

VOLLEYBALL PLAYERS ARE TOOLS OF SPORTS TRAINING.

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Annotation: *this article provides information about the styles, technical and tactical qualifications, physical development of volleyball players, the process, principles and principles of sports training.*

Keywords: *sports, volleyball, process, principles, principles, styles, trainings, loadings (nagruzkas), psychofunctional, barrier, aspiration.*

Аннотация: *В данной статье представлена информация о характерных и применяемых методах спортивной тренировки волейболистов, технико-тактических навыках, физическом развитии, процессе, принципах и принципах спортивной тренировки.*

Ключевые слова: *спорт, волейбол, процесс, принципы, принципы, стили, тренировки, нагрузки (нагрузки), психофункциональные, препятствия, стремление.*

In volleyball, the main means of teaching, like in other sports, are physical exercises. They are very diverse. Therefore, they are categorized at the level of solving certain tasks at the stage of training. Such a categorization is based on the competition activities of volleyball players. In connection with this, the exercises are divided into two large groups: basic or competition and auxiliary or training.

Competition practice is a private, stand-alone exercise that is unique to volleyball. In this, technical methods and tactical actions are performed in accordance with the circumstances of the game in the competition.

Training exercises are aimed at facilitating, accelerating the acquisition of basic skills and ensuring the effectiveness, reliability of their application. They are made up of special and Universal exercises.

Special exercises are divided into two groups: preparatory exercises; rapprochement exercises. Preparatory exercises are mainly used in the education of special physical qualities. Approach exercises are used in a process that aims to capture specific technical movements.

All-in-one exercises are used in the education of basic physical qualities and in the improvement of the necessary physical movement skills and qualifications.

All exercises are included in the component of the exercises, depending on their direction. These preparations are: general physical, special physical, technical, tactical; integral (yahlit game). Each type of preparation has its own leading tools with which suitable tasks are solved. At the same time, exercises of one type of preparation will be closely connected with exercises of another type of preparation. For example, if the Fast-Power

quality in the handler is not developed as much as necessary, he will not be able to perform the technique of giving an attack shot. In this case, it will be advisable to give exercises on the development of fast-strength quality. Because the repetition volume of the attack shot is the increase does not pay off in this case.

The effectiveness of tools when teaching volleyball movements in many cases will directly depend on the methods of their application. The task for which the choice of styles is laid. the level of training of those involved is selected and carried out depending on the specific conditions. Depending on the task set, exactly one tool can be used differently using it in different styles. In addition. in each type of preparation, the sequence of tasks and types also makes certain sense has a connection. Tasks of one type of preparation qualitatively change and set the stage for the next type of preparation. For example, preparatory exercises express the general structure of the training technique. Approach exercises act as a bridge in the transition from special physical training to technical training. Technical exercises built on a certain complexity will help to form tactical skills. On this basis, individual tactical actions are subsequently studied.

The division of the annual training cycle into periods and stages in the process of multi-year sports training is aimed at solving tasks related to the training of highly qualified athletes, their ability to work and “Sports form” in a certain order, formation, maintaining this activity within a certain period (during the competition cycle), restoring it, “temporary loss” and reshaping it again.

"Sports uniform" is said to be the position of the athlete that allows him to achieve the highest result. This condition is determined by the most highly formed “peak” of physical, technical, tactical and psychofunctional training. The formation of a sports uniform consists of three phases, which alternate in a certain order during the one-year and multi-year training process.

The first phase involves laying the foundation for the formation of a sports uniform and raising it to the most evolutionary level.

The second phase is to keep the improved sports uniform in a stationary position.

The third phase is distinguished by the temporary attenuation of the sports uniform.

The question of why it is impossible to maintain a highly formed sports uniform for an absolutely long time can arise in anyone. We can comment on this question as follows:

First-a sports uniform formed at a certain stage of the improvement process cannot be a sports uniform at the skill level for the next stage.

Secondly-in the adaptation of the engaged organism to movements, the ability to work does not always grow continuously upward. Training after gross nagruzkas, fatigue complications arise in the body. It is necessary to eliminate them, restore the ability to work in order to “lose”. And for this, a certain period is needed. It is after the end of this recovery period that it is possible to develop working capacity and raise the sports uniform to a higher level.

Thirdly-to regularly increase the level of training of the athlete in every possible way should be carried out in a wave-like direction. This is explained by the fact that the organism is able to adapt to the action nagruzkas on the basis of biological laws. Consequently, the

process of sports training for 3 periods-preparation, divided into competition and transition periods.

Preparatory period-during this period, the following tasks must be solved:

1. increase the level of general physical fitness;
2. strength, agility, agility, endurance and typical of a volleyball House further formation of elasticity qualities;
3. enrichment of volitional-mental and functional capabilities (qualities) ;
4. to master and improve the technique of Game Skills;
5. solving tactical tasks;
6. increase theoretical knowledge.

