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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.*

INTRODUCTION

One of the key features of the volleyball game is that all motions that can be played by the opponent are transferred parallel or diagonally to the ball input. Players who pass those balls to a specific "position" based on the plan and tactics are always required to move quickly and rapidly to the left and to the right. Observing and watching video games shows that young volleyball players, as well as professional volleyball players, should have a great deal of mobility, quick access and delivering the ball to a specific “position” by along sides. Moreover, it was established that this problem was not studied in special research as a topical scientific and practical issue.

Many experts in the field of volleyball theory and methodology, according to the opinion of scientists, believe that the issue of volleyball-oriented mobility and top-of-the-line definition is the reason for early training it would be unlikely that the ability to master this skill would be so great [1,86]. The steps to open the essence of the chosen subject, solving the research objective, and proving the scientific hypothesis are based on the following objectives:

1. Experience in the training of young volleyball players on the right and left hand movement and ball rolling accuracy.

2. Develop an exercise complex that is capable of forming the right and left side movement speed and ball motion accuracy, and test its effectiveness on the example of young volleyball players.

Volleyball in these types of sports is characterized by its specific features. In particular, in this sport, balls (ball, groove, transfer), which are directed by the opponent area, are parallel or diagonally arranged on side treads. Hence, the movement of the ball, its timely reception and the accuracy of delivering it to the position depend on the speed of movement [2, 78].

The trainings at the volleyball clubs in the schools and the circles, it was revealed that at all stages of the training and improvement process, the problem of forming is not subject to serious consideration. In order to study this "problem" and officially determine its original condition, we interviewed 18 young members of sport regularly engaged in volleyball [3, 96].

As it is known, it does not require proof of the importance of using the principle of consciousness and activity as well as a number of pedagogical principles in the process of teaching sports, developing and improving physical qualities. Everyone involved in sports clubs should have the necessary and sufficient insight into the technical tactical skills or physical quality that is being taught. He can then absorb the ability or quality to comprehend their anatomical, biomechanical, kinematic and physiological laws [4, 46]. Only the conscious, sufficiently theoretical knowledge based on the quality of the skills or abilities that the child develops in a creative way, the child can then invent a new generation of these techniques or movements. At the very least, these actions will provide the basis for the most effective and convenient ways to use less energy. Unfortunately, as noted above, the children involved in the survey did not have theoretical knowledge of technical skills or physical attributes. The absence of theoretical knowledge about the physical attitudes in the lessons is also confirmed by the responses of members: 18 respondents - only 5 respondents - "Yes" and 13 "No". Thus, it is clear that the annual plan of the training process does not utilize the specialized training hours allocated for theoretical training.

According to the opinions and conclusions of many specialists-scientists working in the field of theory and methodology of physical training and sports, the strategy of physical qualities development at all stages of many-year sports training is the continuation of the chosen sport [5, 56].

The pedagogical experience of raising the speed of the right and left hand movement of volleyball players from January 2018 to July of this year is based on the boys' 8-9 grade boys in secondary school volleyball was held. Each of the 18 students has been trained in the experimental and supervisory teams.

The children included in the control group during the six months were engaged in regular usual trainings.

In the experimental group exercises were performed with the following case-focused exercises designed to improve the speed of riding and ball rolling:

1. The group's members are divided into 6 teams and placed in the background as a volleyball player.

When the signal is given, they run in the opposite direction to the right-hand side of the field and run to the left and return to the next partner's hand. His partner continues the rehearsal and the exercise continues until the last participant is running.

The relay-race exercise is repeated 3 times. The score can be 2-0 or 2: 1.

2. This relay-race exercise is only thrown into the basketball basket by the players who are placed just outside the back of the pitch. Each player who scored the ball in the basket is given 2 points. The first team to win the relay will be given 5 points. The game is repeated 3 times. The team that has collected many points is considered to be the winner.

3. Each two teams will be positioned opposite each other in 3-meter cannon with 3 people. The first two players standing on the drawers are awarded a ball (1 kg). An alert balloon will be placed side by side with the ball to the participants who are standing in the opposite columns. The ball bounces off the ball to the players who are in the opposite pitch, and they will be replaced by the ball. The game continues in this way and repeats five times. A player who does not explicitly extend the ball or missed the ball is expelled from the game. The game will continue until 2 players remain.

