

TRENDS REGARDING THE ROLE OF THE SETTER IN VOLLEYBALL

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ABSTRACT. During time, it has been found that the setter plays an important role in the team game. In what concerns the volleyball, the setter holds the most important position in the team, being the most valuable player, his/her opinions being highly respected by the teammates. Nowadays, the volleyball has significantly evolved by fast and unpredictable offenses, strong defensive, forceful serves with the highest speeds. The setter is also called as the team coordinator. Beside the remarkable physical qualities the setter has, he/she is a kind of team psychologist, notices the teammates reactions in difficult and crucial moments, anticipates some affective states in certain phases of the game, and therefore together with the trainer, the setter is able to manage the situation as best possible.

Key words: *volleyball, setter, coordinator*

REZUMAT. Tendințe ale rolului ridicătorului în jocul de volei. Pe parcursul anilor s-a demonstrat că în jocurile de echipă un rol important îl joacă ridicătorul acesteia. În jocul de volei acesta este cel mai important pion din teren al echipei, fiind cel mai bun și respectat de ceilalți coechipieri. Jocul de volei de astăzi a progresat foarte mult, prin atacuri rapid, neașteptate, apărare fermă, servicii în forță și cu viteză foarte mare. Ridicătorul, în jocul de volei a mai fost numit și coordonatorul echipei. Acesta pe lângă calitățile fizice deosebite pe care le are, el este și un fel de psiholog al echipei, observând reacțiile acesteia în unele momente dificile, de cumpănă, a coechipierilor, anticipează unele stări afective în anumite faze ale meciului, astfel putând împreună cu antrenorul să gestioneze cât mai bine situația.

Cuvinte cheie: *volei, calități, ridicător, coordonator*

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During the life of a sport team, both in training and in competition, it was found that the Setter plays an extremely important role. The setter is the team member who has a series of valuable qualities and has the most authority in the team.

Nowadays, the volleyball is distinguished by a various range of technical and tactical procedures, a modern game, based on a fast and unpredictable offence and a strong defensive. This fast and varied style of play requires coordinators – setters, who masters not only the techniques of passes but are also able to tactically use these passes during the game.

One player becomes a team setter-coordinator, due to the fact that he/she has a mixed of qualities and because the pattern of his/her personal qualities are easily adapted to the requirements of the team activities and objectives.

The factors associated to the setter-lifter position are as follows:

- Motor abilities
- Fluency of speak
- Intelligence
- Independence
- Agility
- Perseverance
- Originality
- Aggressiveness
- Fast thinking
- Self-confidence
- Speciality knowledge
- Desire to be special
- Initiative
- Popularity (Bengeanu, Rusu, Braicu, 1999).

Based on certain experience and possessing special qualities that help the team, the play coordinator is the one who notices the critical moments of the team, solves the issue of “psychical breakdowns” by measures taken on own responsibility, encouragement or other types of contributions.

The trainer must know how to use the activity and experience of the play coordinator, in order to exert by means of the play coordinator a greater influence on the team.

Furthermore, the coordinator is the one who sees the team and the team mates actions, anticipates certain emotional states, and sometimes eliminates the feeling of abandonment and anxiety caused by failures. Each

team member wishes to be considered as a different individual with strong personality. The athlete is characterized by a well-defined dynamism, given by the desire to mean something for the others. The athlete wants that his/her thoughts and interests to be taken into consideration.

Sometimes the sport team represents a mean to gratify this dynamism.

This is the task of the setter – play coordinator who should pay attention to fully accomplish this task.

The specific characteristics of a setter – coordinator are as follows:

- Self-confidence – usually the play coordinators have a degree of self-confidence above the other members of the team. This self-confidence is based on the one hand on the player value and on the other hand on the experience earned and a good knowing of the teammates, which confers to the coordinator the ability to anticipate their reactions.

- Fast decision taking – the setter-play coordinator, based on the experience and own qualities takes original decisions or chooses from the similar situations known, the ones that are most suitable for a given situation.

- The social intelligence – this ability allows the coordinator to properly asses situations, to know better his/her teammates and to explain certain social relationships.

- Cooperation – has two aspects: first, the play coordinator, more than any other member, works for the team assuming a sort of general responsibility and second, the coordinator encourages cooperation between the other team members.

- Sociability – this characteristic in addition to others skills, leads to establishing positive relations between the team members.

- Popularity and prestige - confer confidence to the teammates and convince them about the correctness of the solutions found by the coordinator, the teammates having a complete faith in the coordinator's abilities.

- Authority – is acquired as a result of repeated manifestations of certain positive answers given in a decision system. The coordinator's value and some of his/her personality traits stand upon the basis of this authority. Each team member has a certain degree of authority, however that of the setter – play coordinator overcomes in force and thoroughness the authority of other teammates (Muresan, 2005).

The play coordinator has a superior ability to observe the general opinion of the team in case of particular issues (i.e. reaction toward the opponent or partner).

If the play coordinator is the one who has the greatest influence upon the team, we can say that the play coordinator is influenced in return by the teammates, adjusting his/her behaviour and work style depending on the teammates.

Conclusions

A volleyball team acts like a self-regulating system, the play coordinator and the team members have a mutual influence on each other's.

As an overall view, the play coordinator is that team member who has a functional superiority which makes him/her capable to assume a certain role of setter – play coordinator in difficult moments. Therefore, training of a setter – play coordinator takes considerably long time.

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