

# **COMPARING THE SHKODRA FEMALE VOLLEYBALL TEAM WITH NATIONAL TEAMS 203-2010 BASED ON ANTHROPOMETRIC AND PHYSICAL PARAMETERS**

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## **Abstract**

Evidencing and study of the current situation and perspective of Youth Women volleyball players in the city of Shkodra is a possibility to understand the trend of development of this sport in particular and of the sport in general taking into consideration the perspective of its development in the local level. The study compares some anthropometric and physical capacities of Shkodra Youth team with Albania's National Volleyball team indexes of the same age and also with other Balkan countries teams indexes. The most important indexes that we will study in this case are the anthropometric indexes and the jumping altitude which are the best indexes to identify the talent of a good player in the sport of volleyball and determine their standing reach, block reach and approach. After all, volleyball depends mostly on the ability to jump and land successfully whenever you want to block, spike, or attack. Different anthropometric and functional parameters were measured with the players of Shkodra's voleyball team and compared to those of Albanian national team and other teams presented in the Balkan Youth Championship. The results of the study showed that the team of Shkodra has very low capacities compared with the other teams. It could be normal when we consider the average parameters but it is not the same if we evaluate the fact that no one of our team is among the normal parameters of Albanian national team. That is why the only opportunity we have in this case is a better selection of the players in the future regarding these anthropometric parameters.

***Keywords:*** *anthropometric values, parameters, team, comparing, capacities.*

## **Introduction**

The study titled: “Comparing the Shkodra female volleyball team with national teams 2003-2010 based on anthropometric and physical parameters.” tends to evaluate the actual situation of Shkodra’s female volleyball team.

Our target is to understand and evaluate the situation and have look in the perspective of growth of this sport which is important for the fact that is one of the most popular in the female sports category and in the same time because we think that Shkodra’s team contribution can and should be bigger.

This comparison will be done by measuring two indexes like: anthropometric and jumping indexes as they are two of the most important indicators and by which we notice the first signs of sportive talent.

## **Methodology**

As a studying object is the actual female volleyball team. With this team we conducted a series of measurements of the most important anthropometric and physical indicators such as:

- Year of birth,
- Body Weight in kilograms,
- Body height in centimeters,
- Jump in height in meters and centimeters,
- Jump in block in meters and centimeters.

The data we gathered are compared with the data we already consulted from the national team literature and Balkan national teams. Through this comparison we can evaluate the actual situation and analyze the eventual differences that Shkodra's team has with the Albanian national team and (for informative purposes), also with other Balkan teams.

## Results

At the end of the measurements we have this table of results for the team of Shkodra.

NAME SURNAME	YEAR OF BIRTH	HEIGHT CM	ARM HEIGHT	WEIGHT KG	JUMP IN HEIGHT	JUMP IN BLOCK
ILIRJANA IDRIZAJ	1995	163.00	2.02	52	2.65	2.55
MARIA SUJKA	1996	172.00	2.15	63	2.70	2.60
BESARTA CULAJ	1998	165.00	2.10	54	2.60	2.50
RIGELTA HYSAJ	1999	160.00	2.08	45	2.65	2.50
KLODETA ZHIVANI	1996	170.00	2.20	63	2.70	2.60
STELA KIRI	2000	148.00	1.89	40	2.20	2.10
FJORALBA BRAHUSHA	1998	164.00	2.08	55	2.60	2.50
ARTJOLA STOLAJ	1998	155.00	2.02	45	2.30	2.20
LEDIANA GJETHINAJ	1999	163.00	2.18	50	2.55	2.40
ILIRJANA ULAJ	1994	170.00	2.15	65	2.60	2.50
DAFINE BUJAJ	1994	165.00	2.17	55	2.65	2.55
ARMENA CULAJ	1995	163.00	2.03	60	2.50	2.40
<b>AVERAGE</b>	<b>1996.8</b>	<b>163.17</b>	<b>2.09</b>	<b>53.9</b>	<b>2.56</b>	<b>2.45</b>

