



SPECIAL PHYSICAL TRAINING FOR VOLLEYBALL PLAYERS AT THE FIRST STAGE OF TRAINING

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ABSTRACT:

A volleyball player at the stage of specialization must have good speed training. This is expressed in running qualities. Running makes high demands on the athlete, he must have excellent physical fitness, be strong, fast, well-coordinated.

Keywords: Sports specialization, catalog of jumping exercises, jumping training program, jumping training, special exercises, speed abilities, speed training of volleyball players, speed-strength qualities.

Introduction

At the stage of sports specialization, the jumping preparedness of the players plays an important role. It has been proven that 90-95% of the score in the game is achieved in the fight over the net (block, attack), so the jumping preparedness of volleyball players must be at a high level. The analysis of teaching materials and modern practice show that the methodology for improving the jumping ability of qualified volleyball players is unsystematized: the tasks of the training stages are not taken into account; most of the means and methods used to improve jumping ability are not adequate in structure to the main ones; a limited choice of means of jumping preparedness reduces the training effect; there is an irrational distribution of jumping exercises in training. In connection with the foregoing, the purpose of this chapter is to optimize the process of jumping training of qualified volleyball players in the preparatory period.

There is a catalog of jumping exercises that strengthen the extensor muscles of the hip, knee and ankle flexors and a program of jumping training.

Exercises

1. Jumping up from a squat or semi-squat position (the angle between the thigh and lower leg before the jump is 130-140°).
2. Jumping on a pedestal 80-100 cm high.
3. Jumping up with alternating repulsion with the legs.
4. Jumping up with scissors (strong flexion and extension in the ankle joints).
5. Jumping up from a deep squat (back straight): step - squat - jump.
6. Jumping up with straightened knees, due to the ankle joint.
7. Running with the knees high (the knee rises quickly and high).



8. Jumping over the barrier with a push of two legs from a deep squat (jump - turn to face the barrier - jump - turn, etc.).
9. Imitation of a block after one side step (jumping out of a semi-squat and a deep squat).
10. Run-up jump with both feet reaching the markings as high as possible.

Jump training program.

I stage. Jumping training is combined with the main one. In each workout, exercises 2, 3, 4, 7 are sequentially performed. Dosage: 20 jumps (jumps) in a series (2-3 series); rest between series - 1-2 min. The interval between exercises is 2-3 minutes. Exercises are performed with stuffed balls (3-5 kg).

II stage. Jumping training is combined with the main one. Exercises 1, 5, 8 are performed sequentially every other day. Twice in a seven-day microcycle, only jump endurance is improved with the help of the same exercises. Dosages for jumping ability: 20 jumps in a series (2 series); during rest between series - a decrease in heart rate to 130 beats / min. Dosages for jumping endurance: 15 jumps in a series (4 series); during rest between series - a decrease in heart rate to 120 - 130 beats / min. The interval between exercises for jumping ability is 2-3 minutes, for jumping endurance - 3-5 minutes.

III stage. Jumping training is combined with the main one. Exercises 6, 9, 10 are sequentially performed in one workout every other day. Dosage for jumping ability: 25 jumps in a series (3-4 series); during rest between series - a decrease in heart rate to 130 beats / min. The interval between exercises is 2-3 minutes. Once in a 7-day microcycle, jumping endurance is improved with the help of the same exercises. Dosage for jumping endurance: 20 jumps per series (4-5 series); during rest between series - a decrease in heart rate to the level of 130 beats / min. The interval between exercises is 4-5 minutes. The increase in jumping ability and jumping endurance is significant in comparison with the same indicators obtained in the course of the study of jumping training in the preparatory period, before the introduction of the experimental program. Jumping training of qualified volleyball players is effective and recommended for use in teams of volleyball masters.

A volleyball player at the stage of specialization must have good speed training. This is expressed in running qualities. Running makes high demands on the athlete, he must have excellent physical fitness, be strong, fast, well-coordinated. An athlete - a volleyball player must run for medium distances, which are held at a distance of 800 to 2000m, for long distances - from 3000 to 10000m. Running at these distances is characterized by economy and uniformity of movements, it requires a high level of general endurance from the runner, as well as the ability to maintain the desired speed throughout the distance. In training, athletes use the method of long marathon running. Speed qualities and special endurance are improved through intensive variable running. Such additional means of training as running uphill, on sand, snow, and soft ground have also become widespread. Training in the middle mountains has also become one of the most important means of training both the intermediate and the stayer.

One of the most important tasks in training an athlete is to increase the level of general physical fitness. Particular attention should be paid to the development of those muscle groups that perform the main work in running for medium and long distances (flexors and extensors of the hip and foot, muscles of the back of the thigh, abdomen and back), muscles that provide



powerful repulsion, keeping the body in an inclined position and energetic work of the arms and shoulder girdle. When choosing exercises, one must also bear in mind the need to acquire flexibility and mobility in the hip joints.

