

# **VOLLEYBALL**

## **I. ESSENCE AND CHARACTERISTICS OF THE VOLLEYBALL GAME**

Before we try to understand the problems of volleyball and proceed to analyze the rules of the game, technique, strategy, and tactics, training methods, etc., we should clarify at the outset the essence of the game itself. It has many features that are unique in themselves.

Modern volleyball is an athletic, emotional and spectacular game, full of sharp and constantly changing game situations. This requires from athletes full mobilization of forces, endurance, a high degree of agility, and moral and volitional training. The game provides its practitioners with rich opportunities for the complex development of motor habits and vital qualities.

Volleyball differs in many respects from other ball games, namely:

- the special way of contact with the ball;
- the limited number of contacts with the ball;
- a small field for a relatively large number of players;
- the rotation system (rotational principle);
- unlimited playing time in each game;
- the most characteristic feature of the game activity - constant and rapidly changing game situations.

The spikes over the high 243/224 cm net, the blockades of one, two, or three players, the constant and specific only for volleyball movements (plunges, landings, or turns), as well as some other characteristic features, make volleyball not just a game, but a challenge and an athletic sport.

According to the International Volleyball Federation (FIVB), volleyball is played by over 190,000,000 people of all ages. Also, 220 national federations are currently members of the FIVB.

Logically, the question arises: "What led volleyball to this rapid and continuous development?". And here, the opinion of volleyball experts is unanimous. Many factors are determining the development and improvement of the volleyball game, but "the main, objectively acting factor is the struggle between the two main components - attack and defense" (A. Krumova, 1982).

The struggle for supremacy between attack and defense has always been and remains a major driver for the development and enrichment of the game. The constant striving of the attack to overtake the defense has accompanied the development of volleyball from its inception to the present day and this striving will continue because without the struggle between attack and defense, the game would not develop, and without their unity - could not exist. "The struggle between them gives development, and their unity - the existence of the game" (A. Krumova, 1982).

The main condition for the proper course of the game, for its greater beauty and spectacle, is the establishment and maintenance of a relatively dynamic balance between attack and defense. The main regulator for this balance is the change in the rules of the game.

The inclusion of volleyball in the program of the Olympic Games in Tokyo '64, to which Bulgaria has a significant contribution, contributes enormously to the development of the volleyball game and to expanding the "geography" of the sport.

Volleyball combines the following characteristics that give the most accurate idea of the nature and character of the game:

1.) VOLLEYBALL IS A GAME WITH A SPECIFIC WAY OF CONTACTING THE BALL. This is a game of mainly **striking actions**, which means that in volleyball there is no "possession" (catching or holding) of the ball by the players. From the very beginning of the training, the sports pedagogue should direct the attention of his graduates to the fact that volleyball is "a game primarily on the feet, and the hands have a finishing function of the overall movement of the player when performing an element."

In volleyball, hard work must be done so that the players can learn to move on time and to take correct and appropriate postures and positions before making contact with the ball. Based on the above, we can determine that **"volleyball is dominated by the conducted movement before contact and the movement of the player between the individual contacts."**

A volleyball player, for example, cannot compensate for a poorly executed pass to him by force or by catching the ball and subsequent correction. The only possibility for effective control of the ball depends on the timely and accurate movement to select a place to make contact.

2.) *IN VOLLEYBALL THERE IS A LARGE CONCENTRATION (SATURATION) OF PLAYERS WITHIN THE PLAYGROUND.*

*In this game, there is a large accumulation of players, which leads to an overcrowded playing area. This must be taken into account in the organization of the players and their movements and everything that we usually call "balancing the field" or "covering the field". The interaction between players who play side by side sometimes becomes critical with frequent changes of seats during play. And it is for this reason that the interactions, which are expressed in who plays next to whom, become one of the primary coaching concerns.*

3.) *VOLLEYBALL OFFERS RELATIVELY LITTLE POSITIVE FEEDBACK.*

*The fact that there is relatively little satisfaction, in particular immediate positive satisfaction with what has been done, poses a great difficulty in teaching. In general, one of the key moments of motor activity training is the immediate "reward" or satisfaction from what has been done. In volleyball, it is very difficult for younger players (beginners) to understand and feel where this positive feeling (satisfaction) is, except after a well-spiked ball or served ball. The blockade or defense in the back of the field requires a lot of work and skills from sports educators to achieve excellent performance by their trainees. Therefore, for example, players tend to learn to spike or serve before mastering the passing skill, and they also learn attacking before defensive skills.*

