

FEATURES OF PREPARATION OF VOLLEYBALL PLAYERS FOR GAME ACTIVITIES

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Annotation. The article discusses the ways of preparing athletes for the game, types of competitions and features of the preparation of players.

Keywords. Competitions, training games, preparatory games, control games, gaming activities.

Sports games are traditionally popular among all categories of the country's population due to the diverse impact on the human body, including emotional. Therefore, they serve as an effective means of physical education in a wide age range [1,4].

The task, on the one hand, is to "accustom" to the game process itself as a phenomenon in specific - "volleyball" conditions (playing field, arsenal of competitive actions, game rules, etc.). On the other hand, volleyball players must learn to implement in a two-sided game the entire volume of the studied technical and tactical content and the achieved level of physical and mental conditions. The accustoming and training of gaming activities are carried out in the following forms:

1. Exercises in technique in the form of games: "Relay races against the wall" (passing against the wall from above, below), "The ball to the captain (leader)", "Passed - sit down!", "Ball in the air", "Straight to the target "(when passing, serving, attacking blows), etc.

2. Preparatory games for volleyball - they should reflect the specifics of this sport.

3. Educational two-way volleyball games with tasks that are aimed at ensuring that students learn to confidently apply the entire volume of the studied game techniques and tactical actions.

4. Control games with tasks - settings for the game and subsequent analysis of the game. Control games, in essence, serve as an intermediate link between educational games and official competitions [2,3,5].

Assignments are built on the basis of the studied material. The "opponent" team creates the necessary conditions. Completion of the task is encouraged by adding a point (two).

Preparatory games. "Two balls over the net" (based on the "Pioneerball" tre). It involves two teams of 6 people, stopping the players, as in volleyball, after drawing a point, the players make the transition, as if winning the serve. Then the balls are put into play with top gear, bottom serve. The conditions of the game are even closer to the rules of the game in volleyball, when the ball is thrown over the net with a third touch, the direction of the throw is determined, etc. Finally, a two-sided game - the ball is put into play with a top pass from zone 6[4,6,7].

Educational games. 1. Playing according to the rules of mini-volleyball. 2. Playing according to the rules of volleyball. Arrangement of players when receiving the ball from an opponent (player in zone 3 or 2 at the net). 2. Three-touch game. 3. Playing with some deviations from the rules (when receiving the ball, only gross errors are recorded, re-submission is allowed if the first one was unsuccessful). 4. Playing in full compliance with the rules of volleyball. 5. Playing with reduced teams (4x4 (3, 2, 1), x3 (1)). 6. Full squad games: with teams of equal strength, weaker or stronger.

control games. Conducted regularly, with 100% coverage of all involved. For control games, they also invite someone else's team. Control games are obligatory in preparation for competitions. In control games, tasks have the character of setting for the game, which are used in calendar games.

First, they study the game system through the front line player. In this case, the second transfer is performed by the player of zone 3, then zones 2 and 4. As they master the attacking blow and the jump pass, they study the second option - an attack from the first transfer and a kickback. The system through the outgoing is studied at later stages of training [5,7].

The interaction skills of players in a team are formed with the help of preparatory and lead-in exercises, exercises in technique and tactics, training and control games, as well as in the process of competition. All exercises in team actions are performed by 6 people - a "team".

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