









Conceptual Basis of Organization of Volleyball Team Training

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ABSTRACT

The article investigates the issues of training of the sports team ("Novator" volleyball club) for competitions of the national championship and achieving high sports results. The basis of these studies is the analysis of the conceptual foundations of preparation of the sports team, the practical processing of results of the team's performance and establishing the relationship between the methods of the team's training, mental, emotional and physical activity of sportsmen. The purpose of the article is to study and summarize the practical experience of organization and functioning of a sports team from the moment of creation to the international arena; and to

substantiate the conceptual basis for the preparation of a sports team to achieve high sports results in the future. The participants of the experiment were: 35 sportsmen and 7 participants of the trainer's staff of the sports team ("Novator" volleyball club, Khmelnytskyi). Methods. To achieve this goal the following set of methods were used: theoretical analysis, comparison, generalization, and systematization of theoretical and practical material, the study of the experience of coaches in order to justify the preparation of the volleyball team to the competitions of the national championship and achieve high sports results; formulation and systematization of conclusions. Conclusions. The article characterizes conceptual basis of preparing the team to compete at the national competition, which is based on three levels: theoretical, methodological and practical, that will allow in the future achieving high sports results in the international arena.

1. Introduction

Sport plays an important role in the life of modern society. Not only it provides versatile physical development of a person, but also promotes acquiring moral-willed qualities. In Ukraine, sport is an integral part of culture, one of the important means of educating people, improving their health, creating a healthy emotional background and harmonious personal development. Among all kinds of sports, the most popular are sports games, which is confirmed by a huge audience during the competitions of various levels. It is volleyball that ranks first among the team sports by the number of officially registered national federations. Volleyball was brought to Europe in the early twentieth century. This sport is extremely popular in Ukraine. Today, few people remember that the first championship of Ukraine took place more than 90 years ago. Eleven teams gathered then in Kharkov, and the victory was won by the team from the city of Dnepropetrovsk. In April 1933, the first USSR championship was held there. Therefore, the development of volleyball in Ukraine began in fact with its appearance in European countries. And in independent Ukraine, the point of departure was 1991, when the Ukrainian volleyball, went on an independent voyage. Many different "storms" and "reefs" it had to overcome over the years, but there were many triumphant achievements. Thanks to the hard work of professionals, it is no accident that our men's and women's national teams won the Euroleague in 2018 at the first attempt. One of the components of success of the national teams is supporting a high level of the championship of Ukraine, due to participation of strong club teams. In recent years, the leading position in the Ukrainian club men's volleyball took the volleyball team "Novator" from Khmelnytskyi. The team was created in 1996 on the basis of the Academy of the border guard troops of Ukraine on the initiative of the mayor of Khmelnytskyi (Chekman M. K.). The main sponsor of the team is the State enterprise "Novator" of the UKROBORONPROM concern. Since the foundation of the team the main coaches were: Ruchko A., Hamaliichuk M., Khvorostyanov V., Bondarenko O., Turkula M.

For years of existence the team had the following achievements: since 1997 the volleyball team of Khmelnytskyi region is a constant participant of regular Championships and tournaments of Ukraine; 1997 – the 1st place of the championship of the border guard troops of Ukraine; 2001/2002 – the 3rd place in the first League of the Championship of Ukraine; 2002/2003 – the 1st place in the Championship of Ukraine among teams of the first League; 2004/2005 – silver prize-winner of the Championship of Ukraine among the teams of the major League; 2006/2007 – bronze prize-winner of the Championship of Ukraine among teams of the major League; 2007/2008 – silver prize-winners of the Championship of Ukraine among teams of the major League; 2008/2009 – bronze medalists of the Championship of Ukraine among the teams of the major League; 2009/2010 – 4th place of the Championship of Ukraine among the teams of the major League; 2010/2011 – Champions of Ukraine



among the teams of the major League, silver medalists of the Cup of Ukraine; 2011/2012 – 7th place among the men's teams of the super League. In the spring of 2012, the team "Novator" ceased to exist, due to financial difficulties, lack of support of the leaders of the region and the city. The club infrastructure of the team was completely destroyed, the coaching staff was disbanded, and the players of the club strengthened other teams.