4.) *VOLLEYBALL IS A GAME IN WHICH THERE IS A HUGE IMBALANCE BETWEEN ATTACK AND DEFENSE.*

*Despite the changes in the rules of the game, which are made constantly to reduce this imbalance (especially in men's volleyball), it even increases. The attack success rate of about 70% in a game of high-class teams. Especially now, with the Rally Point System, the opportunities to score points have increased enormously.*

5.) *VOLLEYBALL IS A COLLECTIVE SPORT IN WHICH THERE IS A PHYSICAL BARRIER IN CASES OF A DIRECT STRUGGLE BETWEEN TWO PLAYERS.*

*In volleyball, players are in control of their own game, and in many ways, they control their success or failure, regardless of the actions of the opponent. The players must determine themselves the level of skill required to win, no matter how strong or weak their opponents are. This leads to the creation of a special type of athletes who tend to cope with difficulties and aggression, different from those of athletes from other team sports, where physical contact releases tension and partially balances the good or bad manifestations (performances). The volleyball player must be able to compete with the opponent, but also, everyone must play inside himself, compete with himself, and be able to meet the requirements he has set for himself.*

*And one more thing that should not be underestimated. The lack of direct body contact in volleyball does not allow players with inferior techniques to compensate for this with superior physical capabilities.*

*We should not ignore the fact that in case of direct interaction between two opponents in other team sports, namely in the "interaction itself" (no matter how correct it is), they are released from the mental tension that has accumulated in them.*

**6.) IN VOLLEYBALL THERE IS NO LIMIT IN THE PLAYING TIME.**

*Unlimited playing time in each game leads to this that the volleyball game is always **won by the "winning" team**. And the last required point must be earned. The victory must be won, it cannot be **"postponed"** or **"protected"** until the end of the game time. The big advantage can easily be wasted (lost), so players must **actively seek victory themselves, as opposed to passively waiting for the opponent to lose the game**. In volleyball, every moment is critical and can be quickly and easily moved from one team to another. In addition, it is very difficult to win the game, depending only on the lack of good play in the opponent, as opposed to your strong manifestation. Throughout the competition, you have to constantly **"fight"** to win every point, until you achieve the final victory.*

**7.) THE SPECIAL WAY OF BALL CONTACT WITH THE LOWER PARTS OF THE FOREARMS WHEN PERFORMING A FOREARM PASS IS UNIQUE.**

*This is unusual because in other sports the contact with the ball is done in a natural, normal way - with the palms and fingers. When passing with a forearm pass, the contact between the ball and the forearms is completely uncharacteristic, unnatural, and similar to that in sports that use sticks or rackets. On the other hand, the coordination of the eyes and hands is very unusual in this special skill (dexterity) and is the same as in ordinary or American football players who use their chests to **"tame"** the ball and control it.*

**8.) THE RULES OF THE GAME REQUIRE A PLAYER SYSTEM OF ROTATION - THE "ROTARY" PRINCIPLE.**

*This means that volleyball is dominated by the idea that each player must be equally involved in all phases of the game. Volleyball players must be **"familiar"** with the game in all zones of the court, to feel equally **"comfortable and good"**, both in front and in the back of the court. In the initial training processes, the rotation concept is the dominant rule that young volleyball players should be familiar with.*

*Again in connection with the rotation system, we can say:*

**- VOLLEYBALL - THESE ARE SIX SEPARATE GAMES, WITHIN ONE GAME.**

**- VOLLEYBALL COMBINATIONS ARE COUNTLESS.**

**9.) MOVEMENTS IN VOLLEYBALL ARE ALSO UNIQUE IN THEIR WAY.**

*The volleyball player moves in all directions, plunging, rolling, running, dragging his legs, with side (cross or added) steps, forward, backward, or jumping from two legs or one. This requires these skills to be mastered to perfection, given what is said in point №1, that **"volleyball is primarily a game of the feet, and the hands have a finishing function."***

**10.) AREAS OF INTERACTION.**

*In volleyball, there are two unique areas of interaction that are different from each other. Most sports are played in the **"middle"** area, located between the top of the head and knees. Volleyball has two more play areas that are outside this middle zone - low and high.*

***The low zone** is the distance between the knees and the floor. Players must be trained to feel **"good"** on the floor, using techniques such as plunge, rolling, scrolling, landing, etc., which are standard necessary techniques in volleyball.*

***The high area** is from the top of the head to the highest point that is reached by the players - for example, a ball scored 3.50 m from the floor. Most of the volleyball game is played in this high area, which in turn places exceptional demands on jumping and spatial-visual orientation. We should not miss the fact that a large percentage of playing time is spent in the unsupported phase.*

*Here is the place to mention that the volleyball game follows a cyclical sequential pattern similar to the one below:*



*Block diagram №1 - Cyclic sequential model*

Modern sport with its high requirements has an impact on the development of volleyball. The application of highly effective modern methods in the process of many years of training help to improve the motor abilities of the players, for the continuous enrichment of the volleyball game.

