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VOLLEYBALL TRAINING FOR APPLICANTS FOR HIGHER EDUCATION IN NON-CORE INSTITUTIONS

The Department of Physical Education and Sports of the Kharkiv National University named after VN Karazinav, within the framework of the classes of the discipline “Physical Education”, along with the traditional general physical training, offers students a number of specialized courses: playing sports, martial arts, athleticism, fitness, aerobics, athletics.

The definition of a sport that a student consciously performs is the beginning of a meaningful choice of forms of motor activity that satisfy individual physical and psychological needs. Such a system of free choice of specialization in physical education classes provides students with the opportunity to learn the skills of their chosen sport in the process of learning and continue to study it at the amateur level.

At the same time, an in-depth study of the chosen type requires not only the formation of physical skills and abilities, but also the corresponding theoretical training, which should include the necessary amount of knowledge in physiology, psychology, history and theoretical foundations of this sport.

Volleyball is one of the most popular in today's youth environment, however, at the same time, it is one of the most difficult team sports. Due to its entertainment, spectacular combinations and the rapid movement of players, volleyball remains for many decades the favorite activity of young people during the rest period. However, non-professional actions of game lovers who are not familiar with the basics of its technology, often lead to injuries to both the players and their partners. It is quite easy to avoid these negative consequences, since the specialization "volleyball" provides students with an opportunity to master special physical training, playing techniques, as well as an understanding of the tactics of both the individual player and the team as a whole, in a relatively short time.

The choice of a sport for physical education classes poses a number of tasks for the teacher: during 3-4 years of classes provided for in the program, to develop in a young person, who may have never played sports, the physical qualities necessary for his chosen type, to instill technically correct motor skills.

The increase in interest in playing volleyball is explained not only by the accessibility of the species, not only by high emotionality, but also by an unconditional increase in the attention of the media to it.

Since its inception and to this day, the game of volleyball has experienced rapid development and transformation. This is reflected in the growing number of volleyball players and the number of member countries of the International Volleyball Federation, and in the repeated changes in the rules, and in the introduction of new techniques. In terms of its prevalence, this game occupies one of the leading places in the world sports arena.

The game of volleyball has become not only purely sports, but also volleyball is developing as a game for the sake of recreation. Playing volleyball has become a means of organizing leisure time, maintaining health and restoring working capacity. This is how beach volleyball, a form of volleyball, was born, a new sport that has its own rules.

The opportunity to watch world-class competitions on television channels gives rise to a desire to join this sport among a large number of young people who, for one reason or another, were not able to play volleyball at the age generally accepted for professional occupations.

By providing 17-19 year old students with the opportunity to master the game form, the Higher School partially solves the most important health problem: young people remain faithful to their choice not only for 3 years regulated by the test, but for many years, since only in the second or third year of study they begin to feel the taste of the game. The notorious physical activity becomes a real way of self-expression and becomes a habit, not of a dogmatic, but of an emotional order.

On average, the duration of a child's volleyball training to the average technically acceptable level is 4-5 years. Considering that the training time for students is limited to three compulsory years of attending physical education classes, the question arises: are there techniques for accelerated teaching of complex coordination movements and techniques in the mass education system?

Learning to play for students - young people aged 17-19 - has its own difficulties and, therefore, peculiarities. The child's body perceives any atypical, in the generally accepted sense of the word, movement much more natural than the body of an adult. Virtually all stances and movements in volleyball are extremely atypical compared to

any movement in a cyclic sport. Cyclic types associated with walking and running solve problems at the level of speed and endurance development, while volleyball tries to "impose" on a person multidirectional movements in complex stances, jumps, falls and rolls of an acrobatic nature.