Specific test standards have been developed to increase the speed of the volleyball right and left navigation, and its effectiveness has been tested on the example of young volleyball players.

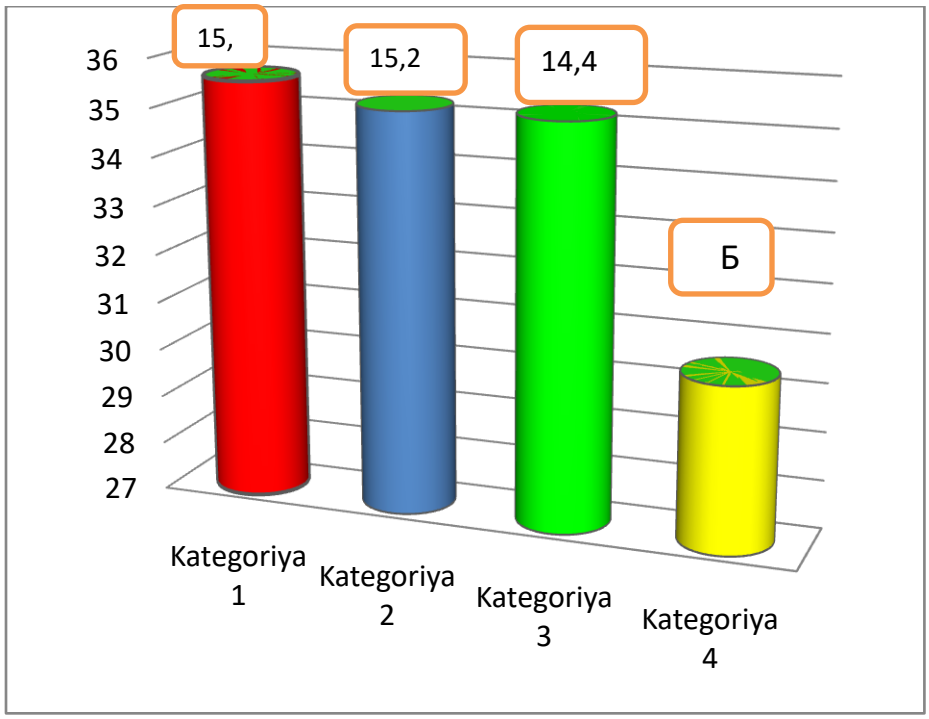
At corner angles, the handles must be hand-swapped at the corners.

"9-3-6-3-9" meters running track and forward.

The "9-3-6-3-9" meters shuttle running was accepted in the traditional order, the running was carried out in the perpendicular direction to the marked tiles. However, although running this test is not officially used in volleyball practice, we have decided to use this test to determine the fast moving speeds that are of critical importance in volleyball.

Running "Archasimon".

The “Archasimon” was tested in the traditional practice of volleyball practice. But it is crucial to run that test in the right direction. Doing this test in such a way does not apply to volleyball practice. The emphasis in modern volleyball is that movement is focused primarily on mobility.



Note: □ - before the exp ent; □ - after the experiment;

A - Control group; B - experimental group.