## II. EMERGENCE AND DEVELOPMENT OF THE VOLLEYBALL GAME

The International Volleyball Federation - FIVB is the only organization authorized to deal with the problems of world volleyball. It is headquartered in Lausanne, Switzerland, and is currently run by President Ari Grassa (Brazil). The FIVB was established in Paris in 1947 by 14 national federations. Its first president was Mr. Paul Libo (France), replaced in 1984 by Dr. Acosta. Currently, 221 national federations are members of the FIVB, and more than 190,000,000 people are actively involved in volleyball.

The emergence of volleyball is associated with the name of WILLIAM J. MORGAN (1870-1942), born in New York State. As director of physical development at one of the colleges of the Youth Christian Club (Y.M.C.A.) in Holyoke, Massachusetts, USA.

On a gloomy autumn day in 1895, Morgan set in motion a new, hitherto unknown game, which he called MINTONET. In the gym, he hung a TENNIS NET at a height of 6 feet 6 inches - 198.14 cm divided the group into both sides and the participants began to transfer a basketball ball over the net from one half of the gym to the other.

**1896** - the game is first demonstrated to the public at the opening of the new gym of one of the colleges of the Youth Christian Club (YMCA) in Holyoke, Springfield, Massachusetts, in 1896. During this demonstration match, one of the spectators - Professor Dr. Alfred Halsted, was impressed by the flight of the ball from one field to the other, called the game VOLLEYBALL (in free translation - a flying ball).

Gradually, volleyball goes through different phases in its development, but we can conditionally define several main stages, each of which is characterized by changes in the rules of the game.

**STAGE I: PERIOD OF APPROVAL OF THE NEW GAME** - it covers the time from its creation - 1895 to 1920.

**1914** - volleyball was brought by members of the Youth Christian Club (participants in World War I) for the first time in Europe - in England, but it is not accepted and popularized there.

**1915** - volleyball appears on the French beaches of Normandy, brought by American and British soldiers involved in the First World War.

**STAGE II: PERIOD OF IMPROVEMENT OF THE TECHNIQUE AND TACTICS OF THE GAME AND SPECIFICATION OF THE RULES** - from 1921 to 1940 - the volleyball game is characterized by an even faster spread and development, although it is still technical.

**1922** - after a very strong volleyball tournament in Brooklyn, USA, representatives of the YMCA propose to the IOC to include volleyball in the program of the VIII Olympic Games in Paris'24. The proposal was rejected because the game was popular in only a small number of countries.

**1924** - a demonstration of American sports, including volleyball, is included in the program of the 8th Paris Olympics.

The rules acquire more and more definite meaning and give shape to the game, to its sports - technical essence. The functions of the individual players become more definite. The net is looking for a more efficient way to send the ball into the opponent's field. Gradually, the individual elements of the game are differentiated - serve, receive, set, spike, i.e. - the technique is differentiated – serving, setting, spiking blocking; Appearance of the first steps for tactical literacy - even placement of the players on the field to receive serving.

**1929** - the first steps are taken to establish a unified international organization by establishing unified rules. These were only the first efforts, but nothing concrete was done.

**1934** - the first concrete steps are taken to establish a unified international relationship in volleyball - a congress of the International Handball Federation is held in Stockholm. At the suggestion of Poland, a VOLLEYBALL TECHNICAL COMMITTEE has been established within the handball federation. Ravich Maslowski, a Pole, was elected as chairman of this committee.

**1936** - 9th Berlin Olympics It is accepted to play a demonstration volleyball tournament at the next Olympics - Tokyo '40, with a perspective for its possible inclusion in the program of the Olympic family.

World War II did not allow the 9th Tokyo Olympic Games to be held, which once again deprived volleyball of the opportunity to find its rightful place among the sports of the Olympic family.

**1942** - volleyball creator William J. Morgan dies at age 68. A man of high morals, without envy, he enthusiastically follows the development of "his" volleyball, convinced that "real volleyball, with real players" will have its great future!

