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## Effectiveness of Using Special Exercises in Teaching Young Volleyball Players to Technical Movement

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### ANNOTATION

In this article the use of special exercises in training young volleyball players in technical movement, certain lessons about the effectiveness of constant use of special exercises in volleyball sports training are given.

**KEYWORDS:** Technique, tactics, system, training, physical training, special training, competition, exercises.

**Enter.** Volleyball differs from other sports in its nature, content and characteristics. The volleyball game is played on a relatively small, square 18x9 meter square, which is divided equally down the middle. Modern volleyball is extremely rich in different game skills and tactical combinations, and is played at a great intensity and speed. Therefore, the above-mentioned unique characteristics of volleyball require highly developed technical skills from players. In competitive games, the more extensive and perfectly formed technical skills are in relation to external influences, the greater the chance of winning.

A game technique is a specialized movement or complex of movements performed simultaneously in a sequence and in a specific purposeful order. The technique of the game should be designed for accurate, fast, light, appropriate, low-effort execution of the action.

Volleyball game technique consists of a set of movement methods necessary to play the game. Movement technique is evaluated by appropriate, effective movement in various situations. The execution of each technique in the game consists of a system of movements that are connected to each other. Movement technique is dynamic and kinematic properties of movement necessary and sufficient for solving movement tasks in a certain way (certain consistency of forces, coordination between certain parts of the body, etc.).

The main part of the technique is the most important and decisive part of the basic mechanism in a certain movement. Performing the main part of the technique is represented by a large effort in a relatively short period of time .

When performing technical actions, certain phases of actions are distinguished in terms of time. Usually, three phases of actions can be identified: preparatory, main and final phases.

During different periods of volleyball development , the methods, requirements, form, and content of technical movements change and improve. The main reason for the change in technical methods is the change in the rules of the game, the improvement of tactical actions, and the increase in the level of physical fitness of players. The growth of the dynamics of the game in attack and defense, the increase in the potential of actions, the expansion of the arsenal of combinations in attack and defense also motivates the renewal or reconstruction of technical methods.

However, it cannot be said that there are no more effective methods used in game techniques. The functional and physical capabilities of skilled athletes provide an opportunity to introduce and implement new, advanced methods of game technique.

**Relevance of the topic.** Mass participation in physical education and sports should become a daily need of schoolchildren, at the same time, it should be used in all-round development of schoolchildren, in the formation of a healthy lifestyle, in order to make them become well-rounded people, to avoid lawlessness and other serves as the main factor in getting rid of negative diseases.

Today's modern volleyball is characterized as a source of acceleration of competitive activities. In it, some situations such as technical methods are expressed in the generalization of saving time, tactical interaction of moving forward at speed, increasing the number of personal game effects.

All this is embodied in the high level of the technical training of the player, which is based on the opportunities of the volleyball player in the competition process, playfulness and athleticism. Modern requirements for the levels of physical development, opportunities for the player to perform excellent technical techniques and tactics of active interaction at high speed, mobility in the game until the last second of the match consists in maintaining speed.

According to the rules of modern volleyball, the time to carry out the impact of the attack, transfer the ball to the front zone has been shortened, such changes require the team, speed, the player to accept and execute the attack structure to the individual opportunity. According to experts, one of the reserves of effectiveness in competition activities is the improvement of technical training of volleyball players.

**The purpose of the research.** It consists in developing suggestions and recommendations on increasing the effectiveness of using special exercises in training young volleyball players in technical movement .

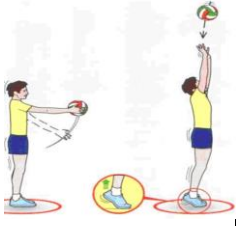

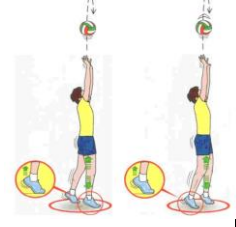
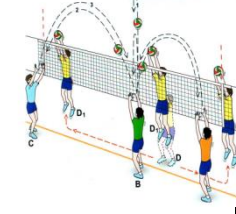

In order to increase the efficiency of using special exercises in training young volleyball players to technical movement , the intensity, size and time of repetition of each exercise in the performance of one or another exercise are selected correctly, and their most successful ratio is the result of special exercises . provides swelling.

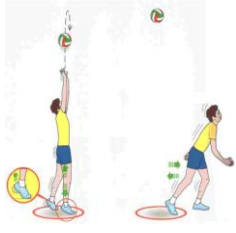

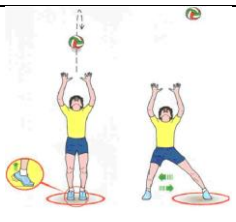
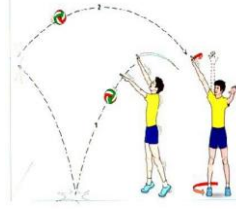

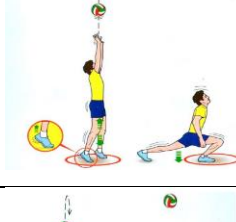

Is desirable to increase technical movements of volleyball players using special exercises. By reducing or increasing the rest time between exercises, you can change the direction of the training load and increase or decrease the effect.


