

INTRODUCTION

Volleyball is a sport that at the level of its performance is increasingly being based on its physical and functional parameters. In this regard, it makes no exception to all other individual or collective sports that are based on motor activity as a basic element of their development. Modern volleyball has become more and more an effective combination of physical and functional indicators with the tactical and technical ones, ensuring a qualitative accordance among these basic components.

The force, expressed in some of its components like maximum strength, the maximum and specific power is present in almost all movements of volleyball. Use of force training to develop the quality of the force and power in elite athletes with the aim to improve sports performance is already a fact that has been entirely recognized. However, the degree to which the strength and power are important for athletic performance may depend on the type of sport. The relationship between these characteristics and performance are already well documented in the speciality literature. Nevertheless, it must be admitted that it is necessary to study the relationship between strength training and sports performance. There is enough evidence to prove the continuous presence of force training programs in collective sports training plans.

Volleyball specialists are looking into the contents and programs in order to cope with the growing demands of this game and in order to face the technical issues and those of physical preparation so that that this game becomes more and more spectacular and attractive. Nowadays, it is inconceivable to consider the professional formation of a volleyball player as completed if he is not formed in the domain of physical side, which in the game performance and agonistic form, is more helpful than 50% of his preparation.

All sports disciplines are reexamining methods of training, of formality, of physical and morphological structure. I think that the force-oriented training is of a much greater value for all of us who want to prepare young people in the context of an overall formation. The physical preparation, the training and programming components, the work cycles are shown in the most valid, the most realistic, the simplest and clearest way, which highlights the didactic trend and the serious professional teaching and preparation.

Recognizing the will and the goals for the achievements of high sports results I hope that this paper will be a constructive contribution to all those experts and fans of the volleyball game. I also think that the Albanian volleyball is having one of the most delicate and crucial moments for its future, because besides the growing number of participating teams in the championship, it is necessary to compile a well-prepared group program for the next generation of young volleyball players and the force-oriented training should be one of the priorities of these programs.

PURPOSE

The purpose of this study is to emphasize that the force-oriented training has its impact on the technical level improvement at the 15-18 year-old volleyball players.

OBJECTIVES

- To implement the force- oriented training and to highlight the positive impact on higher results achievement.
- To improve technical elements through the physical and technical tests implementation.
 - To highlight the results change after the force-oriented training related to standing high jump.
 - To highlight the results change after the force-oriented training related to impulse momentum jump.
 - To highlight the results change after the force-oriented training related to triple jump.
 - To highlight the results change after force-oriented training oriented related to 92 m running with direction change (fir)
 - To highlight the results change after force-oriented training oriented related to passing performance improvement.
 - To highlight the results change after force-oriented training oriented related to service performance improvement.
 - To highlight the BMI impact on the improvement of physical and technical skills of the sportsmen who undergo the force-oriented training.

Hypotheses

- To identify through the Hypothesis of Zero (H-0) if exists a relation between pass, service, stand high jump, triple jump, 92 m run with direction change (fir) and weigh, height, ameliorated BMI, using the force-oriented training using Spearman Correlation
- To identify through the Hypothesis of Zero (H-0) if exists a difference between pass, service, stand high jump, triple jump, 92 m run with direction change (fir) and weigh, height, ameliorated BMI, using the force-oriented training using ANOVA- test and Hi- Square test.

MATERIAL AND METHODOLOGY

People being observed

The study includes cities such as: Shkodër, Tiranë, Elbasan dhe Durres. The research focuses on 15-18 year- old young male volleyball players.

Selection criteria:

1. These teams constitute the essential volleyball teams in Albania
2. 15-18 year- old young male volleyball players, members of sports clubs. In total 130 persons.

Exception criteria :

1. Refusal of the respective sports club for participation of the sportsmen in the research study.
2. The parent's refusal for the child's participation in the research study.
3. The child's refusal for participation.

The study drawing

The Work on the implementation of the study consisted of two elements:

1. Revision of the literature
2. Experimental Study (Quantitative):

This is a perspective study. For the sample selection we used the method in bunch. The target people population were 15-18 year-old males, members of sports clubs.

Participants were announced beforehand about:

- 1) The purpose of the study and the way of its realization,
- 2) The anonymity
- 3) The freedom of refusal for the participation in the survey.

The laboratory study

The data collection consisted in:

- 1) socio-demographic data
- 2) standard exercise before and after the implementation of force-oriented training, such as:

A- Standing jump (This jump is performed by touching in height, then we measure the touch height).

