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METHODS OF TEACHING VOLLEYBALL TECHNIQUES AND TACTICS TO FEMALE STUDENTS

Abstract. In this article, the methods of raising special physical qualities of female athletes who are constantly engaged in the sport of volleyball consist of general and special physical training processes. and requires that it be organized in accordance with the characteristics of the appropriate sport.
Key words: Physical education, sport, technique, tactics, volleyball, game, special, exercise, method.

INTRODUCTION

Physical training consists of general and special physical training processes, and must be organized in accordance with the characteristics of the appropriate sport. The main goal of this process is to develop general and special physical qualities.

Effective execution of technical and tactical skills in sports and achieving high results in a particular sport directly depends on the physical fitness of athletes. Therefore, the formation of physical qualities (strength, quickness, agility, endurance, flexibility) is one of the important forms of sports training. The level of development of general physical qualities depends on the effective or ineffective formation of special physical qualities. Special physical training focuses on increasing the functional capabilities of athletes' bodies and developing special physical qualities [1].

MAIN PART

Like all sports, in volleyball, the skills of the game are fast, accurate and purposefully performed in relation to the situation, first of all, it depends on special physical qualities. The main means of special physical training are special exercises performed in different directions, such as throwing, receiving, passing, kicking, blocking, etc. It is known that in modern volleyball, all game skills are performed in most situations at a very high speed without support (jumping, falling on the chest and receiving the ball). will be done. Therefore, when organizing a special physical training process, depending on the periods and stages of sports training, jumping, running short distances in different directions, "falling" stops, squatting exercises can be used separately or with the performance of game skills. Development of special strength in volleyball, a number of game skills such as passing the ball, hitting, blocking - most of them require a high level of strength development. Therefore, in order to effectively perform these skills, the muscles of the arms and legs, as well as the body parts in general, should be able to contract quickly and strongly. In other words, muscle contraction should be done with explosive force. Therefore, in the formation of the volleyball player's strength, the main attention should be paid to special exercises related to the development of quick-strength qualities.

The use of these special exercises at the same time as game skills gives good results [6].

Cultivation of quick-strength qualities, especially with weight equipment (leg and waist lead equipment, wrist weight equipment for kicking) and various trainers It is appropriate to develop with the help of general physical training. Below are sample exercises that develop muscle strength in certain body parts:

Exercises that develop wrist muscle strength:

- hold dumbbells (1-3 kg) in the hands and rotate them to the right and left in the wrist-palm joint;
- in this joint - moving the dumbbell up and down;

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- throwing the ball (hands up, emphasis should be placed on the wrist-palm joint);
- passing the ball from above with two hands, etc. Shoulder muscles
- throwing a filler ball to different distances in different situations;
- imitation of impact skills on the shock absorber with the right and left hand;
- "walking", "sliding" with the hand while lying on the hands
"jumping";
- in this case - to different directions;
- hitting with a ball (or a spare ball);
- throw a ball back and forth in a sitting position;

In volleyball, most of the game skills are performed in jumping situations. Therefore, this quality is a decisive factor in achieving a beneficial result.

Sample exercises:

- sitting and standing with weights 50-70% of own weight;
- standing up suddenly from a semi-sitting position, putting no more than 50% of the weight on the shoulders;
-jumping with devices of different weights;
-exercise leg muscles on trainers;
-jumping with a jump rope at a height at different speeds;
-jumping over obstacles of different heights, etc.

Special speed The special speed of a volleyball player is determined by his ability to move around the court in a short period of time and effectively perform game skills in accordance with the requirements of the situation.

Speed comes in three forms in volleyball:

-understanding different gestures and situations;
speed (teammate's gesture, change of the game situation and its assessment, position of the opponent player, etc.);
- act quickly and appropriately in relation to these situations;
- the speed of movement or multiple actions [3].

Sample exercises:

- to respond quickly and clearly to the coach's various signals with different actions: if the coach claps once - imitate the skill of catching the ball, if he claps twice, perform an imitation of a jump shot, one hand if he jumps up, the pass is blocked, etc.
- improving the speed of solving various tactical tasks in a short period of time (assessment and correct acceptance of tactical tasks) on the model of the volleyball court;
- imitating the functional movement (skill) of the player of this zone in each zone (general speed is evaluated). M: 1 zone - throw-in; 6 zone - falling of the ball directed by the opponent; 5 zone - passing the ball entered by the opponent to 2 zones; 4th zone - a high passed ball jump shot; 3 zone - jump shot with a short passed ball; Zone 2 – fencing etc. in zones 2, 3 and 4.

Endurance of the game - includes all types of endurance mentioned above, and due to this, without reducing the level of effectiveness of technical and tactical skills of volleyball players throughout the game creates a foundation for its operation [4].

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