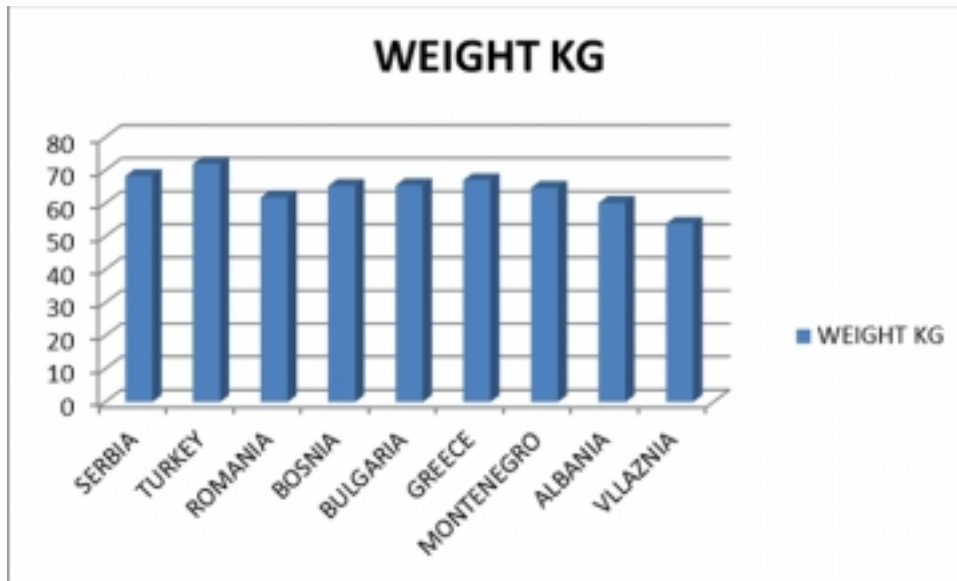
And below we are going to show the data we gathered for the Albanian national team and other national teams in the Balkans.

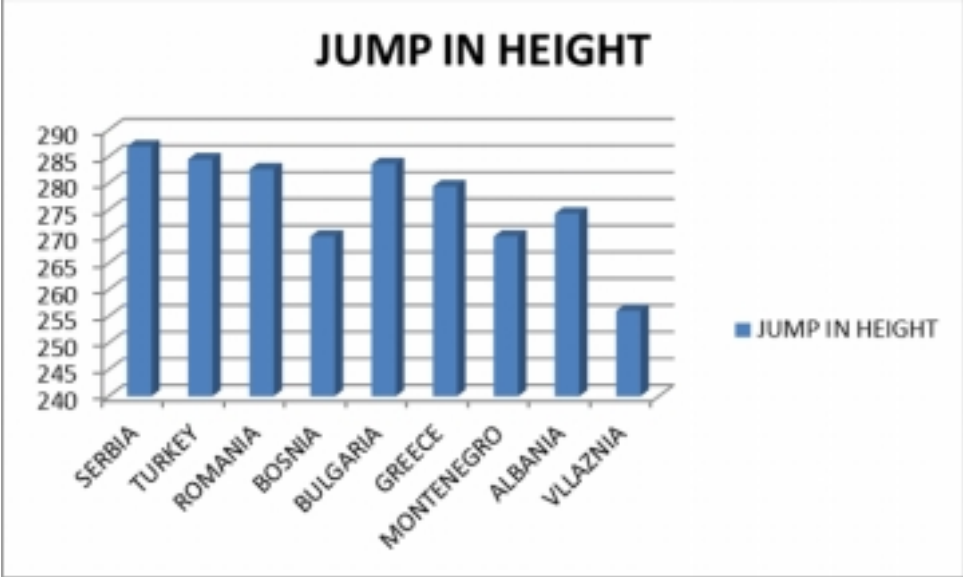
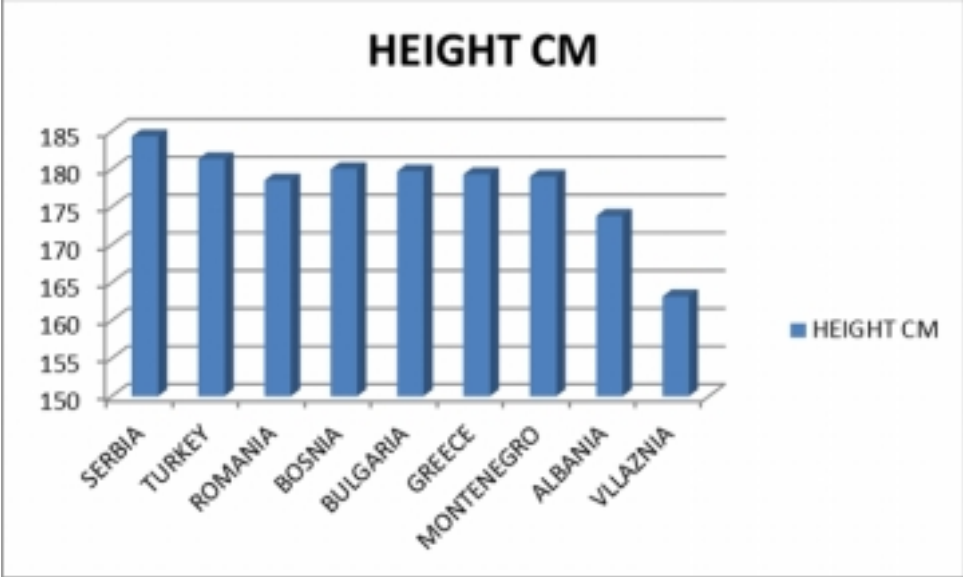
### SUMMARY TABLE OF SOMATIC DATAS 2010