B – Impulse momentum jump (this jump is performed by using the impulse momentum method and by hitting the ground quickly to touch the height , and then we measure the touch height).

C - Triple jump with two feet. (This jump starts from the ground with two feet and three consecutive jumps are made and then we measure the displacement length).

D– 92 m running (the so-called fir). The sportsman stands in the middle of volleyball court end line and by command he begins running diagonally right up to the side line, three meters far from the the end line and he comes back to the starting point, continues running diagonally left to the sideline, three meters from the end line and he returns to the departure point, continues running diagonally right up to the side line, six meters from

the end line and afterwards he comes back to the starting point, continues running diagonally left to the side line, six meters from the end line and he turns back to the starting point, continues running diagonally right up line nine meters from the side line , nine meters from the end line and he turns back to the starting point, continues running diagonally left up to nine meters from the end line and finally finishes his running at the departure point.

E – The number of serves for 30 seconds. The selected volleyball players, who will be trained regularly will stand on the serving area and they will perform two consecutive passings within a 30-second period of time at each time. Then we will examine the number of their serves and their accuracy within this time and furthermore, in previously predetermined area (18-meter distance, in a 3.5m x 3.5m square, at the end of zone 5). The first step deals with finishing the two time-serves and than setting the record for 30 seconds. After that, we should measure the accurate average in every test. The other step is to do the same test, after their force-oriented training). Afterwards, we compare the test results for all tests.

F- The number of passes for 20 seconds. (The selected volleyball players, who will be trained regularly will stand on the passing area and they will perform two consecutive passes within a 20-second period of time at each time. Then we will examine the number of their passes and their accuracy within this time and furthermore, in previously predetermined area (4.5 meter distance, in a 80cm x 80 cm square, at a 3-meter height). The first step deals with finishing the two time-passes and than setting the record for 20 seconds. After that, we should measure the accurate average in every test. The other step is to do the same test, after their force-oriented training). Afterwards, we compare the test results for all tests.

The data collection was carried out in the gyms of the respective sports clubs. The data collection was carried out in two stages.

Stage 1- (september 2014), which included the respective parameters before the implemetation of the force-oriented training.

Stage 2- (september 2015), remeasurement of the paramaters after the implemetation of the force-oriented training.

RESULTS

- The socio-demographic data of the research study participants.
In our study took part 130 sportsmen from Shkodër, Tiranë, Durrës dhe Elbasan.

- The implementation of the standing jump test
The average value of the standing jump before training is 286.5cm with a 36.6cm **SD**, while the most common value is 282.7cm; 1 year after the training we notice an average value increase of 11cm (average value 297.5, SD 38.2cm) and the most common value is already 309.7cm. After the training implementation we notice that the majority of the participants (over 65% in almost all cases belong to the category > 300cm, followed by 150-300cm and <150cm.

- The implementation of the impulse momentum jump test
In regards with the impulse momentum jump before training, the average value is 298.1cm with a 32.9cm SD and it reaches 318.3cm with a 32.6cm SD after training. The most common value reaches 320.7cm after training compared to 280.7cm before training. After the three tests, we notice an increase of the average value and an increase of the minimum and maximum threshold for the periods before and after training from 140cm to 160 cm (minimum) and from 330 cm to 358 cm (maximum) We also notice values improvement not only before and after training but from test to test as well. We see that in terms of impulse momentum jump before and after training the same escalation of categories is kept, i.e > 300cm, 250-300cm and of a less percentage <250cm; but during the period after training we encounter a significant increase of over 300cm category and a reduction of 250-300cm category, while no change is observed in the <250cm category. So, about 27% of the individuals have significantly improved their values for this test conducted after one-year training.

- The implementation of the triple jump test
In the triple jump we notice an increase in the average values of 207.4cm and a SD decline from 55.8cm to 52.7cm. Also, the most frequent value changes to about 200cm. This is shown in Table 4.13.

The average value is increased to about 200cm for the three tests before and after training. While the minimum values range from 330 to 600 cm and the maximum values from 660 to 905 cm.

What we see in table 4.15 and in chart 4.6, is the more visible improvement of parameters, where in each test almost 100% of the study participants reach the over 600cm distance. Compared to this, before the training implementation, almost 80% of cases in each test belong to the 450-600cm category.

- The implementation of the 92- meter running test
The 92- meter running is another parameter in which we also notice positive changes. The average values range from 27.71 seconds (SD 1.12 sec) before training to 22.52 seconds (SD 1.09) after training. We also notice a decrease of approximately 7.3 seconds in terms of value, which is mostly encountered during the two periods.

