



## PSYCHOLOGICAL METHODS OF REGULATION OF TECHNICAL AND TACTICAL ACTIONS OF VOLLEYBALL PLAYERS

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**Annotation:** The most important element of the activity of athletes in team sports is the solution of the problem of tactical thinking. It is connected with the player's ability to quickly and correctly navigate the environment, process information during competitions, and make optimal decisions.

**Keywords:** volleyball players, psychological methods, technical action, tactical action

### Introduction

The success of the activities of individual players, as well as teams as an entirety, depends on the internal determinants of game activity (a number of psychological factors) of the individual characteristics of the athlete: the properties of his personality, perception, thinking, the degree of his preparedness and the state in which he is in the game process. External factors of the game process (tempo, amount of information, etc.) affect the activity of players through internal determinants, while the game activity itself acts as a unity of internal and external processes [1].

Recently, more and more attention has been paid to the study of the "internal" conditions of human activity, which mediate the effect of external influences. L.N. Leontiev notes that activity is a real connection between the subject and the object, in which the psyche is necessarily included. The role of mental processes lies in the fact that they, being processes of reflection of reality, ensure the regulation of activity, its adequacy to the conditions in which it proceeds. In this regard, the psyche cannot be isolated from human activity, for the regulation of which it serves [9].

Competition as an activity presents specific requirements for the psyche of athletes. Research has established that in order to achieve high results in a number of sports (including sports games), the level of development of the athlete's psychological processes is of paramount importance. In turn, practicing a certain sport contributes to the specific development of those functions that provide a more effective response in real situations of activity. Some authors believe that the personal characteristics of an athlete depends not so much on the type of sport as on the functions performed in the game. They depend on the manifestation of certain functions in the game process, the existence of certain personal characteristics of the players is necessary [1, 3, 9].





The successful implementation of tactical actions during the game as a whole is determined by the level of preparedness of the athlete. The leading factor in the tactical activity of a player is his or her psychophysical state.

The most important element of the activity of athletes in team sports is the solution of the problem of tactical thinking. It is connected with the player's ability to quickly and correctly navigate the environment, process information during competitions, and make optimal decisions. It can be noted that in the tactical thinking of the players, the ability to compare their actions with the actions of an opponent is manifested; the results of such an analysis underlie the prediction of tactical actions, which, in turn, allows developing the ability of an athlete to solve operational-tactical problems directly in training during training. The term "problem solving" refers to effective behavior in a problem situation as a certain sequence of choosing the patterns of activity [2].

A timely and correct tactical decision made depends not only on the knowledge of game formations, but also on the psycho-physiological characteristics of the volleyball player's personality, which show a significant impact on the decision-making mechanism. The speed and correctness of the tactical decisions made are ensured by abilities, both innate and acquired, and, therefore, trainable. As a number of authors note, the effectiveness of tactical actions in sports games largely depends on perception, attention, memory, tactical thinking, the speed and accuracy of choosing a solution, prognostic abilities, the accuracy of a reaction to a moving object, and the mobility of nervous processes [2, 5, 8].

The success of technical and tactical actions of volleyball players is largely determined by the high level of development of the ability to direct their consciousness to perform game actions. A high speed of the ball, fast movements of players, quick and sudden changes in game situations characterize the game of volleyball. All this makes high demands on the volume, intensity, switching of attention.

At present, the approach to attention as a factor in ensuring the perception and selection of one information while ignoring the other has become widespread. The phenomena of attention are associated with the course of any mental process, regardless of its content, and determine its dynamics and direction. Indicators of attention depend on the qualifications of athletes and are determined by emotional tension, confounding factors and conditions of activity.