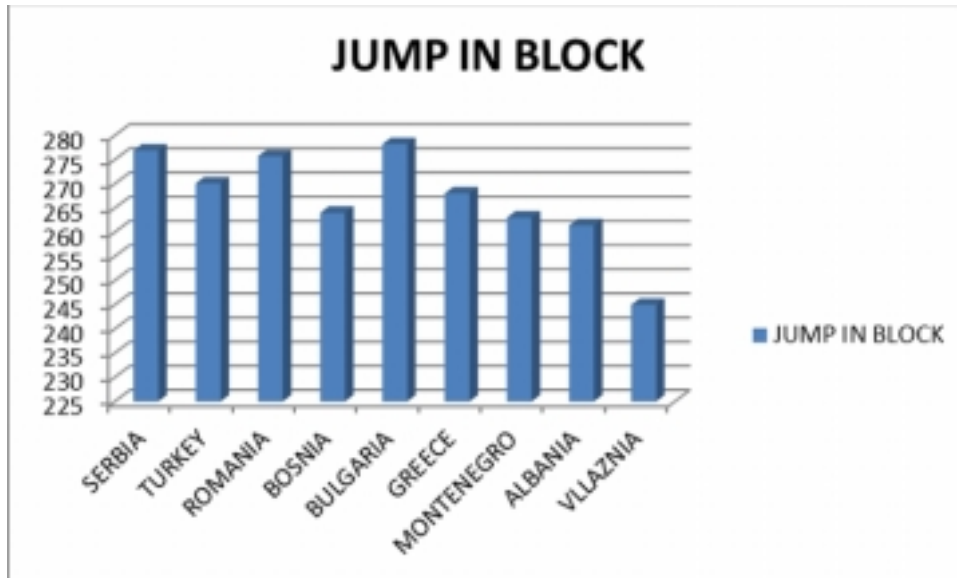
TEAMS	AVERAGE AGE	WEIGHT KG	HEIGHT CM	JUMP IN HEIGHT	JUMP IN BLOCK
SERBIA	1994.2	68.3	184.3	286.9	276.9
TURKEY	1994.3	72	181.3	284.5	270.1

ROMANIA	1994.5	61.83	178.5	282.6	275.7
BOSNIA	1994.4	65.3	180	270	264
BULGARIA	1994.5	65.5	179.7	283.6	278.2
GREECE	1994.5	67.03	179.3	279.4	268
MONTENEGRO	1994.6	64.75	179	270	263
ALBANIA	1994.7	60.13	173.8	274.3	261.4
VLLAZNIA	1996.8	53.9	163.17	256	245

**GRAPHS OF SOMATIC DATAS 2010**







## Discussion of results

As seen from these data, we have a lower level of all anthropometric indicators which are fundamental for the game of volleyball of the Shkodra's team. If this is understood to be highlighted at the teams of the Balkan countries, the fact remains that even in comparison with the Albanian national team, the representative of Shkodra have a big difference. This is particularly pronounced in body height among anthropometric indicators and jump in height + jump in block.

Another disturbing fact is that none of the athletes of our city has the average height of our national team (173.8). The tallest player of Shkodra is 172 cm.

The same situation is also seen in the jump in height (average 274.3 of the national team, and the best of Shkodra 270 cm). Also the jump on the block (261.4 average), while the best of Shkodra 260 cm.

These data make us to understand that Shkodra's volleyball contribution to the quality of our national team is impossible to be found in these conditions on the quality of the local volleyball,

but also to maintain the tradition of contributing to the national volleyball should aim at a qualitative selection of this team in the future.

## **Conclusions**

1. The current situation and perspective of the sport of volleyball is disturbing our city.
2. The only possibility to overcome this situation is a qualitative selection of athletes so that at least 205 of them to be on the national team averages Albania basic anthropometric and functional parameters.

## **Literature**

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