



METHODS OF TRAINING SPECIAL PHYSICAL QUALITIES IN VOLLEYBALL GAME

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Annotation

The article discusses the methods of training special physical qualities of athletes in volleyball, physical training consists of general and special physical training processes, which require the organization in accordance with the characteristics of the respective sport.

Keywords: Physical, sports, technique, tactics, qualification, skill, movement, exercise, method.

Introduction

Physical training consists of general and special physical training processes, which require organization in accordance with the characteristics of the respective sport. The main goal of this process is to cultivate general and specific physical qualities.

The effective implementation of technical and tactical skills in sports and the achievement of high results in a particular sport is directly related to the formed physical fitness of athletes. Consequently, the purposeful formation of physical qualities (strength, agility, agility, endurance, flexibility) is one of the most important forms of sports training. The degree of development of general physical qualities depends on the effective or ineffective formation of specific physical qualities. Special physical training is aimed at increasing the functional capacity of the body of athletes and the development of special physical qualities.

In volleyball, as in all sports, the ability to play quickly, accurately and purposefully in relation to the situation depends primarily on special physical qualities. The main means of special physical training are game skills such as entering, receiving, passing, hitting, blocking, which are special exercises performed in different directions. It is known that in modern volleyball, all playing skills are performed in most cases in a non-support position at a very high speed (when jumping, falling on the chest and receiving the ball). Thus, in the organization of the process of special physical training, depending on the period and stage of sports training, jumping, running short distances in different directions, stopping the "fall", depressing exercises can be used separately or by performing game skills. Special strength development In volleyball,





a number of game skills require a high level of ball-scoring, kicking, blocking-most strength qualities. Consequently, in order to effectively perform these skills, the muscles of the arms and legs, as well as the parts of the body in general, must be able to contract quickly and strongly. In other words, muscle contraction must be done with explosive force. Therefore, in the formation of volleyball strength, the main focus should be on special exercises to develop the quality of agility.

Applying these special exercises at the same time as playing skills gives good results. It is advisable to cultivate quick-strength qualities, especially with the help of weights (leg and waist lead device, wrist-mounted weight device) and various simulators in the general physical training phase. Here are some typical exercises that develop muscle strength in some parts of the body:

Exercises that develop wrist muscle strength:

- Holding dumbbells (1-3 kg) in the hands and making a right and left rotation in the wrist-palm joint;
- In this joint - move the dumbbell up and down;
- Throwing a stuffed ball (with the hands up, emphasizing the wrist-palm joint);
- Pass the ball from above with both hands, etc.

Shoulder muscles

- Throwing a filling ball at different distances from different situations;
- Imitation of shock skills in the shock absorber with the right and left hands;
- "Walking", "sliding", "jumping" with the hands while leaning on the hands;
- In this case - in different directions;
- Hitting with a ball (or a filling ball);
- Throwing the ball back and forth in a sitting position;

Jumping is performed in volleyball when most game skills are jumped. Therefore, this quality is a decisive factor in achieving a beneficial result.

Typical exercises:

- Sitting with 50-70% of their weight;
- Vigorously rising from a semi-sitting position with no more than 50% of the weight on the shoulders;
- Jumping with objects of different weights;
- Exercises for leg muscles on exercise machines;
- Jumping rope at different speeds;
- Jumping over obstacles of different heights, etc.

The special speed of a special speed volleyball player is determined by the fact that he moves around the field in a short time and effectively plays the game skills in accordance with the requirements of the situation.





Speed comes in three different forms in volleyball:

- Understand different signs and situations; speed (teammate's signal, change in the game situation and its assessment, location of the opposing player, etc.);
- Act promptly and purposefully in these situations;
- speed of movement or repeated execution of several actions.

Typical exercises:

- Quick and clear response to the coach's different gestures with different movements: once the coach claps - imitates the ability to fall the ball, claps twice, jumps and punches, raises the ball with one hand, etc. .
- Improving the speed of solving various tactical tasks in a short time (assessment and correct reception of the tactical task) in the layout of the volleyball court;
- In each zone to mimic the functional movement (skill) of a player in that zone (total speed is assessed). M: 1 zone - ball input; Zone 6 - falling of the ball directed by the opponent; Zone 5 - passing the ball from the opponent to 2 zones; Zone 4 - high jump ball; Zone 3 - short pass ball bounce; Zone 2 - Barriers in Zones 2, 3 and 4, etc.

Special endurance In modern volleyball, special endurance of different content (jump endurance, fast and fast-force endurance, game endurance) is recognized as a decisive factor. These qualities, especially in the last batches, show that he is 'I'. Because the concept of endurance, including the above-mentioned types of endurance - means to perform effectively at a high level of performance of the same quality or game skills without fatigue for a long time.

This means the ability to move around the pitch and play game skills effectively many times at high speeds. The development of these qualities is achieved through the repeated repetition of special exercises performed at high speeds. In the development of these qualities, a single repetition of an exercise (or set of exercises) performed at great speed to prevent cases of extreme fatigue or exhaustion is 20-30s. It is desirable that the interval between exercises (rest) is 1-3 minutes, and the number of repetitions is 4-10 times.

Typical exercises:

- "moximon" running;
- "arched" running;
- "star-like" running;
- running on the field in a diagonal direction (X);
- perform these exercises with weights;
- 2, 3, 4 - imitation of barriers in zones;
- 2, 3, 4, - imitation of impact in zones;





- Imitation of "getting" the ball in different zones, etc.

Game endurance - includes all the types of endurance mentioned above, and thus allows volleyball players to operate throughout the game without compromising the level of effectiveness of technical and tactical skills.

This quality is an integral quality, which can be achieved by developing it, usually by multiplying the number of game parties (6-9 parties) and organizing the game in full (6-6) and incomplete (5-5, 4-4, 3-3) content. .

Special exercises that can be performed in a short period of time between parties of such games can be used.

Typical exercises:

- Imitation of jumping on the right foot 15 times and passing the ball at the end of the exercise;
- 15 times on the left leg, jumping and imitating the transfer of the ball at the end of the exercise;
- These jumping exercises are repeated, and at the end of the exercise the skills of falling, receiving, kicking, blocking are imitated;
- "Moximon" running - at the end of the exercise to imitate the game skills;
- Imitation of "arched" running and playing skills;
- Specialized action games;
- Perform effective game skills (with the ball) as many times as possible over a period of time (20s, 30s, 45s, 60s), etc.

The importance of the quality of flexibility in the effective implementation of technical and tactical skills in volleyball plays a special role. The flexibility of the volleyball player must be developed at a specific optimal amplitude. Flexibility with more or less amplitude can negatively affect the performance of a game skill. M: Excessive amplitude flexibility when receiving a ball by falling with the chest is likely to result in injury. To cultivate special flexibility, you can perform exercises such as bending, bending, stretching, twisting and "stretching" the joints.

Typical exercises:

- When sitting, the body is bent and the forehead is as close to the knees as possible, the legs are not bent;
- Perform the exercise "bukir bridge";
- In a standing position, make a rotation (right and left) from the pelvis to the body;
- Two practitioners perform exercises of bending, bending, twisting, "writing" each other from different positions, etc.



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