

# **THE SPEED AND ACCURACY OF PASSES TO PROFESSIONAL VOLLEYBALL PLAYERS UNDER THE EFFECT OF CAFFEINE.**

**ArtanKalaja<sup>1</sup> Julian Kraja<sup>2</sup> Emiljano Pjetri<sup>3</sup>**

<sup>1</sup>University of Shkodra "Luigj Gurakuqi", Shkoder, Albania,  
E-mail: artankalaja@yahoo.com

<sup>2</sup>University of Shkodra "Luigj Gurakuqi", Shkoder, Albania.  
E-mail: julikraja@yahoo.com

<sup>3</sup>University of Shkodra "Luigj Gurakuqi", Shkoder, Albania,  
E-mail:pjetri.emi@hotmail.com

## **Abstract**

Caffeine is one of the most popular psychoactive substances known for stimulating the central nervous system effects. If coffee, tea and soda, only do not provide the desired stimulus effect, consumers are returning a new mode in the use of caffeine, which consists in the consumption of energy drinks. Energy drinks are clear examples of how coffee or soda does not meet proper dose of caffeine to young people. These drinks exceed certain level of caffeine allowed by Adu (Organisation of food and drugs) which should vary with 72mg/12ml drink. Most of them contain high quantity products such as fructose, corn syrups and herbal supplements such as taurine, L-karnitina, xhenseni etc., providing the illusion of a healthy preparation that increases in energy us. Energy drinks are now a top challenge for health providers and the community in general. With this study we hope that the experiment will provide valuable information for volleyball players who use these substances containing caffeine as stimulants for their effects on performance outcomes passes. The hypothesis of this experiment is to be recorded Benj stimulation energy drinks containing caffeine in increasing the speed and quality of following technical element. 16 volleyball players Club Vllaznia, aged 20-25 years, who exercised regularly, will be installed in the area of following and will perform 5 times consecutive passes in a period of about 20 seconds each time and see how will be the number of passes and their accuracy within this time in a predetermined area before (4.5 meter distance, in a square 80 cm x 80 cm, height 3 meters). Experiments on energy drinks (caffeine) relay element to volleyball players, not fully correspond with the hypothesis. Caffeine really gives a significant increase in the speed of passes but on the other hand noted that the accuracy of passes is lower than with out consuming these stimulants.