

expenditures (education, health care, public charity), although far from providing, due to objective reasons, satisfy the needs of the population, constantly and steadily increased.

In 1910-1912 gg. Kharkiv city administration, thanks to the rapid growth of the budget, could somewhat increase the appropriation for the education of the people and medicine. In 1913, the provision for primary education exceeded the level of 1909 almost 2 times and reached 268 534 rubles (4.5% of the annual budget of Kharkiv). The results of these efforts had already affected the First World War, when the number of refusals to admit to children's primary schools of children suitable for their age and living on the territory of Kharkiv sharply decreased. In the same year 1910, the tuition fees for urban primary schools were abolished.

**Usova I.E.**

### **Volleyball in the process of physical training of students of higher educational institutions**

The accession of Ukraine to the Bologna process and the corresponding adaptation of the domestic educational system to European standards set new important tasks for the higher school to modernize the educational process in terms of expanding independent student preparation and free choice of subjects as part of a general course of study in a higher educational institution.

The Department of Physical Education and Sports of the Kharkiv National University named after V.N. Karazin, 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.

Volleyball is a sports team game, during which two teams on a special platform, divided by a net, tend to direct the ball towards the opponent in such a way that he lands on the opponent's court, or the player of the defending team makes a mistake. To do this, the team has the right to three touches (touching the ball by the defending team on the block does not count).

The composition of the volleyball team from 6 to 12 players. The main players are 6 players who start the game in each game. At the beginning of the game, players are placed on the court so that three players are on the front line, at the net, in zones 4, 3, 2, and three on the back line, in zones 5, 6, 1.

The game begins with the submission. The right to serve is determined by lot, in which the judge and the captains of the teams participate. The winning lot has the right to choose the filing, reception or site. The serve is performed after the referee's whistle for 8 seconds and is considered to be completed correctly if the ball flies over the net without touching the restrictive tapes and antennas. When serving, touching the ball with the upper cable of the net is not considered an

error. In the case when one team makes a mistake, the other gets a point and performs the transfer of players for submission, moving clockwise on the court. The score in the game is up to 25 points, and in the decisive, up to 15. In all games, the score can continue up to a difference of 2 goals.

Shots, receptions and passes of the ball in the game must be performed with a jerky touch, without delay. Special requirements are imposed on the "purity" of the second touch. The transfer of hands over the net and touching the ball on the opponent's side is prohibited with the exception of blocking. The blocker has no right to touch the ball on the outside opponent, before he does not perform a touch (blow). Blocking and attacking filing is not permitted. Touching the net while a player is performing a technique is a mistake. A player may step on the middle line with any part of the foot, but not overstep it.

Players in the back line can interrupt the ball to the opponent's side with a blow or a pass, and after hitting, they are allowed to land in the attack zone without stepping on the line bounding this zone at the time of the jump. In each game, the team can make 6 substitutions for the main players. The substitute player must take the place of the player he replaces.

A distinctive feature of volleyball is the complexity and speed of solving motor tasks in a game situation. The volleyball player must consider the location of the players on the court, predict the actions of partners and unravel the enemy's plan, quickly analyze the existing situation, decide on the most appropriate action, and effectively carry out this action. In a speed game, the degree and urgency of solving problems that depend on the speed of actions of the players is significantly increased.

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.

**Shilin V.V.**

### **Concept of national state of M. Dragomanov**

Probably the only notable opponent of the Populist school in Ukrainian political science at the time was Mikhail Drahomanov, an outstanding scientist, political and public figure. In many of his political and historical writings, letters, reviews, he sharply criticized the methodological principles of a populist school. The so-called idea of national rule and the interest of the working people were the main component of the historical assessment advocated by the representatives of the populist school. But Drahomanov considered such an approach too limited and even antiscientific. He himself tried to find a more realistic and objective scientific criterion. M. Drahomanov addresses the ideas of the then Western European science, in particular the idea of socio-cultural progress and dialectics, which then occupied a central place in the most widespread socio-philosophical theories.

M. Drahomanov translates into the Ukrainian historical and political idea the idea of progress and identifies it with the idea of moral, economic and political development of society. The basis of political views of M. Drahomanov was laid upon the Spenser theory of evolution as an equilateral differentiation and development of human society. But along with this, the scholar shared the Marxist ideas of socialism as a more progressive system that might arise in industrialized countries, and the