



## FEATURES OF THE TRAINING PROCESS OF VOLLEYBALL PLAYERS OF VARIOUS QUALIFICATIONS

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**Abstract:** *The article discusses the fundamentals of the technique of teaching the technique of playing volleyball and the development of physical qualities in students of different qualifications, necessary for them to effectively master the technique of playing and achieve high results in the process of physical education. Indicates the correct selection of methods, principles and means, are used in the classroom as an effective component of the formation of skills in mastering techniques and tactical actions.*

**Key words:** *physical qualities of students, volleyball, special physical training, training.*

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**Introduction:** Volleyball is an interesting, exciting sports game based on the intensity of the struggle. A significant part of young people are engaged in it and, of course, many strive to reach sporting heights. But in order to demonstrate skill in such a game, you need to go through a fairly long way of preparation. This preparation begins with the first steps of a volleyball player and ends with his retirement from the sport. It is clear that it is not possible to master the skill from the first lessons. Solving this problem as soon as possible is a task that worries the player and his coach [1].

Along with fulfilling the tasks of health promotion, versatile physical training, improving vital motor skills and abilities, a properly selected method of teaching volleyball promotes the education of "volleyball" talents among students, and also creates prerequisites for mass involvement of people of different genders and ages in systematic practice of this sport throughout their lives [2].

Analyzing literary sources and the work of specialists in the field of volleyball, we can say that this sports game has undergone significant changes over the past decades, both due to its natural process and changes in the rules. Despite a significant amount of research in volleyball, many aspects of this sports game remain undisclosed and are waiting for their improvements.

The general sports activity involves people who differ in professional training, life experience, individual traits and character, temperament, etc., therefore, the content of this sport and the psychophysiological aspects of the motor activity of the players and the coach, which are specifically important for volleyball, are of particular relevance [3].

The attention of psychologists, teachers, and physical education theorists is drawn to the study of ways to optimize the processes of education and training, the formation of the personality of a volleyball player.

Methods: The purpose of the methods is to generalize the main trends in the development of volleyball technique and to determine the features of the volleyball players' training process.

In order to assess motor qualities as indicators of the level of physical fitness of students, the informativeness of state testing exercises is determined. The exercises included in the test system make it possible to assess the level of development of basic physical qualities, in particular strength, endurance, speed, flexibility and agility [4].

To determine the level of development of speed and strength qualities, most experts recommend:

- Long jump from a place;
- Pull-up on the crossbar;
- jump up from the spot;
- Flexion and extension of the arms in a prone position for 10 seconds;
- throwing a stuffed ball weighing 1 kg with two hands from behind the head, sitting legs apart;
- Triple jump from a place;
- lifting the trunk from the supine position to the vertical position in 10 seconds;
- jumping out of a squat in 10 seconds;
- lifting the legs from the supine position to the vertical position in 10 seconds [5, 6].

In order to assess the level of technical readiness of students, it is advisable to conduct such testing:

- passing the ball with two hands from above through the net in pairs;
- receiving and passing the ball with two hands from below through the net in pairs;
- Ball feed - upper and lower;
- receiving the ball from below after feeding into a given zone;
- Direct attacking kick from your own toss;
- An attacking strike from a partner's pass [7, 8].

Results: Modern volleyball is a very interesting and entertaining game. These are power serves, powerful attacking strikes, strikes at the net and from the back line, stunning actions in defense and during blocking and on the court, complex technical and tactical actions involving players of the front and back lines. Due to its emotionality, playing volleyball is a means not only of physical development, but also of active recreation [9].

The game of volleyball requires athletes to move quickly, jump high, and have a good arsenal of technical and tactical actions. An important role in volleyball is played by the technical training of an athlete, which includes a set of techniques with which the game is played. The technique of the game has the following elements: starting positions, serves, passes, attacking strikes and blocking. Therefore, it is very important to study the level of both tactical and physical fitness of students before starting training [10].

During volleyball training, based on the capabilities of students, it is especially necessary to follow the principle: step by step, step by step. There is a special logic in this, that is, the training of athletes is gradually becoming more complicated, their content is enriched.

It should be noted that there are no universal exercises equally suitable for training beginners and for training high-level volleyball players. Exercises for beginners should correspond to their real abilities and opportunities to complete the task of learning the basics of techniques and tactics of the game.

The number of exercises used to train and train volleyball players is theoretically limitless. It is with an abundance of funds that you can approximately recreate in training those game situations that may arise at competitions. In addition, by widely varying exercises, it is possible to build classes in an interesting way, and players are always interested in realizing their actions, which is an important factor in the implementation of training tasks [11].

We should not forget about the emotional side of the educational process. Here the main role is played by the same variety and novelty of exercises. The expediency of using this or that exercise or a group of similar exercises is dictated by the provisions adopted in sports games when mastering motor actions. According to these provisions, the study of techniques and tactical actions and their improvement are carried out in the following sequence:

- familiarization with the studied technique, action
- study in simplified conditions;
- study in complicated conditions;
- consolidation in conditions close to the game, and in the game [12, 13].

Such a sequence of studying and fixing practical material is typical for any contingent of volleyball players, regardless of the level of preparedness. However, for beginners, it will be noteworthy that the passage of all interrelated stages will be longer and more uniform in time. And for highly trained players, the main time will be mainly given to the last two stages [14].

Conclusions: Playing volleyball is not only an effective means of physical education, but also a means of active and useful recreation. This dynamic game develops in a person such qualities as speed, accuracy, endurance, agility, strength. Along with physical qualities, volleyball contributes in content and specifics to the education of moral qualities, primarily collectivism, sociability, courage.

A skillful, correct selection of methods, principles and tools used in the classroom will help to form skills and abilities in mastering techniques and tactical actions, contribute to the development of physical and moral-volitional qualities of an athlete. In the preparation of both beginners and highly qualified volleyball players, there are periods when you need to learn fundamentally new techniques, tactical actions and interactions. Therefore, there is no need for strict differentiation of the means of technical and tactical training of volleyball players, differing in the level of game qualification.

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