



## TRANSITION PERIOD IN HIGH-PERFORMANCE VOLLEYBALL GAME

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### Abstract

*Because in the training of the high-performance volleyball players the transition period is less studied, passing lightly over it, I decided to tackle this issue.*

*The manner of conducting the competition - round (fall - winter) and return (winter - spring) - requires the implementation in the annual plan of training for the high-performance volleyball of two macrocycles, resulting from this programming two preparatory period, two competition periods and two transition periods.*

*From all the components of training (technical, tactical, physical, psychological and theoretical), the physical component is always present throughout the year.*

**Keywords:** volleyball player, performance, training

**JEL classification:** I 10, I 19, I 29

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### Introduction

Currently volleyball game is in a continuous development from the tactically and technically point of view and also in terms of the dynamics and content of the physical preparation. Permanent changes are made to the regulation, in order to increase speed and the spectacular game, lead adaptations of preparation in all its components.

The transition period represents a physiological, psychological and methodic necessity in the training process, this period assuring rest and recovery the organism of the performer after the efforts from the preparing and competition periods. However, in this period, the premises for a better preparing for the next macrocycle are created. As a consequence, in this period, the volume and intensity of the effort will decrease, keeping the state of training, but at a lower level.

The duration of the transitional period is 3-6 weeks, according to the competition calendar and the level of effort in the competition period.

The content of the transitional period is differently approached:

1. It means a relation between active and passive rest and leads to a decrease of the functional possibilities, assuring the total establishment, both psychic and physic; this form is recommended to performers who are part of national teams and who have to deal with efforts from both their club teams, as well as from the national ones.

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2. It frames a first microcycle of passive rest or active one, followed by training microcycles based on the introductional mezocycles from the first term of the preparing period; This form is recommended to the performers who did not go through the whole process of efforts from the competition period because of different motives (accidents).

3. It means a large use of the active rest related to unspecific efforts in order to maintain at an approximately high level of the training state; this form is recommended to the other performers who went to the whole process of efforts from the competition and preparing period.

The first period of transition – November- December – has a shorter period, only three weeks. The characteristics of this period are:

- The number of trainings decrease from 10 to 3 at week;
- The microcycles of this period are characterized by rebuilding – recovery;
- The out-of-shape state of the performer is desired;
- Active rest is combined with passive rest;
- The characteristic of the activity is changed by using some means at the disposal of the performer: some additional sports, for example (see table 1).

Transition period 1 – november – december (3 weeks)

**Table 1**

Week	1		2		3	
Day, Hour	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Monday	S.C.	-	S.C.	-	S.C.	-
Tuesday	-	-	-	-	-	-
Wednesday	S.C.	-	S.C.	-	S.C.	-
Thursday	-	-	-	-	-	-
Friday	S.C.	-	S.C.	-	S.C.	-
Saturday	-	-	-	-	-	-
Sunday	-	-	-	-	-	-

The second transitional period may–june, is larger (6 weeks), being structured as followed:

- The first 2 weeks are for recovery, when active rest is combined with the passive one, the athletes who worked hard during the competition period benefit from total rest during this interval; 3 trainings are held every week when complementary sports are very important;
- The third week is for preparation and recovery; the number of training sessions increase to 6; this week for one hour trainings are held in order to grow the muscular parts and one hour complementary sports are held for one hour and a half;
- The last three weeks of this period have preparation character; the number of trainings increase at 10 per week, structured as followed: 4 combined



training sessions ( the increase of muscular masse with complementary sports) and 6 training sessions for the increase of the general resistance (see table 2).

Transition period 2 – (may-june) 6 weeks

**Table 2**

Type microciclu	Regeneration		Regeneration-Training	Preparation-gearing					
Week	1	2	3	4		5		6	
Day – hour	A.M.	A.M.	A.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Monday	S.C.	S.C.	S.C. + F	R	S.C. + F	R	S.C. + F	R	S.C. + F
Tuesday	-	-	S.C. + F	R	S.C. + F	R	S.C. + F	R	S.C. + F
Wednesday	S.C.	S.C.	S.C.	R	-	R	-	R	-
Thursday	-	-	S.C. + F	R	S.C. + F	R	S.C. + F	R	S.C. + F
Friday	S.C.	S.C.	S.C. + F	R	S.C. + F	R	S.C. + F	R	S.C. + F
Saturday	-	-	S.C.	R	-	R	-	R	-
Sunday	-	-	-	-	-	-	-	-	-

A.M. – ante-meridian

P.M. – post-meridian

S.C. – additional sports

F. – force

R. – resistance

### Conclusion

From all the components of training (technical, tactical, physical, psychological and theoretical), the physical training component is always present throughout the year. This is similar with fitness and includes speed, strength, coordination, flexibility and endurance.

The transition period comes at the end of a planned training and competition period and can be thought of as an active rest. The main objectives of this specific period are to allow the players an opportunity to recover mentally and physically from the training loads and competition stress.

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