### **STAGE III: PERIOD OF ORGANIZATIONAL STRENGTHENING AND GROWTH OF SPORTS MASTERY (from 1945 to 1964)**

**1947** - by decision of the organizing committee, from 18 to 20 April 1947 in Paris was held the First Congress of Volleyball. It is attended by representatives of the national federations of 14 countries (Belgium, Brazil, Czechoslovakia, Egypt, France, the Netherlands, Hungary, Italy, Poland, Portugal, Romania, Uruguay, USA, and Yugoslavia). Congress decides to establish International Federation for Volleyball (FIVB - Federation internationale de volleyball). Its creation meant the recognition of volleyball as a sport. The Frenchman Paul Libo was elected president and he was in this position until 1984.

#### **1948**

- 1st European Championship in Rome. 6 men's teams are participating. The team of Czechoslovakia became the first European champion.

- FIVB begins negotiations with the IOC to include volleyball in the program of the Olympic Games.

**1949** - 1st World Men's Championship and 1st European Women's Championship in Prague. The men's ranking is USSR, Czechoslovakia, **Bulgaria**.

**1952** - 2nd World Championship for men and 1st World Championship for women in Moscow. Teams from 11 countries are participating. The home teams win.

**1953** - at the IV Congress of the FIVB the judges' gestures and their terminology were standardized and clarified.

**1956** - 3rd World Championship for men with 24 teams and 2nd World Championship for women with 17 teams from 4 continents in Paris. A real-world large-scale championship. For men, the winner is the team of Czechoslovakia, and for women - that of the USSR.

**1957** - from 22 to 26 September, the 53rd session of the IOC Executive Committee was held in Sofia. One of the points that needed to be addressed was whether volleyball should be included in the Olympic family. In this regard, at the suggestion and with the help of FIVB, a demonstration tournament was organized and held with the participation of the 8 strongest teams in the world. The undefeated volleyball players of the USSR and those of Bulgaria reached the final. After an extremely interesting match, Bulgaria won the game with 3: 1. The world press covers this event as follows: "The Bulgarian volleyball players got the victory, but the World Volleyball won!" - volleyball was unanimously accepted as an Olympic sport.

**1962** - the IOC accepts women's volleyball and includes it in the Olympic program.

**1963** - the European Confederation of Volleyball – CEV (Confederation Européenne de Volleyball) was established on October 21.

#### **STAGE IV: PERIOD OF RAPID DEVELOPMENT OF THE VOLLEYBALL GAME WORLDWIDE** - from 1964 to the present day.

All changes that are made in the technique and tactics of the game, as well as in the rules of the game are aimed at "balancing" the attack and defense, longer play with the ball, prerequisites for objective refereeing.

**1964** - the first Olympic volleyball tournament (October 13-23) in Tokyo. 10 men's and 6 women's teams are participating. The first Olympic champions for men are the athletes of the USSR, and for women - the volleyball players of Japan.

**1965** - a new internationally attractive competition is launched - the 1st Men's World Cup is held in Poland. Winner - the team of the USSR.

**1968** - II Olympic Volleyball Tournament - Mexico '68, with the participation of 10 men and 8 women teams. USSR teams (men and women) win gold medals.

**1995** - VOLLEYBALL IS 100 YEARS OLD! This anniversary is appropriately celebrated around the world with various ceremonies, tournaments, the printing of special postage stamps, etc.

#### **EMERGENCE AND DEVELOPMENT OF VOLLEYBALL IN BULGARIA**

For eight decades, volleyball in Bulgaria has won thousands of friends, established traditions, and enjoys authoritative achievements. It is no coincidence that for years Bulgarian volleyball has won a permanent place in the avant-garde ranks of the European and world elite. The successful participation and dignified ranking of the Bulgarian teams in prestigious international competitions organized under the auspices of the FIVB are real beacons of success. They have attracted and are attracting new followers of the volleyball game to regular activities with this beautiful and dynamic sport.

**1919** - According to unconfirmed data, on the square in Veliko Tarnovo, foreign soldiers played a hitherto unknown game, which according to eyewitnesses resembled volleyball.

**October 1922** - volleyball is played for the first time in Bulgaria. It started in the yard of the technical school for children of Russian emigrants in Sofia, where this game was demonstrated.

In a short time, volleyball gained thousands of fans and great popularity, especially among young students. With the enthusiasm inherent in the youth, volleyball courts are being built in different districts of the city. Naturally, the first balls, nets, and equipment were quite primitive, but thanks to the Bulgarian students studying abroad, this equipment was gradually modernized.

