which is why this moment should be carefully prepared so that it would constitute a weapon of attack together with the other means of making the defense,.

### Method

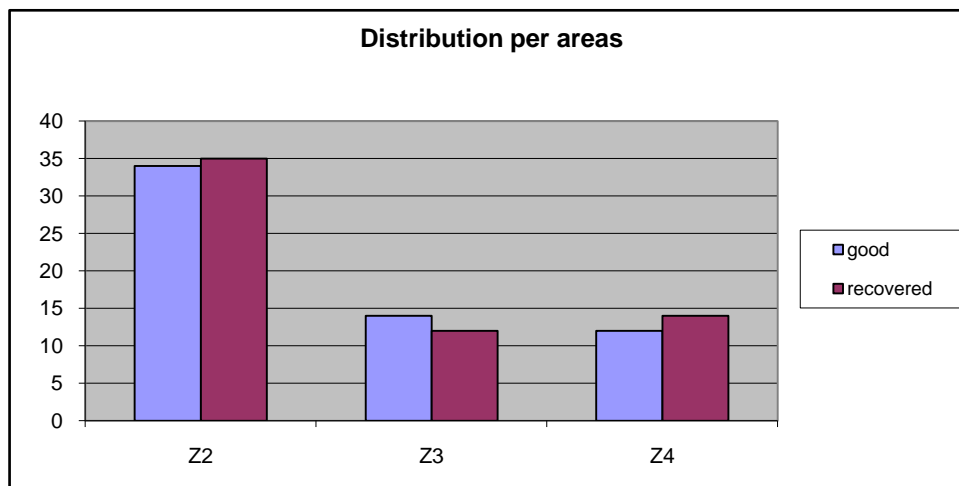
We have carried out recordings during the competitions where the juniors of "National Collegue Nicolae Titulescu" club of Craiova took part.

In the recordings made we had in view: Phase II of the game, the phase in which the block entered and the recovery of the ball after the block. We recorded the areas of block and the area where the ball was recovered, whether it was the libero or another player. Statistics has been made on the first three sets, regardless of their outcome, during five games.

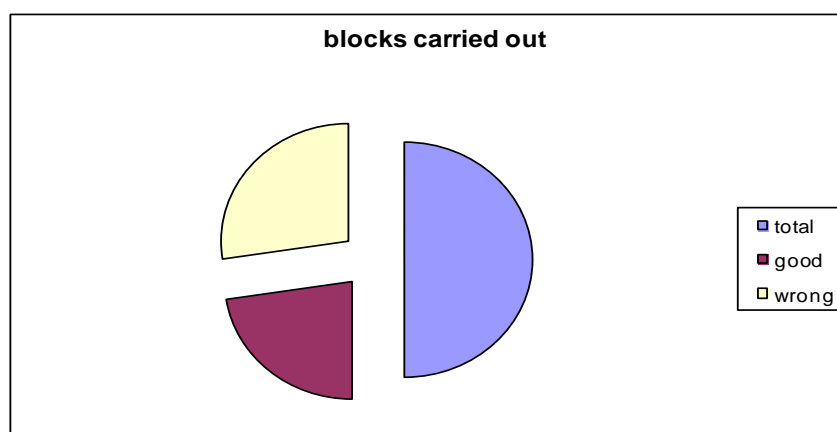
### Results

Game	Set		Z2		Z3		Z4		Total
		+	x	+	x	+	x	+	x
I	I	4	2	1	2	0	1	5	5
	II	2	4	2	0	1	1	5	5
	III	2	3	1	1	1	0	4	4
II	I	2	3	1	2	1	1	4	6
	II	2	2	1	2	0	1	3	5
	III	1	2	0	1	1	2	2	5
III	I	2	2	1	3	0	3	3	8
	II	3	3	0	2	1	0	4	5
	III	2	2	2	3	1	1	5	6
IV	I	3	1	0	1	2	0	5	2
	II	3	3	2	0	1	2	6	5
	III	2	2	1	3	2	0	5	5
V	I	1	1	2	1	0	1	3	3
	II	3	3	0	2	0	0	3	5
	III	2	2	0	1	1	1	3	4
Total		34	35	14	24	12	14	60	73

Blocks marked with an "x" were blocks that could be considered wrong because the balls remained in the field where the blocks were performed, the balls were recovered by 2nd line players and the phase continued with an attack.



