

METHODS OF PHYSICAL TRAINING OF VOLLEYBALL PLAYERS

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Abstract

This article summarizes the methods, tools, and theoretical knowledge of their contents for technical, physical, and psychological training for volleyball players end for use in the training of 15-17- year-old volleyball players for competitions intended. It can be used by masters of secondary schools, coaches of primary training groups of volleyball players of children's and youth schools, and fans of this sport.

Keyword. Physical culture, physical quality, professional physical quality, volleyball.

INTRODUCTION

Modern volleyball places high demands on the motor skills and functional capabilities of an athlete. This requires the comprehensive development of physical qualities. The process of physical training of volleyball players is divided into general and special parts.

The tasks of general physical training are: health promotion, general development of the player's body, formation of the correct figure. The development and improvement of basic motor skills and skills necessary for a volleyball player. Strengthening the body system of the volleyball player, which accounts for the main load during the game. The means of general physical training are general developmental exercises, exercises aimed at developing all qualities in the process of walking, running, jumping, throwing, as well as practicing various projectiles, exercises on simulators, and other sports [1-5].

The objectives of special physical training are: the development of physical qualities necessary for the game. The development of physical qualities and abilities necessary for mastering the techniques and tactics of the game.

Remedy: preparatory exercises aimed at developing the speed and strength of muscle contraction. These muscles are involved in the performance of techniques, speed, dexterity, special dexterity, endurance (speed, jump, strength, play), rapid transition from one action to another. Exercises aimed at strengthening the neuromuscular system and activating movement. Acrobatic exercises, motor and sports games, special relay races and control exercises (tests). Methods of developing the qualities of strength and dexterity: the method of short-term strengthening. To perform the exercise, the athlete uses 70-80% of the maximum strength. The exercise is repeated with increasing intensity in 3 attempts. A way to do as much as possible. Perform the exercise vigorously, using 40-60% of maximum strength, until fatigue sets in. The technique of performing exercises at the level of 30-50% of maximum strength [6-10].

Added a method. The development of the qualities of strength and speed when performing techniques.



A circular training method. The exercises are selected in such a way that the main muscle groups begin to work one after the other. The task can be given individually. To develop muscle strength and speed in training, it is advisable to use the following exercises:

Bending and bringing the legs together with a partner (performed with the partner's resistance or dumbbells). Throwing balls of different weights (tracking the movement of the paw). Push off the floor in a prone position and clap your hands in front of your chest. Rotational movements of the body with weight (discs, dumbbells, sandbags). Sitting with a barbell on your shoulders (10-15 times in one attempt). Leaning back, sitting on a sports bench. At the same time, the partner holds the ankle joint.

Skipping rope racing. I stand and run, touching the premeds at maximum height. Long jump on one leg and on two legs. Jump and touch objects of different heights. Jump over obstacles and jump several times [11-15]. To develop the speed, you need to use the following methods:

The repeated method. Exercise for maximum and maximum speed in response to a visual signal. The duration of the execution is 5-8 seconds. The rest interval between exercises is 30 seconds. From up to 3 minutes. Added a method. Performing techniques with resistance (for example, performing a striking movement during an attacking strike, which is resisted by the paw).

A circular training method. The method of location. Performing high-speed exercises in outdoor games and relay races.

The competition method. Fast performance of exercises in competitive conditions. Competitions can also be held in the rapid execution of exercises. Sample exercises for developing speed in training. Acceleration from different starting positions (standing, lying, sitting) by visual signal. Acceleration with a rapid change of direction of movement. Performing exercises that simulate a certain movement. Quick execution of a technique that simulates an action, or the method itself. Alternating actions of a different nature (at speed).

A relay race with a quick task. Methods of developing endurance in training: endurance is divided into general and special. General endurance is necessary for the player to overcome prolonged stress; special endurance ensures the effectiveness of performing techniques and tactical actions, strengthens the fight against fatigue.

The method of exchange. Alternate between running at medium and high speed and active recreation, quickly passing the ball to the wall and as many board jumps as possible. The repeated method. Repetitive tasks at a given speed and at sufficient intervals (for example, receiving multiple offensive throws in defense, blocking offensive throws, running several times in the far lanes). Increasing the intensity of technical techniques

The combined method. In volleyball, a set of special exercises for strength, speed and agility is consistently performed. A rotational training method is used and movements imitating technical techniques are performed. The interval method. Conducting a training pair game consisting of two or three games, with increased intensity. The rest interval between the games is getting shorter each time. Examples of exercises to increase endurance during training.

During training, it is necessary to alternate exercises aimed at improving technique with exercises that require great physical effort or similar movements of high intensity. Such an organization of training develops special endurance and leads to an increase in the emotional state of the participants. 15-20 seconds. Jump up several times in a row. During the first



execution, it is necessary to ensure that the jumps are maximum. The second maximum bounces. 1-1.5 min in a series of 3-4 jumps. continuous execution during [16-23]. These exercises can also be performed with a scanner. In the lower position, the movements in different directions are 1-1.5 minutes, and then 30-45 seconds. Rest. Alternate between simulating (blocking) an attacking throw and falling (or leading) on the line of scrimmage. 10 jumps and 10 lunges. Falling on the chest (or turning back). 6-10 times in a row for one execution. Organization of relay races, alternation of various movements with circular jumps back and forth. Shuttle running at different distances and in different directions. Volleyball game: 2x2; 3x3; 4x4. An endless game of volleyball with reduced content. Training sessions should be organized in such a way that a reserve is created to perform technical techniques and ensure their stability during the game. Methods of developing dexterity in training: complication of previously learned exercises (changing the initial conditions, introducing additional actions, performing additional tasks and conditions). Performing exercises with the right and left hand with turns to the right and left sides. This applies to learning the techniques of the game, and improving skills. Strengthening of counteractions in pair and group exercises. Changing the boundaries of the place (in games, the boundaries of the field change, the distance and the number of players change).

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