**1925** - the first organized event of volleyball in our country is the championship held between the teams of the individual classes of the **Second Men's Sofia High School**, which ended with the victory of the six players from **VII<sup>D</sup> grade**.

Volleyball was well received in the sports clubs from this period. This new sport for the country is rapidly spreading in many provincial cities such as **Plovdiv, Varna, Ruse, Pernik, Burgas, Vratsa, Kazanlak, Pazardzhik, Pleven, Samokov**, and others.

The first volleyball competitions in our country are held on a territorial basis - for championships of individual schools, neighborhoods, cities, etc.

**1928** - for wider promotion and development of volleyball and basketball, SRSD (Sofia Regional Sports District) - the organization that administered sports events in the capital, published a special ordinance. Under this ordinance, sports clubs in Sofia could not participate in football championships if their volleyball and basketball teams did not appear among the participants in these two sports. As a result, in the first unofficial championship of the capital **in 1928** only **3** teams took part, from the following **1929**, the number of teams participating in

the championships increased to **11**, while in **1930** their number increased to **17** and had to be divided into three divisions.

The enriched sports calendar and the increased sportsmanship led to the need for qualified volleyball referees.

**1928** - the first competition rules are developed and printed.

**1930** - the first training course for volleyball sports judges was organized in Sofia.

**In the 1930s**, a high school championship for the **Prosveta Cup** was held annually in Sofia with great interest and mass participation. Every year more than **50** teams took part in these competitions and they were passing in the atmosphere of real sports holidays, which were attended by all students and teachers.

For **the club teams**, every year, in addition to the city championship, a tournament for **the Sredets Cup** was held, which was presented to the winners personally by the mayor of the city.

**1934** - first international matches of the Bulgarian volleyball players. The team of the American College in Sofia visited Tsarigrad, where they played with the team of the local Robert College. The more experienced and more playful six of the hosts won the game with 3-0.

**1937** - the first official competitions of the national teams are marked. At the "**Slavic Games**", the Bulgarian representatives lost the matches with the Czech Republic and Serbia.

With the increase in the number of strong teams not only in the capital but also in other cities in the country, the idea of setting the beginning of state championships in our country has matured.

**1942** - 20 years after the appearance of the volleyball game in Bulgaria, the first state championship for men and women was held in Sofia. The competitions arouse great interest. Two teams from the capital are participating - AC-23 and Rakovski, plus the teams of Plovdiv and Varna.

**1943** - the second state championship was held, which took place at the end of September.

*It is noteworthy* that in those years the teams were composed of three spikers (attackers) and three passers (setters). In the course of the game, the spikers and passers moved in pairs. When winning the first serve, the six players did not change their places on the court (did not turn) - this was the so-called "little spin". After the next win of the service, i.e. during the "big spin" the whole pair (spiker and passer), and also the whole team "turned" with 2 positions clockwise.

The increased "geography" of volleyball and basketball in our country and the increased number of competitions in the years before the Second World War, gave rise to the need to creation of an appropriate structure to deal with their leadership and administration.

**At the end of 1941** - *the Union of Handball Games (UHG)* was established within the Bulgarian National Sports Federation (BNSF). The goals and tasks of the Union were quite modest - the organization and holding of state championships, without any other ambitions. As a result, the first state volleyball championship is attended by only four teams for both women and men.

**1943** - UHG expands its activities. A new management board has been elected. According to the instructions of UHG, the city championships are organized throughout the country, preceding the central event of the year - the state championship for men and women.

**1944** - due to the Second World War, the state volleyball championship in Bulgaria was not held.

A real increase in the development and mass practice of volleyball in our country can be seen in the postwar years. In terms of mass indicators, volleyball ranks third after the most common sports in our country - athletics and football.



In a short time, all of the material conditions for training, coaching, and competitions are created. The game quickly gained positions in towns and villages, among pupils and students.

**1945** - there are fundamental changes in the recruitment and training of teams. It is believed that only players who can act both in attack and defense can find a place on the field.

**1948** - a real contribution to the development of modern volleyball in Bulgaria is made by the Russian specialist *Alexander Sergeevich Anikin*. Having visited our country in connection with the Balkan-Central European Games in Sofia, he remained in Bulgaria for several months. During this period of his stay, Anikin brought a radical change in the methodology of training activities, as well as in the ways of staffing the teams. He also introduced the Bulgarian coaches and athletes to some new and hitherto unknown elements of the game, such as the strong side (Estonian) serve, spiking overhead, setting with rebound or landings. He is also credited with introducing some innovations in the tactics of the game - attack after the first pass, actively securing the blockade, quick combinations in the middle of the net, using a different pace of play depending on the course of the result and the current state of the opponent.