2. Literature Review

The problem of training volleyball teams were studied by many researchers. So, peculiarities of using game combination schemes in attack during volleyball matches were studied by B. Artemenko [1]. L. Bieliai researched theory and technique of training of volleyball [2]. V. Gamaliy studied technical and tactical preparation of elite volleyball athletes in team sports with a limited playing space [3]. Yu. Zhieliezniak [4], and A. Ivoilov, V. German, E. Ivoilov, K Akhmierov [5] wrote about training in volleyball at the institutes of physical culture. Yu. Klieshiev researched preparing teams for volleyball competitions [6]. V. Prokopovich, V. Liapin, O. Soloviev, T. Guzenko-Prokopovich studied modern trends of volleyball development through aggressive service and counter-aggressive reception of the ball [7]. G. Fellingham, L. Hiknle, I. Hunter studied importance of attack speed in volleyball [8]. Ye. Imas, O. Borysova, O. Shlonska, I. Kogut, V. Marynych, V. Kostyukevich researched technical and tactical training of qualified volleyball players by improving attacking actions of players in different roles [9]. But the problem of conceptual basis of the volleyball team training (namely theoretical, methodological and practical levels) hasn't been covered yet.

3. Method

3.1. Participants

The research work was carried out on the basis of training sports team "Novator" with members of the sports club. The subject of the study was 35 sportsmen and 7 participants of the coaching staff in the period from September 2013 to May 2018 on the example of volleyball team "Novator" – bronze medalist of the championship of Ukraine of the season 2017/2018, member of the European Confederation of Volleyball Cup season 2018-2019.

3.2. Materials

The purpose of the article is to study and summarize the practical experience of organization and functioning of a sports team from the moment of creation and to the entrance to the international arena; and to substantiate the conceptual basis for the preparation of a sports team to achieve high sports results in the future. To achieve this purpose the following set of methods were used: theoretical analysis, comparison, generalization, and systematization of theoretical and practical material, the study of the experience of coaches in order to justify the preparation of the sports team (volleyball club "Novator") to the competitions of the national championship and achieving high sports results; formulation and systematization of conclusions.

3.3. Procedure

Regarding the material of theoretical, methodological and practical levels of training of the team, from creation of the club, its existence and perspectives there is a topical need of substantiation of conceptual foundations of preparation of the sports team, the practical processing of results of the team's performance and establishing the relationship between the methods of the team's training, mental, emotional and physical activity of sportsmen to successfully represent the country in the international arena. With this aim the pedagogical experiment was held from 2013 to 2018 which includes 35 sportsmen and 7 participants of the trainer's staff of the sports team ("Novator" volleyball club, Khmelnytskyi).



4. Results

The era of revival of volleyball on the territory of Podillia began in 2013, when the Khmelnytskyi Federation of volleyball was created, which was headed by Tereshchuk I., the son of the Olympic champion of Mexico City – 1968, Borys Pavlovych Tereshchuk), who, thanks to his perseverance and business qualities, rallied around himself experienced sportsmen, who began the formation of a new sports team. Since that time, the rapid revival of volleyball in Khmelnytskyi region begins: 2013/2014 – Ukrainian Champions among amateur teams; 2014/2015 – 4th place of the Ukraine Championship among the teams of the major League; 2015/2016 – 1st place of the Ukrainian Championship among the teams of the major League; 2016/2017 – 4th place of the Ukrainian Championship among the teams of the super league; 2017/2018 – 3rd place of the Ukrainian Championship among the teams of the super league, entering the Eurocup Competition. So, we'll try to find out the reasons of such rapid success of the team (Tables 1; 2).

Table 1. Ukrainian Championship among the teams of the major League 2014/15.

| Season | Champion | 2 nd place | 3 rd place | 4 th place |
|---------|----------------------------|----------------------------|---------------------------|---|
| 2014/15 | "Dnipro" Dnipropetrovsk | "Barkom-Kazhany-2" Lviv | "Loko-Express" Kharkiv | "Novator" Khmelnytskyi |

Table 2. Ukrainian Championship among the teams of the major League 2015/16.

| Season | Champion | 2 nd place | 3 rd place |
|---------|---|------------------------------------|-----------------------------------|
| 2015/16 | "Novator" Khmelnytskyi | "Lokomotive HGVUFK № 1" Kharkiv | "Rodnichok-Kolos" Novoselytsia |