We see that if the maximum value encountered before training is 30.12 seconds, and after training it reaches 26.16; whereas the minimum values range from 25.35 before training to 20.39 after training. As for other parameters, the improvement of the average values in the three tests for both time periods is quite visible.

We see that about 60% of cases in the three tests belong to the 25-28 seconds category, followed by > 28 seconds category, while the <25 seconds category occupies only 0.8% in the first test to be subsequently reduced to zero. On the contrary, the situation after training is quite different. Thus, the <25 seconds category occupies about 98% of the cases in all tests, while the > 28 seconds category is reduced to zero.

- The test implementation by measuring the number of serves within 30 seconds. The average values for the number of serves completed during a 30-second period range from 15.2 serves with 2.1 SD serves to 21.9 serves with 2.2 SD serves. The values that are more often encountered before training implementation are of 14.5 serves, while after training they reach the amount of 21 serves. We notice that there is an increase in the average number of serves performed within 30 seconds in both tests, before and after training, but we also observe an increase in the consecutive tests. If in the first test the number of serves changes to about 6 serves, whereas in the second test it goes to about 7 serves.

Before training the minimum value was of 10 serves within 30 seconds, while after training it goes to 18 serves within 30 seconds. The maximum values range from 20 to 27 serves. Before training, in 80% of cases in all tests the exact number of serves within 30 seconds is 12-18 serves, while after training, the majority (over 90%) performed over 18 serves within 30 seconds, whereas the category of below 12 serves was reduced to zero.

- The test implementation by measuring the number of accurate serves within 30 seconds.

As for the number of accurate serves within 30 seconds the average values from 11.4 serves (SD 1.9 serves) within 30 seconds before training go to 19.5 accurate serves (SD 2 serves) after training. Hence, there is an increase of about 8 accurate serves after training. The most common values range from 10.5 accurate serves within 30 seconds to 19 accurate serves within 30 seconds. The data show us that accurate serves within 30 seconds range from at least of 5 accurate serves to 15 while at maximum from 18 accurate serves to 26 accurate serves. While the average values undergo an increase not only before and after training, but also from test to test. If in the first test the increase is of about 7 accurate serves before and after training implementation, whereas in the second test, this increase is of about 9 accurate serves.

We notice that during both periods (before and after training) the dominant category is over 15 accurate serves within 30 seconds, but if before training the 5-15 accurate serves category occupies almost 30% in each test, after training it reduces to zero.

- The test implementation by measuring the number of passes within 20 seconds. Performed passes within 20 seconds differ on average from 11.3 passes with SD 1.5 passes to 17.1 passes with SD 1.5 passes. The most frequent value ranges from 12 passes before the training implementation to 18 passes within 20 seconds after its implementation. We see that the average values of the tests undergo an increase in both tests before and after training and in the same test for both time periods. Minimum values

range from 6 passes within 20 seconds before training to 13 passes after training and the maximum values range from 16 to 20 passes within 20 seconds.

The number of passes completed within for 20 seconds is another parameter that shows us significant improvements arising from the training implementation. It is observed that after training, 100% of the cases carry out over 12 passes within 20 seconds. While before training, the first category belongs to 53,1%, carrying out from 10 to 12 passes, followed by 24.6% with > 12 passes and 22.35% with <10 passes.

.• The test implementation by measuring the number of accurate passes within 20 seconds.

As for the number of exact passes within 20 seconds we see an increase in the average value of about 7.5 accurate passes within 20 seconds. While the most common value has increased by 8 accurate passes (From 9 accurate passes before training to 17 accurate passes after training).

In regards with the number of accurate passes within 20 seconds we notice that there is an increase in the average values from test to test, but the highest increase is observed between the two periods, i.e, before and after training with approximately 8.5 accurate passes in the first test and nearly 7 accurate passes in the second test. Minimum values range from 4 to 12 accurate passes and maximum values from 12 to 19 accurate passes. We notice that before training about 90% of cases, in every test belong to the category of 5-10 accurate passes within 20 seconds, while the other categories are reduced to zero.

