

VOLLEYBALL AS A GRASSROOT

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Abstract

The health of the population is affected to an alarming extent by the presence of stress, a disease of modern civilization, but also a sedentary lifestyle in equal measure. It is well known that physical exercise is an absolutely necessary tool for maintaining health.

The healthy lifestyle formed and maintained throughout life will lead, along with other factors, to an increased quality of personal life. This healthy lifestyle is formed from childhood and must accompany a person throughout life, although people are best aware during adulthood. The systematic practice of physical exercise is the best tool for beneficially influencing the general state of health.

This paper will try to explain and demonstrate that volleyball can be a pleasant and efficient grassroots sport, having several valences including socialization and spending quality time by practicing a sport and having fun. The positive influence that physical activity has is certain, and in our case, by playing volleyball one can obtain wellness and positive improvements in other aspects of life.

Key words: volleyball, grassroots sport, health, physical exercise.

JEL classification: I10; I20, I30

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1. Introduction

According to Nicu, A., physical exercise is “the systematic repetitive motor act, which is the main means of doing Physical Education and Sport tasks”²

Physical exercise is the basic method of physical education and has numerous forms and characteristics. Systematically practicing physical exercise is the most powerful tool to positively influence general health and is “the most important tool to improve general health, getting the desired body and changing the sedentary way of life”³

“If the subject is faced with a task that requires physical exertion, the body responds with a series of functional changes of physiological system that engages predominantly sphere and the mental. Any movement requires activation of the

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² Alexe Nicu, *Terminologia educației fizice și sportului* [Physical Education and Sport Terminology], Ed. Stadion, (Bucharest, 1974).

³ I.C. Nae, *New and diverse aspects in fitness for all*, Marathon Magazine, first number, 3rd volume, 2011.



musculoskeletal system and cardio-vascular and respiratory systems provides the basis for this activity in the long term.”⁴

Volleyball, other sports (basketball, handball, football) and sport subjects (athletics, gymnastics, swimming, etc.) have an important role in the general physical education system. At the non-specific higher education level, alongside other sport subjects (basketball, fitness, gymnastics, aerobics, etc.), volleyball is present in the curriculum as a means of reaching the physical education objectives:

- development of students' personalities on multiple levels;
- strengthening health and increasing stamina;
- developing basic motor skills;
- appropriating a system of motor skills, expertise, and knowledge;
- forming the capacity and habit of systematically and independently performing sport during free time under the form of playing volleyball;
- encouraging socialization and interhuman relationships.

Because of its practical, hygienic, and educational nature, volleyball might become an important part of the physical and sports activity, since it represents a playful manifestation of physical exercise. It cumulates various positive effects of doing sport and physical education: informative, psychological, and healthy. It is widely popular amongst the younger and other categories of population. Due to its characteristics, it positively influences the physical development, and great functions of the body, it contributes to the development of motor qualities and to the formation of personality.

Volleyball can be considered and used at the same time as an optimal means of practicing grassroot sports due to several factors:

- its accessibility, because it does not require complicated materials and installations, it can be practiced both in the gym and outdoors;
- the effort can be graded according to age and level of training;⁵
- it has positive influences on: strengthening health, physical relaxation, and mental relaxation, it ensures a harmonious physical development of practitioners;
- the game is dynamic and spectacular, occupying a leading place in the sports options of those eager to move;
- it has undeniable biological and pedagogical influences and well-specified positions in the physical education and sports system in the areas: physical education, sport for all, and sport performance;
- volleyball's goal is to keep the players active, to form a healthy lifestyle by practicing it, but also to experience the recreational side, of fun and socialization.

Dynamic motion games with volleyball elements and the original game with shortened or complete team can be organized on regular or reduced field depending on conditions and objectives.

⁴ Ciomag, R. V. (2013). *Physical Effort in Aerobic And Fitness Classes–MorphoFunctional And Mental Changes*. Marathon, 5(1), 13-19.



Because it involves the movement of the whole body, and the installations and equipment are not pretentious, volleyball is a means of physical education highly appreciated equally by male and female students.

Teaching volleyball during physical education classes aims at several objectives:

- correctly acquiring the basic technical elements and procedures in order to be able to organize a game between two teams as quickly as possible with a reduced or complete team;
- learning specific terminology and game rules in order to hold a game according to official guidelines;
- using an efficient and attractive learning methodology for the subjects in order to attract as many young people as possible.

