

Implementing the Basic Principles of Education and Training in Training Volleyball Players

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Abstract: The main principles of education and training include the principle of educational education, the principle of awareness and activity, the principle of instruction, the principle of systematicity, and the principles of thoroughness. All these principles are interrelated.

Keywords: Principle of awareness and activity, principle of directiveness, principle of systematicity, sports loads, didactic principles, general and special training of athletes, movement skills, skill level, scheme, drawing, cinematography.

Education and training as a specially organized process is organized in accordance with didactic principles, that is, principles that reflect the general laws of the educational process. The main principles of education and training include the principle of educational education, the principle of awareness and activity, the principle of instruction, the principle of systematicity, and the principles of thoroughness. All these principles are interrelated.

The principle of nurturing education is the leading principle. In the process of education and training, the coach not only informs volleyball players of the necessary special knowledge, develops skills and qualifications, but also helps the formation of consciousness and positive character qualities of athletes. The coach solves certain educational tasks in each session, following the general goals of education. In this case, it is very important to start training clearly and on time, the personal example of the trainer, his love for his work, high culture, behavior, demandingness, and pedagogic delicacy. [1.7.9.4.]

The educative character of education and training imposes on the coach the ability to strengthen the students' confidence in their own strength and motivate the athletes during training. Gradually increasing sports loads under the supervision of a coach and a doctor ensures the improvement of the volleyball player's skills.

The principle of awareness and activity of education means the most favorable ratio of the conscious, creative activity of the athlete and pedagogical leadership.

High results cannot be achieved without a conscious attitude to training. Athletes need to understand the purpose and mission of their exercises. Independent learning of technical and tactical methods, independent training under the supervision of a coach are important means of raising awareness.

Activity is especially important in competitions. A volleyball player must act independently during the game, be able to quickly make a decision in constantly changing situations, fully respond to his

actions and actions. Because the coach cannot help during the game. [1.2.8.9.11.12]

The principle of instruction is of great importance in the correct formation of movement skills, in their refinement, and in increasing interest in training. Instructability in education and training is achieved in various ways. The coach can show the methods himself or entrust this work to an experienced volleyball player. It is possible to watch a team game of a higher class together with volleyball players, use photos, pictures, diagrams, drawings, cinemagraphs, movies, video recordings, etc. in training. At all stages of volleyball training: regardless of the skill level of the volleyball player, learning new methods, explaining details, refining and improving them is carried out according to the principle of instruction.

The principle of systematicity envisages strict consistency and certain systematicity in studying materials in the training itself. Periodization should also be taken into account when allocating time to study different types of preparation throughout the year. The frequency and system of training depends on the preparatory tasks and the contingent of participants. For example, during the training period, in the first stage of the training, general, functional tools take the leading position, and in the second stage, special training takes such a position. [17.19.21.29.30]

Fragmentation of training, lack of consistency in learning exercises, excessive frequency of competitions, deviation from the optimal parameters of rest with competitions and trainings make education and training difficult, and volleyball players in the sport slows down growth. The principle of systematicity in education requires the distribution of educational material in such a way that the next material is a logical continuation of the previous one. In the process of education and training, this principle is implemented on the basis of the rule of pedagogical deduction, i.e. by moving from the known to the unknown, from the mastered to the unmastered, from the simple to the complex, from the beginning to the unknown such as secondary, from general to particular.

The principle of thoroughness is that the volleyball player regularly repeats the exercises many times during the training process, as a result of which a thorough skill is formed, which the volleyball player can demonstrate in the conditions of sports competition. In addition to being thorough, the acquired skill must also be constantly in motion. This can be achieved only by gradually strengthening the acquired skills, that is, by making the exercises more complicated. It is necessary to move to a new, more complex exercise, depending on how carefully the developing skills are mastered and how well they adapt to the load.

In the education and training of volleyball players, along with didactic principles, the principles of managing the training process are also used, that is, the principles of objectivity, comfort, motivation, scientificity, efficiency, regularity of control. Knowing all the complex tasks of preparation is a necessary condition for managing the training process. [22.16.15.13.12]

Modern sports training as a special process is carried out on the basis of certain principles, rules, scientific and methodological guidelines. Action aimed at achieving high achievements, deepening of specialization, unity of general and special training of athletes, continuity of the training process, unity of gradual and maximum loading tendency, undulation of loading dynamics, regularities of the training process are among these.

For a volleyball player who has set himself the goal of achieving high sports results, it should become necessary to use his capabilities to the maximum. Such a volleyball player is equal to the highest possible indicators in the application of sports load and organization of training, uses advanced forms, tools and methods with creative initiative.

As in other types of sports, high sports results can be achieved in volleyball only if the unity of general and special training of athletes is observed. [5.1.17.16]

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