Before its entry the super league of the Ukrainian Championship, the team did not have a professional status. It consisted mainly of players who worked at the main place of work, and playing volleyball was a hobby, a means of maintaining proper physical shape and relieving emotional stress. Only in 2016, after the signing of the action plan for the development of volleyball in Khmelnytskyi approved by the mayor, with the participation of the parties: Khmelnytskyi city Council; National Academy of the State Border Guard Service of Ukraine named after Bohdan Khmelnytskyi (NASBGSU); state enterprise "Novator"; Khmelnytskyi National University; Public organization "Khmelnytskyi Volleyball Federation" team received support in the organization of infrastructure, all types of support and was able in one season to enter the super league, winning the championship of Ukraine among the teams of the major league, the transitional tournament for the right to play in the super league.

Next season 2016/2017 the sports club managed to break into the top four teams in Ukraine, but in a series of matches for bronze medals lost to competitors from the Vinnytsia region. Taking into account the mistakes and using the experience of the team in the previous Championships, in the next season, "Novator" managed to win bronze medals in the Ukrainian Championship, and won the right to represent the country in the European arena. Thanks to the results of the team's performance, 9 of its players received high sports title of Master of sports of Ukraine. Let us regard the phenomenon of achievements of the sports club, because it does not have the necessary funds to purchase top players, which does not prevent the team to consistently demonstrate high level of sports results and be among the best clubs in Ukraine. In our opinion, the secret of the team's success lies in the hard work of the administration and the coaching staff and the application of the conceptual basis for the preparation of the sports team, which is based on the practical experience of the scientific and pedagogical staff of the Department of physical training and personal safety of NASBGSU.

After analyzing all the games of the team since the revival (since 2013), we came to the conclusion that the key to stable results and success of the team was the use of the conceptual basis of the preparation of the



sports team, which remain unchanged in the course of the existence of the club, and are only adjusted depending on the financial situation of the club and the tasks that are put before the team for a particular season. In fact, the conceptual basis of team training consists of three levels: *theoretical*, *methodological* and *practical*.

As experience suggests, only painstaking, persistent and balanced work on all these levels, without exception, of all persons, from the President of the club, to the driver of the team, can provide an acceptable team result. Of course, the sports result is largely provided by the coaching staff and sportsmen, but without the coordinated work of the club administration and support staff, achieving high sports results is unlikely. In case of failures at any of these levels, or not adequately implementing the training activities, negative consequences are possible, that will significantly affect the team result.

The first level, theoretical (basic) – defines the goals and objectives of the team for the season and outlines the ways to achieve this goal. This level includes:

- adequate assessment of the realities in the volleyball life of the country before the start of the new club season;
- analytical forecasting of financial position of own club and rival teams;
- balanced allocation of available resources to ensure achievement of objectives;
- determination of the degree of readiness of performers for the new season, selection of candidates for problem positions;
- determination of motivational factors for the staff regarding their stay in the club structure;
- prediction of the possibility of strengthening the main team by the players of the farm club in case of injury and other force majeure;
- creation of a long-term plan for the preparation of the club for the season (determining the number, timing, places and duration of training camps and the goals that need to be achieved; planning of control games, participation in preparatory tournaments, determining the priority results in the competitions in which the club takes part, recreational activities during the season and after its completion).

An important aspect is the analytical forecasting of the financial situation of own club and rival teams. For the high-quality performance of this task, the following measures were taken: preparing of cost estimates of the club in the new season, taking into account the tournaments in which the team participates and the tasks that are set; preparation and holding of a General meeting of the club management with the team sponsors and determining the amount of funding for each of them; timely preparation of documents with all sponsors of the club, to finance the team for the next season; creation of a reserve fund in case of force majeure; constant monitoring of the financial situation in the teams of competitors and its use in own favor. The main feature of a balanced distribution of available resources to ensure achievement of the goals is to create equal conditions for obtaining financial rewards for all members of the club including staff, depending on the sports results achieved by the team. All these measures create healthy competition between the team players, motivate the club staff to achieve the final result and contribute to maintaining a healthy moral and psychological climate within the team. As a generalizing component of the theoretical level of the team training is a long-term planning for the preparation of the club for the season (determining the number, timing, places and duration of training camps and the goals that need to be achieved; planning of control games, participation in preparatory tournaments, determining the priority results in the competitions in which the club takes part, recreational activities during the season and after its completion). When creating the plan it is necessary to adhere to all methods of building training sessions, organization and quality of the training process, compliance with the proportionality of general physical, special, technical, tactical and psychological training, the timely use of recreational and preventive measures, taking into account the cyclical construction of this process and competitive activity. No less important task is the selection by the coaching staff of the optimal combination of the development of individual