2. Volleyball game: content

Volleyball is a ball-based team sport, based on collaborative relationships, during which through individual and collective actions, the two teams dispute points, sets, and victory.

In individual and collective technical-tactical actions, the ball receives and throws are linked in a sequence of hits specific only to the volleyball game. The content of the game itself is represented by the alternation of these individual and collective actions.

The specifics of the volleyball game require permanent combination of the technical aspect with the tactical one, depending on the situations that the athletes have to solve, the efficiency being given by the adaptation of the elements, the actions of the game to unforeseen situations, as well as to the physical and mental capabilities of the players.

The content of the game consists of game techniques and tactics, to which one adds the components of a physical, psychological, and theoretical nature.

The technique is a set of specific procedures in form and content, used by players for the purpose of playing the game with maximum efficiency. Technique is the motor structure of the game. It is not independent, it is related to the game and in relation to the other components of training, but subordinated to it. The technique is evolutionary because it continuously improves under the influence of the instructive process and the permanent competition between attack and defense. The volleyball technique can be characterized by speed of movement and execution, precision, coordination, and a specific way of hitting the ball. It is less demanding in the physical education lesson or in the practice of recreational play, becoming more and more sophisticated as the level of performance increases.

Through tactics, one understands a means of organizing and coordinating the actions of the players in order to achieve success by consciously using, within the limits of the rules and fair play, some of the most complex actions and procedures, capitalizing on the qualities and characteristics of the players as well as the weakness in the preparation of the opponents. The content of tactics includes the individual and collective elements.



Individual tactics are related to the execution of technical elements with and without the ball with maximum efficiency, while taking into account all the other variables (teammates, external conditions, opponent, etc.) Collective tactics bring together the efforts of the entire team to achieve the established goal, and they have two aspects: attack and defence tactics.

Techniques and tactics make up the content of the game, which is expressed on several levels, as follows:

- At the game level (match or game, won by the team that wins three sets out of 5).
- At the set level (in the first four sets – 25 points, the fifth one – 15 points).
- At the level of the game structure (cycle) representing the sum of phases and actions taken from when the ball was put into play until its fall on the ground or the referee's whistling of the end of the game.
- In the play phase, which consists of the sequence of a team's actions from the moment the ball comes into its own field until it passes into the opposing field.
- At the level of the game, action is seen as the functional unit through which the player intervenes at the ball to solve a partial and specific task of the game.
- In the execution process, by materializing the action into a fact, the way in which contact with the ball is made.

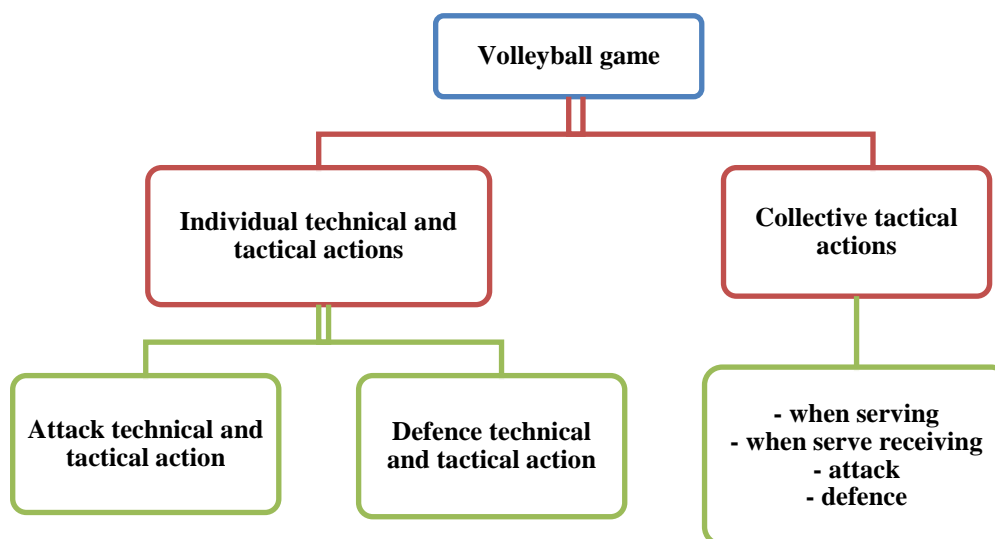


Figure 1 - Volleyball tactical content



3. Basic forms of ball play in volleyball

3.1 Service

- ❖ Under service - its name comes from the fact that the ball is hit from the bottom and front of the player who is performing. The basic mechanism of movement is divided into: the initial position, the movement of the torso and arm with which the ball is hit, the throwing of the ball, the hitting, and the action after the hit.
- ❖ Float service – it is the most used procedure of service execution because the force and speed used on the ball are clearly superior to the previous procedure presented. The ball is thrown up short, and the arm hits with the palm of your hand.