CONCLUSIONS

- Tirana Sportsmen constitute 42.3% of the participants, which is the highest percentage of participants in the study, while other cities participants dispose of the same proportion.
- We notice a slight difference in the average values of BMI before and after the training implementation, and there is also a slight difference in terms of SD as well (What ia to say that our values of BMI are already closer to the average value). We notice an improved body mass index from 73.8% of sportsmen with normal weight before the training implementation, the percentage of individuals with normal weight goes to 90.8%. The most visible improvement is observed in overweight individuals (whose BMI is over 25), and after training there is a reduction of 12.3% in overweight individuals compared to the increase of percentage in individuals with BMI.
- The average value of standing jump before training is 286.5cm with a 36.6cm SD, while the most common value is 282.7cm; 1 year after training we notice an increase of the average value by 11cm (the average value 297.5, SD 38.2cm) and the most common value is already 309.7cm. After the training implementation it is observed that the majority, over 65% in almost all cases belong to the > 300cm category, followed by 150-300cm and <150cm categories.
- In terms of impulse momentum jump before training the average value is 298.1cm with a 32.9cm SD and it reaches 318.3cm with a 32.6cm SD after training. The value that occurs more often from 280.7cm to 320.7cm. There is an improvement of values not only during the periods before and after training, but also from tests to tests. Before and after training the same escalation of categories is kept, ie > 300cm, 250-300cm and a smaller percentage: <250cm; but after training there is a significant increase of over 300cm category and a decrease of 250-300cm category, while no change is observed in the <250cm category. Hence, over 27% of individuals have significantly improved their values for this test after one-year training.
- The average values for the number of serves completed during a 30-second period range from 15.2 serves with 2.1 SD serves to 21.9 serves with 2.2 SD serves. The values that are more often encountered before training implementation are of 14.5 serves, while after training they reach the amount of 21 serves. Before training, in 80% of cases during all tests the number of accurate serves within 30 seconds is 12-18. After training, the majority (over 90%) realize over 18 serves within 30 seconds, while the category below 12 services is reduced to zero.
- As for the number of accurate serves within 30 seconds the average values from 11.4 serves (SD 1.9 serves) within 30 seconds before training go to 19.5 accurate serves (SD 2 serves) after training. Hence, there is an increase of about 8 accurate serves after training. The most common values range from 10.5 accurate serves within 30 seconds to 19 accurate serves within 30 seconds. The data show us that accurate serves within 30 seconds range from at least of 5 accurate serves to 15 while at maximum from 18 accurate serves to 26 accurate serves. While the average values undergo an increase not only before and after training, but also from test to test.
- Based on the training implementation by measuring the number of psses within 20 seconds, it resulted that the performed passes within 20 seconds differ on average from 11.3 passes with SD 1.5 passes to 17.1 passes with SD 1.5 passes. The most frequent

value ranges from 12 passes before the training implementation to 18 passes within 20 seconds after its implementation. The average values of the tests undergo an increase in both tests before and after training and in the same test for both time periods. The number of passes completed within for 20 seconds is another parameter that shows us significant improvements arising from the training implementation. After training, 100% of the cases carry out over 12 passes within 20 seconds. While before training, the first category belongs to 53,1%, carrying out from 10 to 12 passes, followed by 24.6% with > 12 passes and 22.35% with <10 passes.

- In regards with the test implementation by measuring the number of accurate passes within 20 seconds, it resulted that in terms of the number of exact passes within 20 seconds we notice an increase in the average value of about 7.5 accurate passes within 20 seconds. In regards with the number of accurate passes within 20 seconds we notice that there is an increase in the average values from test to test, but the highest increase is observed between the two periods, i.e, before and after training with approximately 8.5 accurate passes in the first test and nearly 7 accurate passes in the second test. Before training about 90% of cases, in every test belong to the category of 5-10 accurate passes within 20 seconds, while the other categories are reduced to zero.

RECOMMENDATIONS

- Volleyball coaches and Physical Education teachers in schools should be trained on They should be trained on how to define some data so that we can change our work in order to improve this players'category quality of training.
- We shoul define some basic technical tests so that we can improve the physical qualities by implementing the force-oriented training.
- We must find new approaches and ways of training and the force-oriented training as well.
- We should insist that the force-oriented training should be appropriate to their age.
- We should take into consideration that this training should be associated with the acquisition, the right and continuous technique improvement, as in this age it very important to learn appropriate good techniques.
- We should think of the possibility of drafting a didactic basis for a serious professional didactic training of sportsmen and coaches in order to increase the quality of results in volleyball.
- Of a great interest must be the Physical Education curricula in our schools, where we could conduct physical and technical tests for the initial selection of students for their attraction for volleyball.
- Curricula and programs of these teachers coaches's work should include physical training, training components, the programme and cycles of this work by presenting them ia detailed, simple and clear way.

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