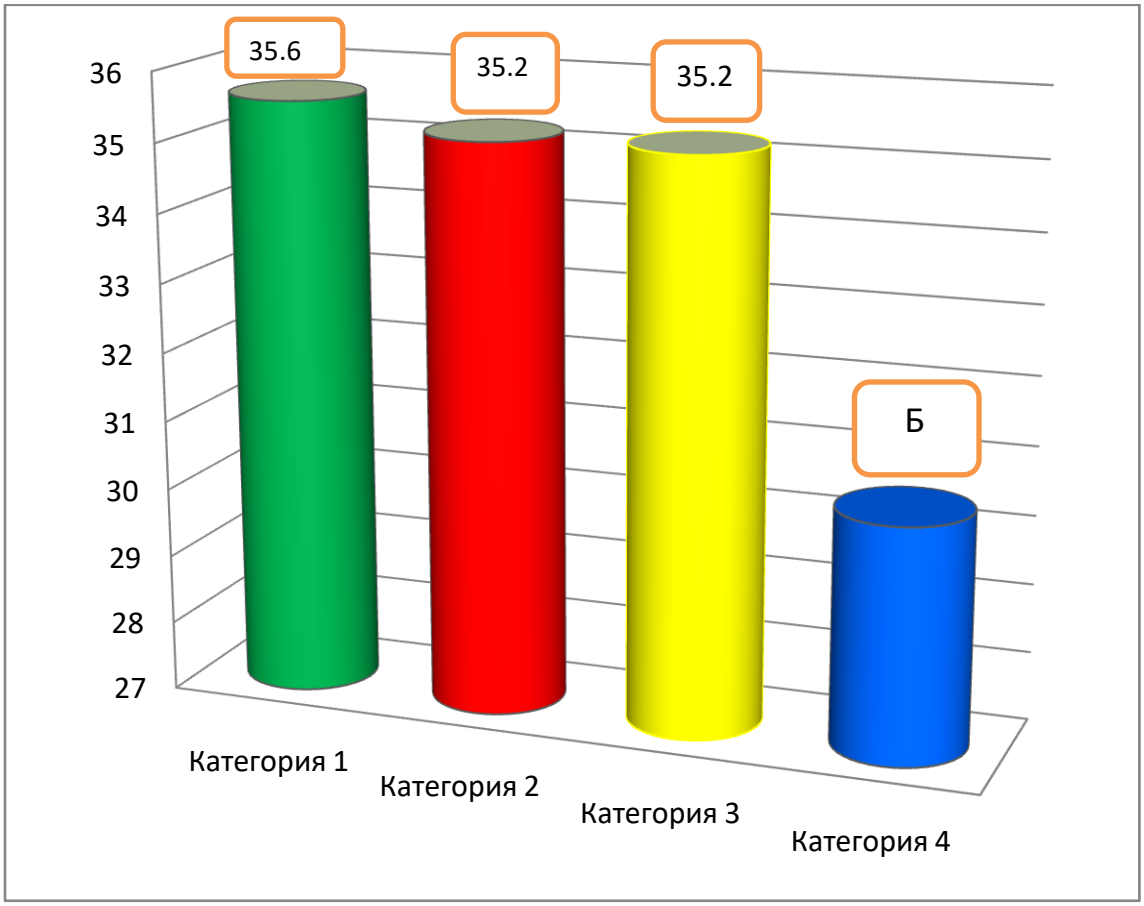
Picture 1. Dynamics of experimental mobility of young women volleyball players in speeds of 9-3-6-3-9 meter shuttle running.

In the experimental group, these indicators were as follows:

- Before the experiment - 35.2 sec;

- After the experiment - 30.4 sec;

- Increase in speed of operation - 5.2 sec.



Note: □ - before the experiment; - er the experiment;

A - Control group; B - experimental group.

Picture 2. Dynamics of changes in the speed of experiment on the Archasimon running by young women volleyball players.

In the "Archasimon" running, the minimum indicator of the speed of the student's was 26,0 sec. .

Of course, it would be wrong to compare this figure taken from sport members aged 14-15 to the volleyball players. At any rate, it may be assumed that the images obtained in young volleyball players are not enough for members of the same age. The important thing is that, both in the control group and the experimental group, the points obtained before the experiment were

expressed in different ways after the traditional and experimental exercises used during the experiment.

In other words, the experimental group found that experimental smooth-running exercises have the potential to effectively increase the mobility of the field. Thus, it is possible to conclude that regular exercises that demonstrate their effectiveness in the pedagogical experience in the training of young volleyball players in order to increase the mobility of the field are an opportunity to achieve a good result.

One of the most important conditions for the training of qualified volleyball players is to prioritize the speed and accuracy of ball rolling in deciding the fate of attacking tactics during long-term volleyball exercises.

It's important to note, however, that the ability to build these capacities from the initial stage of preparation can result in extremely high results. It is not doubtful if the exercises are routinely used in a specific game exercise that has been tested and tested in practice, and the expected outcome is greater.

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