skills of performers with the tactical actions of the team, construction of different models of the team (depending on the opponent), compliance with the game discipline in critical situations (when there is a significant opponent's advantage in the score, not objective judging, psychological pressure of fans, etc.).

There is a well-known cliché that "cadres decide everything", so to define the readiness of performers for the new season, the selection of candidates for the problem positions must be approached very carefully, because the correct staffing of the team will allow to pass season "smoothly", will create reasonable competition within the team "by positional roles", will provide high-quality training process, the interchangeability of players in case of injury, disease and so on. The staffing is made taking into account the needs of the team. During the consideration of candidates, besides their professional skills and abilities it is necessary to study their personal moral and psychological qualities, the ability to work in a team, to achieve results, to sacrifice individual statistical indicators for the sake of team success. It is also necessary to take into account the prospect of further professional growth and how the player can benefit the club later.

No less important element of training is the establishment of motivational factors for the staff to remain in the club structure. Of course, each member of the club has his own motives for being in the team (financial component, not implemented sports aspirations, desire to prove something to someone, opportunity to show them and move to a foreign club, etc.). All these factors should be taken into account during the preparation and competitions and during the individual (psychological) work with the personnel of the club.

An integral element of the successful work of the club structure is the prediction of the possibility of strengthening the main team by the players of the farm club in case of injury and other force majeure. The construction of the club infrastructure is the foundation on which the further success of the team is based. The presence of youth teams performing in different tournaments gives the opportunity to gain playing experience for young performers, and also getting game practice for the players of the main team who do not get into the starting line-up, as well as contributing to the recovery of players after injuries and acquisition of the necessary level of sports skills. In our study, this important component is implemented by the volleyball team "Novator-2 - Prykordonnyk", which for the last two seasons has been playing in the Major League of the championship of Ukraine and successfully performs its tasks to prepare players for the main team.

The second level, methodological (defining) – the level which is characterized by a set of methodological principles of the organization, adjustment and optimization of educational and training process in the system of preparation of a team for a forthcoming game season. It includes defining and selection of methods to perform the tasks set at the theoretical level.

For successful performance of tasks which are set at the first level, the methodological techniques and actions were used, which were corrected in the course of preparation of the team and during competitions. Analyzing the realities in the volleyball life of the country before the start of the new club season, the following methods were used: the study of the final table of the previous championship of the country; the study of individual statistical indicators of the best players of the championship, their strengths and weaknesses; the presence or absence of contractual obligations between players and clubs; the study of the financial conditions of players in the clubs and the motivational component of players for further sports achievements; interviews of players, coaches and other specialists; viewing the games of youth national teams in order to identify candidates for the team.

Taking into account own experience of preparation and participation of the team in competitions of various kinds, it can confidently stated that after the completion of the team staffing begins practical training, which is advisable to be organized as follows:



1. Initial stage – at this stage, the club staff comes from vacations, passes the preliminary medical examination, the team is finally formed by checking the individual skills of new performers against the players who are already in the club (by their positional roles). The trainings are held once a day and are aimed at restoring the functional condition of the players after the vacation. The duration of the stage is up to two weeks. The methodology of training at this stage includes: uniform running up to 15 minutes; general developmental exercises; special running and jumping exercises on soft ground; work in the gym at the stations for all muscle groups; exercises to improve individual skills in reception and protection; game 4x4; recovery cross up to 45 minutes; exercises for flexibility. All exercises are performed at a slow pace, in order to provide recovery from previous exercises. The duration of training sessions is up to 90 minutes, recreational activities are held once a week.