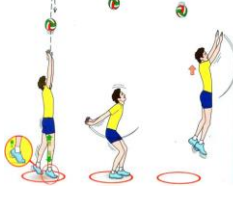
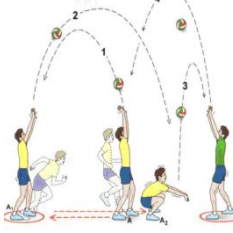
Therefore, the goal of our work is to increase the efficiency of using special exercises in training young volleyball players in technical movement .

We used special exercises to develop the initial technical movements of young volleyball players. The table below lists these exercises. Table 1.

**Special exercises to increase the effectiveness of initial technical movements. (individual) Table 1.**

Exercise 1. On the ground small diameter circle draw Sportsman in a circle standing - legs parallel, below both hand with volleyball the ball holding stands Sportsman flat hands with the ball up throws and leg to the fingers raised without hands with the head over takes	
Exercise 2. On the ground small diameter circle draw Sportsman circle across stands - legs parallel and the head over from above to pass done increases . Ball with contact to do during sportsman leg to the fingers will rise .	
Exercise 3. Sportsman on the floor drawn in the circle stands, legs symmetrical, but yes or left foot ahead. Foot to the fingers raised without from above the ball transmission perform	
Exercise 4 . To extend when reading o ‘ to ‘ tight performing sportsman too to the block it tasted.	
Exercise 5. Sportsman on the ground drawn in a circle stands, legs symmetrical, right leg ahead. Transfer during sportsman leg to the fingers will rise. Ball flight during stretching performs, his hands to the ground puts	

Exercise 6. Sportsman on the ground drawn in a circle stands, legs symmetrical, right leg ahead. From above transmission done from increasing then, an athlete drawn from the circle forward one step throw back will return	
Exercise 7. Sportsman on the ground drawn in a circle stands, legs symmetrical, right leg ahead. From above transmission done from increasing then a student drawn circle for one step back back, back will return	
Exercise 8. Sportsman on the ground drawn in a circle , legs symmetrical way stands From above transmission done from increasing then , an athlete drawn from the circle To the right one step throw back will return (Similarly that's it exercise, only to the left one step with).	
Exercise 9. After the first hit on the ground, the student turns to the left side so that the right side is available for hitting and hits the ball with external rotation of the shoulder joint.	
Exercise 10. Sportsman on the ground drawn in a circle symmetrical in case stands From above transmission done from increasing then , an athlete legs to the side and back move through up to jump done increases .	
Exercise 11. Sportsman on the ground drawn in the circle asymmetric in position (left leg stands in front of From above without extension then , the athlete 's left leg circle across back drop his knee to the ground pulls and back will return	
Exercise 12. Sportsman on the ground drawn in a circle symmetrical in case stands From above transmission done from increasing then , an athlete right on the leg to sit down performs , left foot from the circle to the left will be placed and back will come Only right leg with repeat .	

<p>Exercise 13. Sportsman on the ground drawn in the circle asymmetric in case ( left in front or right feet ) stands . From above transmission done from increasing then, an athlete crouch hand relies on, then jump with initial to the situation returns ( legs from the circle is released )</p>	
<p>Exercise 14. Sportsman on the ground drawn in the circle initial in case ( left in front or right feet ) stands. Up transmission from doing then , an athlete hands shaking forward jump the ball acceptance does</p>	
<p>Exercise 15. Athlete A starts next to Athlete B, passes the ball from behind from above, accelerates under the ball and passes forward from above. There he adjusts the ball correctly to athlete B. who received it from below. Athlete B passes the ball from the top to the first position</p>	

Therefore, the purpose of our work increasing the efficiency of using special exercises in training young volleyball players in technical movement .

From the results of the pedagogical experiment conducted on the example of young volleyball players, it was confirmed that the effectiveness of the training and the exercises used in this process is determined by their merit value. Technical-tactical exercises, which are based on scientific theory and are used depending on the age and capabilities of the participants, create an opportunity to rapidly form not only the speed of movements, but also their technique and complete this process with a useful result.

**In conclusion**, it can be said that during the 2-year experiment, young volleyball players regularly used the set of exercises offered by us in their training, and all the studied indicators of movement speed and technique were observed to change in a progressive direction. Therefore, it can be said that the set of exercises developed and tested in this group has an extremely effective value.

Based on the opinions of experts, it was confirmed that the effective formation of technical and tactical movements specific to sports practice depends not only on proportionally developed physical qualities, but also on the suitability of the exercises to the age, gender and individual capabilities of the participants.

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