

Different Methods in Volleyball Training Application Methodology

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Abstract

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

Keywords: Physical culture, physical quality, professional physical quality, volleyball.

Methodology of using different methods in volleyball training.

Our research has shown that physical education teacher, coach, when planning volleyball training, the subject they study based on their duties, should be made in accordance with the contingent of students. Tasks should be set separately for each period of work, several lessons, parts of the lesson and each physical exercise [1,2,3,4]. The coach should know how to set a task to be solved during this training. At the same time, he should be ready to perform more tasks that will be solved in the next lessons. It should not be forgotten that 3-4 tasks are solved in one training session. It is necessary to distinguish primary and secondary tasks [5,6,7,8,9,10].

Knowing how to set and implement teaching tasks at different levels in accordance with the age and readiness of the participants requires pedagogical skills. General introduction of technical methods in training This involves creating an idea of the technique that the trainees will learn (telling a story, showing cinemographs and videos and trying to do it again).

Execution of game methods based on simplified conditions A number of game methods are distinguished by their complexity in volleyball. Therefore, it is recommended to learn first in simplified conditions, that is, at the beginning, using additional equipment with the help of a partner without a net. At this stage, it is appropriate to use the following teaching methods. A method of concentrated exercises with selective execution of the details of the exercises. Learning technical methods in conditions close to the game. After the participants learn to perform the technical methods correctly in simplified conditions, the trainer should make the exercise a little more difficult. For example, passing the ball, dribbling and attacking shots through the net.

Improving technical methods in group exercises and games.

The main task of a teacher or coach is to develop the skills and abilities of participants to perform group and team exercises together with their partners. Participants perform auxiliary exercises with great interest. But sometimes they make mistakes. This can lead to equipment breakdown later. Therefore, the coach should pay special attention to the technique of performing these exercises and make timely corrections [11,12,13,14,15,16,17].

It should not be forgotten that in the game, volleyball players have to perform many jumps, various movements, falls and simultaneous movements with the flying ball. The size of

downloads is very high. If the exerciser is not prepared to perform such loads, injuries can occur. Functional training of volleyball players The essence of functional training is to develop the functional systems of the body in a complex environment and through large physical loads, that is, to achieve endurance of large muscle functional mental stress.

Special preparatory exercises are included in the functional training, which affect the following:

Improving the function of the nervous system. It is necessary to prepare the central nervous system in such a way that it should have a certain power of the nervous process to withstand great physical and mental stress. It has an effect on all functions, first of all, on the vegetative supply of the vessels of the brain, on the improvement of the cardiovascular and respiratory systems, as well as on the excretory organs.

Development and improvement programming of analyzer functions.

It affects the development of the bone-muscle system to educate physical qualities.

Forms of functional preparation:

Include some parts of functional training in all training.

Carrying out comprehensive training for the purpose of functional training. Including health activities (morning gymnastics, walks, tourism) in training cycles [18,19,20,21,22,23].

To carry out functional training, the following should be used:

- a) means of recovery (bathing, relaxing, immobilization);
- b) exercises that control blood circulation in the brain;
- c) exercises that develop higher muscle sensitivity, vestibular and movement analyzers, breathing and cardiovascular systems, etc.

In the course of sports and work, the athlete is often affected by unfavorable factors of the environment that cause stress. Therefore, it is necessary to find a way to increase the body's resistance to a number of strong influencing factors. Also, it is very important to determine the laws of the rational relationship of physical exertion with average physical exertion or at the end of the possibility from a theoretical and practical point of view [24,25,26,27,28,29].

The issue of adaptation of the organism to different natural conditions is of great practical importance. In this matter, the study of adaptation of the body to high and low temperatures occupies a special place. Therefore, the natural-scientific justification of the systems and methods of sports training takes into account all the biological factors that represent the ability of a person to act in concrete natural-meteorological conditions [30].

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