3.2 Passing

- ❖ Pass forward with two hands;
- ❖ two-handed back pass;

It is called like this because the transmission of the ball is made by the player to the forward or back, and the action involves: a quick move to the place from where the pass will be performed, stopping under the downward trajectory of the ball and intervening, after which the entry into the next action. The dominant element is the entry under the ball so that its trajectory falls on the player's forehead. The initial position is the basic fundamental position with the legs slightly apart and the weight is evenly distributed. The torso is slightly tilted forward, the raised arms flexed from the elbow joint, and the palms above the forehead in dorsal flexion to form a cup.

3.3 The Service

It is the action of a player who strikes the ball with two lower hands in order to pass it to a teammate to perform the setting or even the attack.

The player's initial position is facing the area from which the service is performed with legs apart and knees bent, with equal weight distributed on both legs, the torso tilted forward and the arms slightly apart from the body to move easily. The movement to the ball is short and the stop is done with a quite low gravitational centre. At the moment of hitting the arms approach and make contact with the forearms above the wrist joint. A player hits by following the driving movement with the arms in the direction of the ball's trajectory. At the time of contact, the elbow and fist joints are in extension.

3.4 The Spike

The initial position is with the body oriented in the direction of the momentum; it is a high position and has several phases: momentum, stop, jump, hit the ball, and landing.



The momentum is the pre-stage of the action itself in which the player accumulates a certain horizontal speed that he will have to turn into a higher vertical jump. The momentum can be made with several steps depending on the area from which it is being executed. In the central area (zone 3) the momentum is 1-2 steps and for those in the extreme (zone 2- 4) the momentum can be 3 or more steps.

Striking the ball is done with the palm of the hand by returning the torso from the extension and the arms successively lowering. Upon contact with the ball, the striking arm stretches and the movement ends with an energetic palmar flexion transmitting the speed and strength of the arm to the ball. The landing is elastic on both legs that will bend at contact with the ground to cushion the fall, and after the player will enter the next action.

3.5 Blocking

It is a technical-tactical defence action by which the player tries to repel the opposing attack or at least to cut off the force of the attack with his hands and making it easier for his own teammates to engage in attack. The initial position is high, with the legs slightly apart and knees bent, the arms are bent from the elbows with the palms raised to the shoulders facing the opposite ground.

The momentum is usually done with one or more short steps sideways or oblique forward, and the palms remain in the same position all the time.

The jump must be performed as high as possible to pass the palms as far as possible over the net. When jumping, the elbows stretch the fingers and try to fill as much space as possible, both vertically and horizontally.

After this brief technical presentation of the basic level of volleyball, you will be able to successfully practice this sport. Attracting people and making them addicted to movement can only happen when individuals have the determination to participate in a physical activity, for the pleasure and satisfaction it gives them, being motivated by the inner need for knowledge, the passion for a certain field, the pleasure of studying, the self-affirmation impulse, and the inner need for prestige.

Conclusions

Playing volleyball as a grassroot sport is a perfect means to exercise and shape a healthy lifestyle. The effects of his practice will not be delayed and we will list below some of the benefits volleyball has on those who play it:

- the vital functions of the body will be maintained in optimal parameters;
- the harmonious somatic modeling of the body takes place;
- health is at an optimal level;
- a good physical condition ensures the optimal performance of professional and social tasks;
- the regular practice of volleyball leads to improving mental and personality levelled qualities,



- it will increase self-esteem and improve body image;
- a good physical condition leads to a good general condition and increased satisfaction;
- increases a person's confidence in themselves;
- automatically, volleyball is a team sport, so the socialization between teammates is achieved and this positively influences physical and mental health both in the short and long term.
- the awareness that an attitude and behaviour in favour of physical effort in its simplest or in a more elaborate form will produce important beneficial effects, both in the short and long term, constituting a gain for an active life, preventing the onset of degenerative diseases and increasing longevity.

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