Returning to the issue of teaching volleyball to adults, we are faced with a problem - it is easier to teach a person an upper or lower gear than to force him to move around the court in a timely manner and naturally in search of the necessary point of contact with the ball. The choice of location is a prerequisite for the right technique! Agree, if the ball flies perfectly to the place where the pass should be made, it is not difficult to hit it off even for a beginner. But the question is that it is not the ball that finds the player, but the player that finds the ball. And it is here that psychological blocks are turned on, which inhibit the process of mastering the species. Imitation movements are obtained confidently, but with the ball it is difficult. The attention chained to the ball puts the novice player into a stupor, into tetanus, and the legs, which should automatically move to the right place, remain motionless.

Volleyball players know how much more confidently and qualitatively a technique is performed when a player intending to touch the ball says "I". This is usually taught to aspiring child volleyball players mainly to prevent the possibility of a collision. The question arises - does the concept of a speech factor exist and what does it give in teaching volleyball? Is it possible that the distraction of attention to the word introduces the body into an automatic mode of action?

It was not the first time I thought about this question when I came across an article from the old magazine Sports Games. How to quickly teach a person to a technically complex game - this is what the article was devoted to, in some ways it may be theoretically and controversial, but certainly not devoid of practical interest. The article was devoted to the practice of Timothy Gollway, the author of the so-called "inner game". Briefly, the meaning of T. Gollway's theory is as follows:

"As we master technically complex movements, there is a struggle within us between the two centers for a leading role in the management of our actions. One - logical, think tank, word-building, loving to measure and analyze. We are talking about the left hemisphere of the brain, about the so-called First Self. Another center, the Second Self, the innate, intuitive, emotional center, perceiving images, receiving vast information from the senses, capable of responding and controlling actions at speeds many times faster First - I. This is the right hemisphere of the brain.

We are born with the Second - I, and with him we successfully learn to walk, balance, proprioceptive movements, from getting a spoon in the mouth and ending with climbing furniture and trees. The first - I am gaining strength as we grow up, training and upbringing, and further keeps, as a rule, the Second - I in a subordinate position.

It is possible that more and more early periods of sports activities in recent years, in addition to some physical ones inherent in children to a greater extent than adults, are also conditioned by earlier work with the Second - J. Timothy Goulway, tennis specialist, author of the method of "internal games" gives recommendations on how to achieve the emancipation of the Second-Self and, due to this, significantly increase the effectiveness of teaching coordination and technically complex movements.

The method of internal play gives good results not only when teaching beginners, but also when correcting mistakes in the execution of techniques, in cases where an incorrect motor skill has already been formed. The coach's attention is needed here. For example, a common mistake in reception among beginners, which gives a large percentage of defects in reception from below, is a high position of the hands and, accordingly, an insufficiently low stance. To make the reception more stable, the hands, at the moment of meeting the ball, should be as close as possible to the court. In order for the players to be able to consciously relate to this exercise, the student works against the wall in low gear. The extreme upper position of the hands is estimated at one point, the average at two and the lowest at three points. It is visually more convenient for the player to assess the position of the arms, rather than the angle of flexion of the legs at the knee joints. So, the player independently evaluates out loud every bounce of the ball, striving to earn the maximum score. The player's consciousness (First - I) is involved in the task at hand - a reliable assessment of each movement, freeing the subconscious. As a result, the correct skill is formed much faster and more stable than with the usual error correction - repeated reminders by the coach.

One of the important tasks in volleyball is to determine the trajectory and speed of the ball, the ability to "hit the ball" in a timely manner to take a comfortable starting position for receiving and transmitting, performing an attack hit or blocking. The leading role in their decision is played by the combination of speed and power in certain ratios. In this case, the speed of muscle contraction and the regulation of the speed of movements is of paramount importance. Of particular importance is attached to the spatial accuracy of the movements, which is extremely necessary in the first and second passes of the ball, in the pitches, in the attacking hits.

Sports games are notable for the complexity and variety of actions of the players. To take part in the game, you must first examine them.

Each game involves the use of actions that have received the name of gaming techniques. The external form of each technique is determined by its technique or set of elements of motion, allowing to solve the motor problem. Mastering the skills of movement creates favorable conditions for the successful implementation of techniques with the ball.

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