2. Preparatory phase – at this phase, sportsmen have two trainings a day, with three days cycle and one day off. At the end of this stage, the players undergo an in-depth medical examination, the team is finally formed. The training is aimed at improving individual and special physical qualities, technical skills. The pace of exercises increases, density increases, physical activity increases, the following exercises are performed in view of incomplete recovery from previous exercises. The duration of the stage is up to two weeks. The methodology of training at this stage includes: uniform running up to 15 minutes; general developing exercises; special running and jumping exercises on soft ground; work in the gym at the stations for all muscle groups (40 seconds of work, 20 seconds of rest, at least 2 laps of 16 stations each); exercises to improve individual skills in reception and protection; power jumps from 4 to 8 series of 12-16 repetitions in each series; maximum jumping loads with final acceleration (maximum jump with a volleyball ball slam-dunking the basketball hoop with two hands from above), recovery cross from 45 minutes; flexibility exercises. All exercises are performed at an average pace. The duration of training sessions is from 90 minutes, recreational activities are held once a week, the diet of sportsmen includes: special dietary supplements, depending on the structure of the body and individual tasks for this period of preparation (L-carnetine, liquid amino acids, multi-gainer, and protein mixtures).

3. Shock-preparatory stage – takes place usually during off-site training of the team. The sportsmen perform morning physical exercises and two workouts a day, in a four days cycle with one day-off. During this stage, players perform physical activities under close medical supervision. At this stage, the sports team rallies, the future leaders of the team appear, the moral and psychological climate is formed. Morning physical exercises are aimed at preparing the body for the training day, are held for 45 minutes, with physical activity up to 160 beats per minute, culminating in taking of water procedures to temper the body of sportsmen.

Morning training is aimed at improving individual and special physical qualities, technical skills. The pace of exercise is high, the density increases, physical activity increases depending on the day of the cycle, the following exercises are performed in view of fatigue from previous exercises. In addition, the use of material resources (rubber bands, small medicine balls up to 2 kg, large medicine balls up to 5 kg, jumping boxes, barriers of different height, speed and coordination ladders, TRX, etc.). In order to quickly restore the body, the trainings are completed with stretching and obligatory water procedures.

Evening trainings are aimed at practicing partial team actions because of fatigue. In order to create additional motivation, the trainings are competitive (team is divided into four, and they compete with each other) depending on the results, at the end of the training, maximum physical activity is performed (4-10 repetitions). Races on a steep slope up with a physical activity of 180 beats per minute are used. In order to quickly restore the body, the trainings are completed with stretching and obligatory water procedures. The duration of the stage is up to two weeks. The methodology of training at this stage includes: steady running up to 15 minutes; general developing exercises; exercises with weights on the sand, moving (lunges, rolls, cross steps, etc.) with weights



on the sand, static exercises, exercises with rubber bands, throwing of small stuffed balls, moving with large stuffed balls, jumping exercises on the jumping boxes and over barriers of different heights, exercises on speed-coordination stairs, TRX loops, and playing volleyball 4x4, 5x5 with beach balls on the site with markings for beach volleyball, running on a steep rise with the maximum amplitude and frequency of legs work, exercises on flexibility.

In order to improve the emotional background of the team and establishment of team relations, beach volleyball competitions in the 2x2 format are organized, where all the players of the team, the coaching staff and the club management are necessarily involved. On the last day of the cycle, in order to relieve psychological, emotional and physical stress, competitions in "Hawaiian volleyball" are held (throwing over a balloon filled with water with a sheet on the opponent's side until the balloon bursts. The format is 4x4, it is forbidden to let go the sheets). The cycle ends with mandatory water procedures. All exercises are performed at the maximum possible pace. The duration of training sessions is up to 80 minutes, the recreational activities are carried out daily, and the diet of athletes includes: special dietary supplements. If necessary, the club masseurs are actively involved in order to provide better restoring and maintaining of the players' performance.

4. Pre-competition stage is characterized by a decrease in the volume of physical activity and increasing of the team preparation activities of the training process (tactical, theoretical, psychological, etc.), subordination of the individual skill to team goals. Trainings are conducted as a part of the whole team, the starting six is determined, as well as the players who strengthen the game of the team in various elements, the order of substitutions is organized, the tasks to the players are specified depending on the models of the game. Trainings are held daily with two days off per week. Individual physical qualities are developed by the players themselves in their free from team training time. During the training various game exercises are used, both for practicing individual elements of the game, as well as joint team actions, exercises to improve mutual understanding of players on the playground, practicing the team's "game discipline" elements. During this period, it is advisable to take part in pre-season tournaments, organize control games with rivals who have different playing style. Recreational activities – once a week, individual recovery procedures – when necessary. Additional sports nutrition is aimed at testing optimal combination of drugs that will provide a sufficient level of performance of sportsmen throughout the game, and recovery after it.