The preparation period is in turn divided into 3 stages:

1. The general educational stage, the mental-physical-functional base (foundation) is created in all types of training at this stage, all physical qualities are formed, and the necessary skills (running, walking, jumping, stopping, etc.) are improved. At this stage, the volume of tools (exercises) related to the types of training is distributed in the following proportions: during the general training phase, the volume of training is high, the intensity (speed of performing exercises) is slow.

2. The stage of special physical training. This stage will be devoted to the content of most sports uniforms. At this stage, special physical qualities are developed (strength in volleyball-speed, endurance, agility, flexibility, jumping, jumping endurance), mental qualities (depth of vision, range of vision, willpower, attention, environment-differentiation of the situation, thinking, feeling, etc.) are formed. The volume of exercises performed during training sessions is slightly reduced, while the intensity is accelerated. The size of the types of preparations is estimated in the following proportions:

3. The competition took the preparatory stage. This stage is represented by the process of preparing those involved directly for the competition. The tasks set in training for all types of preparation are directed to preparing volleyball players for competition games. The intensity of training increases to a maximum, and the volume decreases. At this stage, the size of the games increases, it is advisable for the team to participate in a number of preparatory tournaments. The types of preparations are distributed in size to the following.

Tasks for the competition period:

1. continue to develop physical and psychofunction qualities continue;
2. improvement and improvement of sports techniques;
3. formation of game tactics and tactical combinations and gaining racing experience;
4. maintaining general physical fitness indicators;
5. increase the level of theoretical knowledge.

During this period, all types of training will focus on making volleyball players achieve a high result in competitions. Physical fitness was intended to functionally prepare Sportsmen for competitions during this period, represented by the further development of special working skills. Technical-tactical ready-garlik solves the task of perfecting game

qualifications and competition activities, bringing them to the level of skill. The application of competition exercises is based on modeling game situations. In this, the intensity of training is experienced at an extremely high speed. Competitions held in this period can be conditionally divided into three classes.

First class competitions may include friendly matches, various tournaments (Memorial tournaments, Bliss-tournaments held on nationwide holidays).

Second tier competitions can cover cup competitions of different sizes and names.

Third class competitions: primacy, domestic championship and outdoor competitions (district, provincial, Republican and international competitions Cup holders ' Cup, Champions Cup, Asian Championship, Asian Games, World Cup championship, Olympic Games, etc.).

In terms of size, the types of preparation during the competition period will have the following ratio:

The main task of the transitional period is to apply active recreational activities in order to prevent the body from getting tired, stressed as a result of the gross impact of training and competition jara - sides, stop using special specialized volleyball exercises and apply exercises related to other sports (cross-athletics, swimming, rowing, tourism, etc.). In addition to this period, it will be necessary to gradually reduce the intensity of training during the competition period to a minimum and expand the volume of tools related to the restoration of working capacity. It would be effective to spend this period in mountain slopes, rivers, seas, forest conditions-di. Starting from the second half of the transition period, it is advisable to gradually create a foundation for the next training cycle.

Restoration and strengthening of working capacity - as a result of training, which is continuously used in the process of sports training, it is natural that the organism of those involved weakens the working capacity, the strengthening of goh. But to eliminate the complications of fatigue that arise after nagruzka, regularly restore the functional activity of the body, as well as undulate the ability to work the need to go to strengthening in the way assumes the use of restorative agents in a timely manner. Tools aimed at restoring working capacity can be attributed to several types divisjon. These are the tools used in pedagogical, medical-biological (pharmacological) and psychological coughing.

Pedagogical tools include physical exercises with a small volume, large amplitude and slow intensity. This exercise is performed on the basis of maximum tension and maximum relaxation of the body muscles. These exercises can be expressed in physical "treatments" such as "twisting", "twisting", "writing", "squeezing", "rubbing", "rubbing", "stroking", etc. Adding such exercises with water, air, sauna treatments in a decent standard in terms of size and intensity in a certain pedagogical procedure application gives a good result. In addition, treatments such as walking, jogging, cycling, rowing in conditions of slow forest, mountain slopes, river banks are considered extremely effective tools.

In conclusion, the use of medico-biological (pharmacological) means is represented by the consumption of juices, wet and dry fruits, vegetables, greens and other similar useful nutrients, rich in various vitamins that nourish, energize and restore the organs involved, nerves, cardiovascular, stomach, respiratory systems, cells, tissues and muscles. One of the

most important conditions is the introduction of such procedures throughout the year, especially at training camps held before major competitions and after the competition period (during the transition period).

In some cases, that is, the need for complete rehabilitation of the body is born-it is advisable to use the physical education of treatment and wellness in Ghana. Not only the work of those involved with the help of psychological means the ability is restored, the psyche and will are strengthened, but the entire body of the athlete is mobilized for certain competitions, negative situations (apathy, likhoradka, overexcitation, fear, hoarseness, delusional malaise, etc.) are eliminated. These tools include” persuasion formulas “(formula autogennoy training),” self-control " hypnosis and other similar exercises. The skillful use of restorative agents applied in all directions is one of the conditions that play an important role in the training of highly qualified athletes in the multi-year training process.

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