

REVIEW

of the dissertation work by *Georgi Ivanov Petrov* on the topic:

"Management of the training process during the preparation period of elite male volleyball players"

for the acquisition of the educational and scientific degree "DOCTOR"

in the field of higher education: 7. Healthcare and sports, Professional field: 7.6. Sport,

Doctoral Program: "Theory and Methodology of Sports Science"

Scientific supervisor: *Associate professor Vera Antonova, doctor*

Reviewer: Associate professor Anna Bozhkova, *DSc, DLTS at the MU - Sofia*

Biographical data about the candidate

- **1995** - Georgi Petrov graduated with a bachelor's degree NSA "Vasil Levski", specialty "Physical Education" and "Volleyball Coach";
- **2012** - Graduated from the Master's Degree Program in Sports for High Achievements - Volleyball;
- **2017-2022** - He holds the position of the Head Coach, Lokomotiv - Novosibirsk, U23;
- **2015** - He is an Assistant Coach, National Volleyball Team of Bulgaria - men;
- **2013-2015** - G. Petrov is the Head Coach, National Team of Saudi Arabia - Men and Youth;
- **2014 -2015** - He holds the position of the Head Coach, Ittihad - Jeddah;
- **2013-2014** - Petrov is an Assistant Coach, Halkbank - Ankara;
- **2012-2013** - He is a Senior Coach, AL Wahda - Mecca;
- **2011-2012** - G. Petrov is an Assistant Coach, National Team of Bulgaria - Men;
- **2011-2012** - Petrov holds the position of a Senior Coach, Levski Volley - Sofia;
- **2009-2011** - He is an Assistant Coach, Youth National Team of Bulgaria;
- **2008-2009** - He holds the position of the Head Coach, Olympia - Frenaros;
- **2007-2008** - G. Petrov is a Senior Coach, Levski-Sikonko - Sofia;
- **2005-2007** - He is a Senior Coach, Omonia - Nicosia;
- **2005** - Petrov is an Assistant Coach, National Team of Bulgaria - Youth;

In the period **1990-2008** Georgi Petrov was a player and longtime captain of "Levski" and "Levski - Sikonko".

As a coach he has the following significant achievements: IV place at the London 2012 Olympic Games, Vice-Champion of Europe for Youth, Vice-Champion of Europe - Champions League, Champion and Cup winner in Bulgaria, Turkey, Cyprus, Israel.

General characteristics of the dissertation work

The dissertation is presented in a volume of 223 pages and consists of an introduction, four chapters and separate appendices. The bibliography includes 147 titles, of which 133 in Cyrillic, 13 in Latin and one Internet source. The work is richly illustrated by 11 tables, 43 figures and 22 appendices.

The dissertation, its abstract, the published articles and the excellently prepared documentation of the submitted materials, with which Georgi Petrov participates in the procedure for official defense of his dissertation, clearly show that the procedural order is strictly followed from registration to de-registration and accompanying reports and orders are in compliance with the Act on development of the academic staff in the Republic of Bulgaria, the Regulations for its implementation and the Ordinance on the acquisition of the educational and scientific degree Doctor (NSA).

Topicality of the dissertation

The chosen topic is extremely relevant: on the one hand the development of volleyball worldwide and regionally is gaining more and more popularity and receives its well-deserved recognition on the Olympic stage and on the other hand addresses an important issue related to increased requirements for sports professionals in national and club teams to participate in tournaments of different categories.

Analyzing the collected and examined literature sources and relying on his own coaching experience, the doctoral student has established that there is no scientifically grounded and sound methodology for long-term training process and programs for training and improving techniques and tactics for elite volleyball players, as well as their management in the preparatory period.

Structure of the dissertation

The current scientific work presented for a review is structured in accordance with the requirements and criteria for awarding the educational and scientific degree "Doctor".

The introduction briefly presents the author's motives to focus his interest on the management of the training process of highly qualified volleyball players during the preparatory period through a specialized comprehensive training program.

In the first chapter an in-depth theoretical analysis of the formulation of the problem is carried out. The literature review, taking up 82 pages, shows an in-depth and wide knowledge of the problem. It is built logically and has significant cognitive value.

It serves as a good basis for the overall development of the dissertation. Along its presentation, a large number of the most important and adequate publications on the topic by both classical and contemporary authors were correctly cited, according to the adopted academic standards.

The system and structural approach has been used in clarifying the functional training of the competitors, the existing research formulations on the different aspects of the speed-strength and technical-tactical training of the competitors have been thoroughly and successfully examined, including those of volleyball players. The sports-pedagogical framework of the activities and competencies in the coaching profession is competently presented.

The examination of this specific range of issues shows the wide professional horizon and wide scope of interests of Georgi Petrov. He proves that there is no research based methodology for long-term training process developed in training and methodological manuals, programs for training and improvement of technique and tactics, as well as their management in the preparatory period for elite volleyball players. He believes that currently the necessary distribution of time is not reliably calculated for elite volleyball players to optimize the volume and intensity of individual microcycles, general and special condition, transfer and conversion of physical qualities in technical fitness, tactical and technical training, control of training and competitive activities.

The language that the author demonstrates in the literature review is terminologically accurate, correct, convincing and shows the personal deepening of the dissertation in the issue. A significant amount of up-to-date data on key issues on the topic is presented. All this convincingly shows that Georgi Petrov has a very good command of the theoretical basis of the study.

