

News and trends in Romanian high-performance volleyball

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Abstract

Based on the analysis of the current world context of performance in volleyball players we considered it appropriate that now, upon completion of the 2008 Olympic cycle that a conceptual approach should begin to create performance optimization strategy in Romanian volleyball players. In view of its connection to global value standards in context of the forthcoming Olympic cycle 2012 and 2016, Romania's position in areas 2-3 value, continental and world are real and unacceptable.

Looking at major competitions hierarchies (World Championships and Olympic Games) and FIVB rankings, it is clear that a total of 10-12 teams stand out clearly by both their accumulated scores, and by constant leading positions, over a relatively long stretch of time (4-6 years).

A new permanent connection must be consistent with real resources and current trends in performance in volleyball players. In this context, connecting to information resources, with the highest level of scientific specialty is the essential condition for steps aimed at optimizing performance.

This strategic orientation of training involves obtaining a continuous availability performance using a relatively small number of exercises, with selective and cumulative efficiency (selected basic and streamlined structure, and dynamic), fast recovery physical and mental immediately after effort to conduct a high volume and intensity of daily training (2 even 3 lessons/day), use of equipment, and cyber elements of mathematical elements of dynamic programming and training and competition, interdisciplinary scientific supervision and body reactivity in training and competition requirements, team-work (doctor, psychologist, biochemist, trainer, statistician, nutritionist, etc.).

Keywords: trends, performance, volleyball.