The results of this timely assistance were not long in coming, and as early as 1949, at the First World Championships in Prague, our volleyball players won bronze medals. And these are the first medals for Bulgarian athletes from world championships.

**1945** - a reorganization of the organizational structure of physical education and sports is conducted in our country. An organizational structure for the management and administration of sports games - the Committee for Handball Games (CHG) has been established at the Supreme Committee for Physical Education and Sports (SCPES). The volleyball sections of the sports clubs from all over the country are members.

**Since 1945**, the state championships for men and women have been resumed. The pre-war volleyball centers in the country began to function with new force.

**1949** - the rapid popularization of the game, the constant increase in the number of teams from different age groups, the increased number of competitions necessitate the division of CHG. Independent republican sections were established, respectively in volleyball and basketball. **The Republican Volleyball Section (RVS) was established on July 12, 1949, in Sofia.**

Along with the organizational strengthening of volleyball in the country, the international activity of RVS is intensifying. Bulgaria became a member of the International Volleyball Federation - FIVB, as well as the European Confederation - CEV.

**1950** - The National Volleyball Section grows into the Bulgarian Volleyball Federation - BFV, which works actively to strengthen and develop the sport.

**Since 1950**, championships have been held for boys and girls.

**1954** - the beginning of the competitions for the Cup of Bulgaria - the second most important event in the national sports calendar of the country. A National Student Group is established, with competitions in two rounds - autumn and spring. Championships with the participation of teams from the villages, championships organized by divisions related to the development of sports, such as MNP, MNO, MIA, SV, and others, are being held.

The successful participation of the Bulgarian teams in prestigious international competitions is a real milestone of success. Undoubtedly one of the greatest accomplishments of Bulgarian volleyball, in general, is the organization and holding of the demonstration tournament in **September 1957**.

The reason for it is the 53rd session of the IOC. One of the decisions they had to make was whether to accept volleyball as an Olympic sport. In this regard, at the suggestion and with the assistance of FIVB, the BFV organized a demonstration volleyball tournament for the members of this session of the IOC Executive Committee. The best men teams from Europe

and the world took part in the tournament: the USSR, Czechoslovakia, Romania, France, Italy, and Bulgaria. The participating teams and players in the most convincing way revealed to the members of the IOC the beauty, dynamics, and charm of the volleyball game. Without a loss in all five matches, the winners in the tournament are the Bulgarian volleyball players, but it was world volleyball that also won. In Sofia, the historic decision was made to ***officially accept the volleyball game in the program of Olympic sports.***

Over the years, Bulgarian volleyball achieved significant improvement in sportsmanship and prestigious successes on the international sports field. Several generations of coaches have contributed to these successes, for many of whom the profession of sports educator was not just a means of subsistence or a hobby, but a destiny. Many of them successfully and fruitfully share their rich experience and solid qualification abroad. Representatives of the Bulgarian volleyball school at different times have helped the development of volleyball in more than 40 countries in Europe, Asia, America, and Africa.

It is difficult to list the names of all those who contributed to the strengthening and success of Bulgarian volleyball in the years from 1922 to the present moment. It is impossible to list the names of all those who competed and worked at different times, but following the same goal - to keep the national volleyball among the best in Europe and the world.

#### References:

1. Alkov, P. Great Almanac - 70 years of volleyball in Bulgaria.
2. Antonov, I. Qualitative and quantitative analysis of the initial strokes in modern volleyball. Dissertation. Sofia, 2007
3. Antonov, I. The initial blows in volleyball. Monograph. NSA PRESS. Sofia, 2008
4. Antonov, I. Lecture materials
5. Antonova, M. Research of the influence of special-preparatory exercises and games in volleyball training of students. Dissertation. Sofia, 2017
6. Antonova, M. Trends in the development of modern volleyball after the changes in the rules of the game. 6th MNC of the Department of Sports Contemporary trends in physical education and sports. IM "St. Kl. Ohridski". ISSN 1314-2275. Sofia, 2014, pp. 403-409
7. Volleyball - a textbook for students from NSA "Vasil Levski", under the general editorship of Prof. Dimitar Mihailov, Ph.D. NSA PRESS. Sofia, 2017