The accomplished full theoretical research combined with extremely rich personal coaching experience and high sports results with a lot of national and club teams, allow the author to reaffirm the urgent need to develop and introduce into mass practice a specialized

comprehensive training program for elite volleyball players in their preparatory period which will increase the level of their specific working capacity.

On this basis, *the second chapter* clearly and correctly defines the main goal of the dissertation "to increase the special performance of elite volleyball players by implementing a comprehensive training program based on changes in quantitative and qualitative ratios of work performed during the preparatory period." Seven tasks are formulated in a logical connection. The object of the research is the specialized training program aimed at developing the specific working capacity of elite volleyball players, and its subject is their specific working capacity during the preparatory period.

For the needs of the research, information was collected from 50 respondents - volleyball players from 4 elite teams of the Russian and Bulgarian championships (Lokomotiv - Novosibirsk, Pirin - Razlog, Marek Union - Ivkoni - Dupnitsa, Zenit - Kazan). The experimental group includes 12 athletes from the team of "Locomotive" - Novosibirsk, who are preparing for a specialized training program aimed at increasing the level of specific performance in the preparatory period. The control group includes 11 athletes from the team of "Zenith" - Kazan, who conduct training according to the Russian program (methodology). In addition, 27 athletes from two Bulgarian clubs were tested - "Marek Union - Ivkoni" (Dupnitsa) and "Pirin" (Razlog), who are being trained under the Bulgarian program (methodology). The results obtained from the sports and pedagogical tests of both teams have been applied to derive the factor structure in elite volleyball players.

The methodology and organization of the study include research and analysis of information sources; questionnaire containing 7 questions. To establish the current (initial, basic) structural state of the anthropometric, physical, technical characteristics and qualities of elite volleyball players 5 indicators of physical development, 10 indicators of physical fitness, 9 indicators of technical and tactical readiness were observed.

A complete and new methodology of the experimental work (Complex training program) has been precisely developed and set in the training sessions within a period of two months with 12 players from the volleyball team "Locomotive" - Novosibirsk.

The following mathematical and statistical methods were used for the purposes of processing the research results: variation, correlation, factor and frequency analysis. Student's comparative t-test was used to accept or reject the null hypothesis about the significance of the differences between the mean levels of the studied populations.

The competently made analyzes of the results of the conducted large-scale research in the *third chapter* deserve exceptional attention and high evaluation. The results of the survey on

the planning of training of elite volleyball players are analyzed. The average values and the variability of the indicators (for physical development, physical fitness and technical-tactical fitness) were studied and analyzed, at the beginning and at the end of the sports-pedagogical experiment with the four elite teams and between the first and second research for Lokomotiv - Novosibirsk. Significant correlations have been established between the observed indicators of physical and technical-tactical qualities. They are described consistently and systematically in the relevant paragraphs of the research. Factors that are specific to the studied category - elite volleyball players are presented, and in their characteristics and informativeness they are indicative. A competent analysis of the results of the conducted pedagogical experiment to establish the effectiveness of the specialized training program has been performed. This analysis allows the doctoral student to make important summaries of sports-pedagogical and coaching practice when working with elite volleyball players.

The professionalism and in-depth knowledge of the doctoral student give him the opportunity to make necessary for the theory, sports-pedagogical and coaching practice conclusions and recommendations presented in the *fourth chapter*. They are well formulated and objectively follow from the conducted research.

I see the contributions of the dissertation in the following:

1. An in-depth theoretical analysis was carried out by the doctoral student on the determined specific issues with reference to a wide range of specialists working in the field of theory and methodology of sports and sports training.
2. A comprehensive study of elite volleyball players was conducted through a wide range of indicators, revealing the average values and variability of the signs of physical development, physical fitness and technical and tactical fitness.
3. Dependencies have been identified and factors (with a high percentage of explained dispersion) have been derived, which are specific to the studied category - elite volleyball players; in their characteristics and informativeness they are indicative.
4. An effective new specialized program for the management of sports training for elite volleyball players has been successfully developed and its effectiveness has been proven.
5. A new model for building sports training for elite volleyball players in the preparation period has been proposed.

Conclusion

The dissertation work by Georgi Petrov meets the requirements of the Act on development of the academic staff in the Republic of Bulgaria, the Regulations for its implementation and the Ordinance on the acquisition of the educational and scientific degree Doctor (NSA).

The whole dissertation is written in a solid style and very good Bulgarian language with some grammatical and punctuation inaccuracies that do not affect its quality in any way.

The abstract is developed according to the requirements and corresponds to the content of the dissertation.

The author has three articles published on the topic of the dissertation, one independent and two co-authored.

With full conviction *I give a positive assessment* of the dissertation on the topic: *Management of the training process during the preparation period of elite male volleyball players.*

I propose to the esteemed members of the Scientific Jury to take a decision to award Georgi Ivanov Petrov the educational and scientific degree "DOCTOR", in the field of higher education: 7. Healthcare and Sports, Professional field: 7.6. Sport, Doctoral Program: "Theory and Methodology of Sports Science".

29.04.2022

Reviewer: _____

/Assoc. Prof. A. Bozhkova, DSc/