There are special exercises to improve running technique. Running in natural conditions (cross) - in the forest, in the park, across the field, along country roads - is not only an excellent health tool, but also a means of training in running for medium and long distances. It is also uniform slow running on the ground, alternating running and walking, and in high school - cross with variable intensity.

The development of speed abilities should begin with the alternation of walking and running, then move on to slow running for a given distance, gradually increasing the distance.

The easiest method of preparation: running at an even pace for half, 3/4, and then the entire distance. The running speed can be gradually increased, bringing it to the competitive level. Another method of preparation is the repeated running of certain segments of the distance.

In general, the speed training of volleyball players is no less important, like all other types of training for athletes at the stage of specialization.

Identification of patterns of development of speed-strength qualities in the age aspect is of particular importance, since already in childhood a motor analyzer is formed, the foundation for future sports achievements is laid. A number of researchers have found that it is advisable to carry out the education of speed-strength qualities in childhood and adolescence.

As the most effective means of developing speed-strength qualities in the process of developing sportsmanship, special exercises with weights are appropriate.

The improvement of speed-strength qualities is facilitated by the predominant use of games and game exercises aimed at developing physical qualities. For the development of speed-strength qualities of volleyball players, various jumping exercises, exercises with stuffed balls, various running exercises from 10 to 100 meters, elements of other sports, especially basketball, volleyball, mini-football, are used. The qualitative side of the development of the speed-strength qualities of athletes depends on the rational mode of using speed-strength exercises.

Undoubtedly, speed-strength training in the process of physical education and sports training of school-age children is also of great importance for their versatile harmonious development. At primary school age, a special impact of physical exercises in order to improve any aspect of the motor function gives the greatest effect, subject to the preliminary versatile physical training of those involved. The level of development of speed-strength qualities of athletes increases the more successfully, the higher their level of general physical fitness.

In children of senior school age, the manifestation of speed-strength qualities depends mainly on the ability to implement the available speed and strength capabilities in a particular motor skill, on the ability to maximize the manifestation of muscle strength in a short period of time. With age, the neuromuscular coordination of movements improves, which leads to the effective manifestation of the speed-strength qualities of children and adolescents.

The main methods of developing speed-strength qualities in young athletes are the method of repeated performance of a speed-strength exercise without weights; method of repeated performance of speed-strength exercise with weights of small and medium weight; a method



of exercise performed with a mixed mode of muscle work. The main method of developing muscle strength is the method of repeated strength exercises with light and medium weights. The main factors determining the level of development of the speed of muscle strength, speed-strength qualities in children, adolescents and young men who specialize in various sports are gender, age, features of the chosen sport and training methods. Through the timely and rational use of means and methods of physical education, one can successfully influence the development and full manifestation of one or another physical quality in the most favorable conditions for this period of age development.

The level of speed and speed-strength qualities in young athletes exceeds the average level of development of these qualities in children, adolescents and youths, in the motor mode of which physical exercises are used only in the amount provided for by the program of physical culture for secondary schools, while it is not the same among representatives of different sports. This can be explained by the specific requirements for the physical fitness of those involved in the chosen sport, the volume and nature of training loads, and the peculiarities of the training methodology.

To increase the speed-strength capabilities, it is advisable to use the method of dynamic efforts. It is characterized by the fact that exercises with light weights (up to 20% of the maximum) are performed at the maximum pace or at maximum speed. A decrease in pace or speed serves as a signal to stop the task. You should start the repetition as you feel. The criterion is the ability to complete the task with the same maximum pace or speed. Work with small weights - up to 20% can sometimes be alternated with exercises with large weights - up to 40%. The optimal combination of such exercises is expressed by a ratio of 5:1. For the development of speed-strength capabilities, such exercises as jumping on the bench and from the bench on both legs and on each in turn, jumping over the bench, over barriers, jumping to the sides, into a squat, "kangaroo", "star", multi-hops with legs on the leg and on each separately, running uphill, running with light weights, etc.

When developing a methodology for the development of speed strength, it is necessary to focus on improving the main factors that determine the level of this quality, as well as on the features of their implementation in relation to the specifics of different sports. It should be remembered that the main factors that determine the level of speed strength are intramuscular coordination, the speed of contraction of motor units. As for the diameter of the muscles, its role is determined by the specifics of the manifestation of speed strength in various sports.

It should also be taken into account that the level of manifestation of speed force is closely related to the degree of mastery of the movement. The higher the movement technique, the more effective intermuscular and intramuscular coordination, the more rational the dynamic, spatial and temporal characteristics of movement, therefore, only with a good movement technique, an athlete is able to fully demonstrate the speed capabilities of the muscles.

From the foregoing, we can conclude that the development of motor-coordinating abilities is a very important point in the specialization of volleyball.



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