

**STUDYING THE EXPERIENCE OF FORMING A ROTATING
MOVEMENT ON LEFT AND RIGHT SIDES OF YOUNG VOLLEYBALL
PLAYERS**

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ABSTRACT

Young volleyball players focus on the use of physical exercises and efficiency in shaping right-hand and left-hand movement speed and ball-bearing accuracy.

KEYWORDS: *Volleyball Training, Right and Left Movement, Ball Motion, Kinematic And Physiologic Al Laws, Training, Effectiveness.*

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