

Opinion

of the dissertation of Georgi Ivanov Petrov on the topic:

"Management of the training process during the preparatory period for elite male volleyball players" for obtaining the educational and scientific degree "Doctor" in the doctoral program "Theory and Methodology of Sports Science, professional field 7.6 Sports"

The doctoral student Georgi Petrov has prepared a paper of very high scientific and practical value. Provoked by the incessant challenges in achieving maximum sports results and in his pursuit of perfectionism in building and structuring the volleyball player's training, he has entered the heart of the process - the training of elite volleyball players. With his rich competitive and coaching experience, Georgi Petrov develops the problem of managing the training process in volleyball during the preparation period.

The reviewed dissertation on the topic "Management of the training process during the preparatory period for elite volleyball players" consists of 222 pages, of which 26 pages are applications. The bibliographic reference is from 146 literary sources, of which 131 in Cyrillic and 15 in Latin, illustrated with 43 figures, 10 tables and 22 appendices.

The dissertation is built in four main chapters - theoretical, analytical, experimental and concluding.

In the first chapter - "Theoretical Analysis", which in our opinion is more correct to call "Literary Review and Statement of the Problem", the author examines in detail and notes, through his literature, the various countries in the training of elite volleyball players. In addition, Georgi Petrov reveals a hidden side in their preparation, namely the management of this complex process. In this detailed chapter, the author also describes the coach as a governing body in this process. It does not look at coaching in different countries from the training of volleyball players, but rather seeks to note the decisive factor that brings the coach in the overall work of sports training, as well as his work style and professional qualities. According to its information conditionality, it would be appropriate to place this section last in the structure of the literature review, after the various aspects of the volleyball player's training.

Based on the formulation of the problem, a working hypothesis is derived, which is the subject of defense in the analysis.

The second chapter "Aim, tasks and methodology of the research" is properly and competently structured. The tasks are clearly formulated and accurately follow the logic of scientific research. The subject, the object and the organization of the research are presented in the respective completeness and create a clear idea of the overall methodological arsenal of the dissertation. The indicators are grouped into three groups - for physical development, for physical readiness and technical-tactical readiness.

A sports-pedagogical experiment was also conducted. According to a pre-prepared plan-program, in a period of 2 months a training effect was carried out on the players of the team of "Locomotive" - Novosibirsk. This program is a detailed training system aimed at selectively influencing the physical abilities and technical skills of athletes.

The obtained results are thoroughly processed with various and reliable mathematical and statistical methods.

The third chapter "Analysis of the results" is the most informative, where the main scientific contributions of the dissertation are. In his four sections, the author thoroughly, in a strict internal logical relationship, arising from the tasks, methodically accurately and competently analyzes the processed information.

To begin with, a survey was conducted, summarizing professional opinions and concepts on key issues for monitoring the programming of the training process in the general and special training period.

Subsequently, two statistical methods for analysis were correctly and correctly used and applied - variational and correlation, which determined, respectively, the average values and the degree of scattering of the variables. Correlation analysis was used for the degree of impact in the existing relationships and dependencies between the studied indicators. The connections in the defined groups of indicators are revealed, as well as those in the intergroup parameters - physical and technical. Preliminary conclusions have been drawn from the significant connections.

The factor structure of seven main factors of all studied traits is derived to this section. The main indicators determining the individual factors are indicated, but they should be summarized according to their factor weights. This will guide sports educators, which indicators are of paramount importance in determining the work approach and the impact of exercises on them. This would materialize the author's idea for the practical implementation of the scientific approach in this paper.

The culmination of the analysis is its fourth part - sports-pedagogical experiment. With the necessary competence and erudition, with the help of statistical methods the doctoral student establishes the significance in the differences between the average levels of the two research groups. Professionally, based on the two-month training program, including the tasks of training sessions (in the appendix), the author indicates the reasons, as well as makes an objective assessment of the effectiveness of the experimental program.

The conclusions and recommendations are correctly formulated and correspond to the consistent solution of the tasks, the achievement of the goal and the proof of the hypothesis.

In general, the dissertation is written in highly professional and terminological language, properly structured and richly illustrated.

Based on the positive assessments in the dissertation and his outstanding scientific and methodological contribution, as well as the proven professional qualities of the doctoral student, I propose to the distinguished members of the scientific jury to award Georgi Ivanov Petrov, educational and scientific degree "Doctor".

April 26, 2022

Gave an opinion:

/ Assoc. Prof. George Bozhilov – Ph.D. /