The third level, practical. Competitive stage of the regular championship – at this stage, the tasks of maintaining the proper physical shape of the performers, functional readiness of all players to benefit the team, working out the interchangeability of players in order to prevent overload of the team leaders are combined. The team's off-site training sessions at the sports camp before and during key home matches of the championship is quite important (it helps team building, makes it impossible to violate sport regime, the availability of appropriate medical equipment and pool promotes a more rapid recovery of functional parameters between games). At this stage, during the breaks in the championship rounds it is advisable to organize and conduct a winter training camp lasting 7-10 days, the purpose of which is to restore the functional condition of athletes, and prepare them for the exhausting series of playoff games. In the final period of this stage, even more attention is paid to the tactical analysis of the actions of rival teams, the search for their weaknesses, ways to neutralize their leaders. For this purpose, the following methods are used: team's reviewing of the games, cutting some of the team's actions (serve, block, receiving, attack, coverage, etc.), statistical analysis of the personal actions of the players on the team (with the help of a program DATA VOLLEY), establishment and demonstration of schemes in the system of the team's actions.

5. The decisive stage is the play-off games of the championship. At this stage, the fate of the sports team is decided, depending on the quality of the results obtained at this stage, the season is interpreted as "successful" or



"failed". The weight of the mistake at this stage increases repeatedly, losing the first round of the playoffs the team can be at the bottom of the championship and fight only for 5-8 place, although it could be leading during the season. Therefore, it is important to bring the team to the decisive games in the most optimal form. During this period, the training process is based taking into account the exertion during the games, the duration of the pause until the next game, the functional state of the leaders, the presence or absence of injured players. As a rule, during this period the team "gorge" themselves on volleyball, so in our opinion it is advisable to shift the emphasis in training to other game sports (basketball, football, water polo), to allow players to "relax" from volleyball and "to start missing" it. Training sessions are built mainly depending on the opponent with whom the playoff games are held. The tactical analysis is carefully conducted; much attention is paid to psychological readiness of the team as whole and individual performers to decisive matches. During this period, an important role in the overall success of the team is played by doctors and massage therapists of the club, who must ensure full functional readiness of the players (through operational conducting of recreational activities, pharmacological support, timely fortification, prompt elimination of the consequences of micro-traumas, etc.). The final result depends on the coordinated actions of each member of the club.

6. The final (recreational) stage – is held after the end of the season, after which the players and members of the club undergo "emotional emasculation". There is a pronounced physical, mental and moral fatigue, as a rule, there is a functional decline, up to complete apathy. Depending on the result, these factors can have both positive and negative impact on further professional activity of the club members.

With the aim of summing up the performance, defining perspective tasks for the team, emotional healing and stress relief at this stage, the following activities are held: general team meeting; meeting with government members (of a city, region, companies, sponsors); honoring and rewarding the team with the presentation of valuable gifts by officials; defining the range of tasks facing the team during the next season; implementation of the general recreational activity (going for picnic, climbing, collective fishing, visit to the shooting range, hiking, biking (equestrian), river rafting, etc.). The duration of the stage is up to one week. Unfortunately, as practical experience shows, no matter how clear and perfect the plan is, it should be noted that its timely and prompt adjustment during the season, according to circumstances, is no less important than the creation of the plan itself.