In sports games, all the actions of the players occur in response to external stimuli. Hence, the visual perception of events is of paramount importance. The ability to concentrate attention, see the current situation and quickly navigate in the current conditions is the most important quality of a volleyball player. The accuracy and speed



of perception depends on the volume of the visual field, visual-motor assessments, the level of development of technical and tactical skills, the quality of thought processes, knowledge and experience, and responsiveness. The speed and accuracy of the responses of volleyball players is determined by the perception and processing of perceived information; hence the importance of developing such a skill. It is noted that the athlete due to the reaction to the opponent's preparatory actions preceding the evaluated action achieves the high speed of the reaction of choice. At the same time, the time for receiving and processing information correlates with the qualification of a volleyball player [4].

One of the characteristic features of human activity in standard environmental conditions is the sensorimotor response, which determines the speed of assessing the situation and choosing specific response actions. It was noted that the time of sensorimotor response depends on the length of time in sports and the qualification of the athlete [1].

In volleyball, the effectiveness of tactical decisions depends not only on the speed of reaction, but also on the ability to anticipate the development of game situations, i.e. from probabilistic forecasting. It is noted that in sports games a system of perspective-intellectual processes is being put forward, taking place with an acute shortage of time against the background of a wide variability of variational actions that require creative decision-making about the methods of struggle. At the same time, defense actions are based on anticipation as the ability to act with a certain spatio-temporal lead [6].

An important aspect of the success of the activity of volleyball players is its tempo-rhythmic structure. A number of studies have shown that this quality is one of the determinants of individuality, and the features of the pace are manifested both in simple motor and behavioral reactions, and in solving mental problems, the pace and switching of attention, the pace of performing productive operations and actions. At the same time, it was noted that the term "individuality" should be understood as a separate individual, and the team as a whole [7].

A positive correlation was found between the variability of the motor tempo and the accuracy of estimation, measurement and reproduction of time intervals. The manifestation of the pace is influenced by sports specialization; with the growth of sportsmanship, the motor pace becomes stable, the ability to make quick movements and change the pace of movements appears

Based on the above, the following conclusions can be drawn:

- The progressive severity of competitive struggle in modern sports is often accompanied by extreme physical and mental stress, expressed in a state of anxiety, fever or apathy, which ultimately leads to nervous stress;





- The psychological preparation of volleyball players for the upcoming competitions is carried out on the basis of general psychological preparation and is associated with the solution of the tasks assigned to the athlete in this particular competition;
- The organization of psychological preparation for competitions should be aimed at the formation of the means and qualities of the individual and psychological states, which always determine the success and stability of competitive activity;
- In conditions of equal sports competition, the best psychological preparedness of the players is a decisive factor, as it makes it possible to most effectively show the physical, technical, tactical and theoretical preparedness of the players;
- Mental preparation is carried out throughout the long-term preparation at training sessions, training camps, competitions.

The general psychological preparation of volleyball players is carried out during the period of sports improvement, and not just before the upcoming competitions.

The main tasks of the general psychological preparation of a volleyball player are as follows:

- Development of the moral and volitional qualities of the athlete's personality.
- Development of perception processes, including the formation and improvement of specialized types of perception, such as "ball sense", "net sense", "ground sense", "time sense", "partner sense".
- Development of attention, in particular, its volume, intensity, stability, distribution and switching.
- Development of tactical thinking, memory, representation and imagination, the ability quickly and correctly assess the game situation, make effective decisions and control their actions.
- Development of the ability to manage their emotions in the process of preparing for competitions and in the process of the game itself.
- Education of the moral and volitional qualities of the athlete's personality. It is very important in the process of training work not only to prepare a highly qualified athlete in terms of his physical qualities and technical and tactical skills. In addition, it must have a positive impact on the development of his character, the improvement of his worldview, the spiritual sphere, the formation of a sense of collectivism, diverse interests, and other features.

The most important factor in the development of personality is self-education, the organization of which should be directed by the coach. Features of the formation of moral-volitional qualities of the personality of volleyball players and their manifestation are in close connection with the specifics of volleyball - the collective nature of the game.





A sense of collectivity, comradely relationships and assistance, the cohesion of athletes is a necessary condition for the successful performance of the team. Therefore, a volleyball coach should pay special attention to interpersonal relationships and team building.

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