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Physiological characteristics of libero and central volleyball players

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The aim of this study is to determine the intensity of effort in competition of the libero and central players by measuring heart rate and blood lactate. A sample of 30 players from 10 teams was used. Heart rate was measured by telemetry during the matches. Blood samples were obtained when there were substitutions for the players and about 300 samples were taken. Significant differences were observed in mean and maximal heart rate values between the central players and the libero ($p < 0.01$). Mean and maximal heart rate values tended to decrease in the last sets in all the positions analysed. Higher levels have been observed in the libero when the set is lost than when it is won. ($p < 0.01$). With regard to blood lactate, significant differences were found in mean values between the two central players and the libero ($p < 0.01$). It was observed that 40.9% of all the blood lactate concentrations, regardless of the position, corresponded to values higher than $4 \text{ mmol} \cdot \text{l}^{-1}$, and 2.8% were above $8 \text{ mmol} \cdot \text{l}^{-1}$. These values are far higher than those found in earlier studies.

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