Graphic 1. Block distribution per areas in the game



Graphic 2. Block carried out

From the graphs above we can clearly see the attack propensity to the area four, where it is assumed that the opponent has a smaller block carried out by setters.

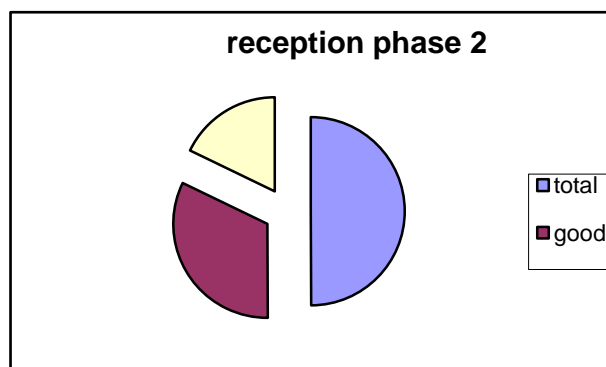
The block done on area 2 surpasses by far the quality and quantity of the blocks on other areas of the net. In the following table we have done the analysis of the balls recovered from block, but also from adverse attack, attack which could not be stopped or attenuated by blocking.

Reception phase II

Table 2 Reception on phase II

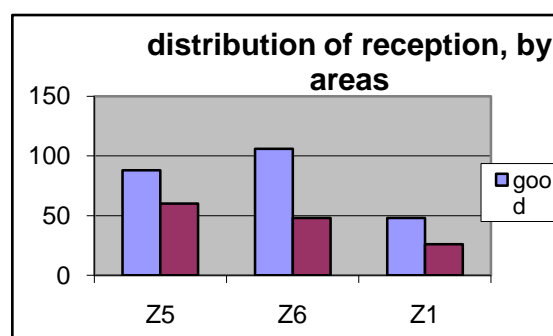
Game	Set		Z5	Z6	Z1	Total
		+	-	+	-	+
I	I	5	3	5	1	2
	II	7	3	6	3	1
	III	5	4	5	3	4
II	I	5	4	7	2	2
	II	5	5	7	1	4
	III	5	5	7	4	2
III	I	5	5	7	4	2
	II	7	5	8	4	3
	III	6	5	8	4	8
IV	I	4	1	6	2	3
	II	6	2	9	3	7
	III	6	2	9	3	7

	III	4	4	8	6	3	3	15	13
	I	8	5	7	6	2	1	17	12
V	II	6	5	7	5	3	4	17	14
	III	7	4	8	2	1	1	16	7
Total		88	60	106	48	48	26	242	134



Graphic 3 Reception phase 2

The receptions were carried out by athletes who were on doubling, in their great majority by the libero, a player permanently standing on the field in the line of defense. The team we watched used the defense done with an advanced libero, placed in area 5.



Graphic 4 Distribution of reception by areas

### Discussion and conclusions

From the data obtained from our recordings, it can be seen that: The greatest amount of blocks were carried out on area 2, the largest part of blocks carried out of all areas of the court stopped the adverse attack, and the balls that were played in phase II, are balls attacked mainly diagonally to areas 5 and 1 and balls placed in the center of the court towards area 6.

The conclusions deriving from the facts pursued by the recordings carried out:

- the block in the game of juniors is stressed more on the opposite side of the second attacker,
- the player in area 3 is the most stressed in carrying out blocks on both his area as well as the sides, together with his team mates in those areas,

- the balls that pass blocks go towards the center of the court, which let us notice that the group block in the still has many flaws.

- the recovery of the balls meant for building the attack at this stage of the game has flaws by the quality of the reception.

### References:

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- [3]. Balais F., Pacuraru A., (1997), *Volei, de la selectie la performanta*, Ed. Academica, Galati.