5. Discussion and Conclusion

The study on the efficiency of attack in the first division senior male in volleyball was carried out by A. Cojocar and M. Cojocar [10]. The influence of motor coordination indicators on efficiency of game activity of volleyball players at the stage of specialized basic training was determined by R. Boichuk, S. Iermakov, M. Nosko, V. Kovtsun, Yu. Nosko [11]. Technical and tactical preparation of elite athletes in team sports (volleyball) was researched by Ye. Imas, O. Borysova, M. Dutchak, O. Shlonska, I. Kogut, V. Marynych [12]. The impact of fitness aerobics on the special performance and recovery processes of boys and girls 16-17 years old engaged in volleyball was revealed in the work of Zh. Kozina, I. Sobko, L. Ulaeva, D. Safronov, Yu. Boichuk, A. Polianskyi, V. Protsevskiy [13]. Preliminary correlation between anthropometric and performance data in volleyball about the transition period was studied by D. Forte, G. Altavilla [14]. R. Marcelino, J. Sampaio, I. Mesquita dedicated their studies of attack and serve performances according to the match period and quality of opposition in elite volleyball matches [15].

Speaking about every day training process of the volleyball club "Novator", it is first off all hard work of all the club personnel, which is invisible from the outside, but it is the reverse side of the medals, which were won in the last championship. Based on the above material of theoretical and methodological and practical levels of training of the team, applying it in practice, during the existence of the club, the following practical results



were achieved: 2013/2014 – Ukrainian Champions among amateur teams. The newly-created team was staffed by players who combined their main work with training sessions, which were held three times a week, independently without a coach. The final round was held in Skadovsk, Kherson region, the team did not lose in the final round any game, and confidently became the champion); 2014/2015 – 4th place of the Ukrainian Championship among the teams of the major league. Then the team was staffed by players who combined the main work with training, while some younger members joined. Having unsuccessfully started the championship (the club lost two of three games), there was appointed a coach from the number of players who finished playing career. From that moment an organized training process began, which allowed the team to break into the final round, before which the leadership strengthened the team with two professional players. The Final round was held in the city of Dnipropetrovsk, the team lost all games without a chance. The management of the team began to search for ways to further develop the team and create a professional club; 2015/2016 – 1st place of the Ukrainian Championship among the teams of the major league.

After the creation of a professional club, the team was strengthened by players who had experience of international level. The final round was held in Kharkiv and had no decisive importance; the team became the champion ahead of schedule. In the transitional tournament with the teams of the super League "Novator" won the right to represent Khmelnytskyi region in the elite division; 2016/2017 – 4th place of the Ukrainian Championship among the super league teams. After entering the super league, the club infrastructure was significantly expanded. There was created a team "Novator-2-Prykordonnyk", which performed the tasks of the farm club. During the championship, the team managed to enter the final four (Table 3), but in a series of games for bronze medals lost to the team from Vinnytsia (Tables 4-6).

Table 3. Regular Championship (I stage) 2016/2017.

| Place | Team | Matches | Wins | Defeats | 3-0 | 3-1 | 3-2 | 2-3 | 1-3 | 0-3 | Games | Balls | Points |
|----------|-------------------------------|-----------|-----------|-----------|-----------|----------|----------|----------|----------|----------|--------------|------------------|-----------|
| 1 | VK Barkom - Kazhany Lviv | 28 | 27 | 1 | 16 | 9 | 2 | 1 | 0 | 0 | 83/16 | 2408/1987 | 80 |
| 2 | Lokomotyv Kharkiv | 28 | 23 | 5 | 17 | 4 | 2 | 2 | 3 | 0 | 76/23 | 2370/1975 | 69 |
| 3 | "Novator" Khmelnytskyi | 28 | 15 | 13 | 10 | 4 | 1 | 3 | 3 | 7 | 54/45 | 2240/2185 | 47 |
| 4 | VK MHP Vinnitsia | 28 | 15 | 13 | 7 | 1 | 7 | 3 | 4 | 6 | 55/54 | 2384/2374 | 41 |
| 5 | Burevisnyk - SHVSM Chernihiv | 28 | 13 | 15 | 2 | 6 | 5 | 2 | 5 | 8 | 48/61 | 2349/2429 | 36 |
| 6 | KP VK Dnipro | 28 | 11 | 17 | 5 | 4 | 2 | 3 | 5 | 9 | 44/59 | 2250/2359 | 34 |
| 7 | Law Academy Kharkiv | 28 | 7 | 21 | 3 | 2 | 2 | 6 | 6 | 9 | 39/69 | 2267/2473 | 25 |
| 8 | Favorit Lubny | 28 | 1 | 27 | 0 | 0 | 1 | 2 | 4 | 21 | 11/83 | 1807/2293 | 4 |

Table 4. Regular Championship (II stage) 2016/2017.

