Blood Glucose As a Primary Energy In Volleyball Match After Using Rally Point System

By : Sebastianus Pranatahadi
Volleyball Match

Three hours

Rally point score

Two hours

Energy System
Two hours exercise three times a day
The Energy System

- Phosphagen System
- Lactid acid system
- Oxygen or aerobic system

Oxygen or aerobic system

- aerobic glykolysis
- Beta-oxidation
Two hours exercise use blood glucose (aerobic glykolysis) blood glucose decreased glycogenolysis liver glycogen
ATP production
Glocose + O2 > Lipid + O2
Two hours exercise (aerobic glykolysis)

- Increased enzymes of glycolysis aerobic
- Increased the reserves of liver glycogen
- Intensity under unaerobic threshold