| Place | Team | Matches | Wins | Defeats | 3-0 | 3-1 | 3-2 | 2-3 | 1-3 | 0-3 | Games | Balls | Points |
|----------|-------------------------------|-----------|----------|-----------|----------|----------|----------|----------|----------|----------|-------------|-----------------|----------|
| 1 | VK Barkom - Kazhany Lviv | 12 | 11 | 1 | 2 | 6 | 3 | 0 | 0 | 1 | 33/15 | 1117/1033 | 33 |
| 2 | Lokomotyv Kharkiv | 12 | 9 | 3 | 6 | 2 | 1 | 0 | 3 | 0 | 30/13 | 1023/927 | 28 |
| 3 | VK MHP Vinnitsia | 12 | 3 | 9 | 1 | 1 | 1 | 4 | 2 | 3 | 19/30 | 1064/1087 | 12 |
| 4 | "Novator" Khmelnytskyi | 12 | 1 | 11 | 1 | 0 | 0 | 1 | 4 | 6 | 9/33 | 856/1013 | 5 |

Table 5. Regular Championship (III stage) 2016/2017.

| Place | Team | Matches | Wins | Defeats | 3-0 | 3-1 | 3-2 | 2-3 | 1-3 | 0-3 | Games | Balls | Points |
|-------|------------------|---------|------|---------|-----|-----|-----|-----|-----|-----|-------|---------|--------|
| 1 | VK MHP Vinnitsia | 3 | 3 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 9/0 | 225/173 | 9 |



| | | | | | | | | | | | | | |
|---|--------------------------|---|---|---|---|---|---|---|---|---|-----|---------|---|
| 2 | "Novator" Khmelnyskyi | 3 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 3 | 0/9 | 173/225 | 0 |
|---|--------------------------|---|---|---|---|---|---|---|---|---|-----|---------|---|

Table 6. Ukrainian Championship among the teams of the Major League 2016/2017.

| Season | Champion | 2 nd place | 3 rd place | 4 th place |
|---------|------------------------|--------------------------|------------------------|--------------------------|
| 2016/17 | "Lokomotyv" Kharkiv | "Barkom-Kazhany" Lviv | "Vinnitsa" Vinnitsa | "Novator" Khmelnyskyi |

After the team was left without medals, a powerful selection work was carried out, which had a positive impact on the final result. So in 2017/2018 – 3rd place of the Ukrainian Championship among the teams of the super League (Table 7), entering the Eurocup tournament.

Table 7. Ukrainian Championship among the teams of the Major League 2017/2018.

| Season | Champion | 2 nd place | 3 rd place | 4 th place |
|---------|--------------------------|------------------------|--------------------------|------------------------------|
| 2017/18 | "Barkom-Kazhany" Lviv | "Lokomotyv" Kharkiv | "Novator" Khmelnyskyi | "Serse Podillia" Vinnitsa |

According to the results of the Championship in the first round of the playoffs the victory over "the team of Kharkiv region – Law Academy" was won. In the semifinal series the team lost to the future champion "Barkom-Kazhany" Lviv. Unfortunately, before half-final series the team leader Andrii Tupchii was unfortunately injured and that did not allow the team to show their best in these games. In the bronze series against the team "Sertse Podillia" Vinnitsa city the score was 2-2, and only thanks to the incredible moral and volitional qualities of the team they managed to win the decisive match with the score 3-2, and the bronze series of games. In 2017/2018 this allowed the club to win the bronze award and for the first time in history to represent the country in the international arena.

Thus, the conceptual bases of preparation of a sports team for achievement of high sports results in the future are grounded and are based on three levels: theoretical, methodological and practical, which allows achieving high sports results in present conditions. Despite a number of unfavorable objective conditions (insufficient level of funding, leaving of qualified players to foreign clubs due to better conditions, insufficient level of methodological skills of the coaching staff, etc.), the use of these bases has allowed volleyball team "Novator" to consistently show results, which allowed in a short time to reach the international level and having no adequate financial resources for the acquisition of "superstars" the club plans to adequately represent the country in the international arena.

Prospects for further research in this direction. There is a need to study the role of the coach, the level of his methodological skills, psychological readiness to manage the team in extreme conditions, which, in our opinion, are international competitions.

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