

Complex Training of Young Volleyball Players

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Annotation: This article reveals aspects of complex training of young volleyball players. In the preparation, physical, technical-tactical, psychological preparation is planned. It is explained that doing these things correctly will create a foundation for young volleyball players to win high positions in the future.

Key words: young athletes, preliminary training, physical development, action games, as a means of technical training, content of training young volleyball players.

During training on the basis of a multi-year step-by-step plan, it is necessary to create conditions for the development of individual abilities of young athletes, the maximum manifestation of the body's reserve capabilities, which is considered an important factor in the selection of vital abilities in the subsequent periods of multi-year training.

Thus, the interdependence of selection and training envisages the step-by-step selection of participants and the step-by-step development of their physical qualities, the acquisition and improvement of technical and tactical skills in the chosen sport.

According to a number of experts, the content of training during the initial training period is aimed at children's physical development, strengthening of basic locomotor apparatus, training of physical qualities (speed, coordination skills, dexterity, etc.), including special physical qualities necessary for mastering the basics of volleyball technique and should consist of the use of tools that help to educate their abilities.

Many authors take into account the characteristics of the child's organism, the level of physical development and readiness. They recommend using action games in the initial stages of training as a means of physical and sometimes technical training.

A number of experts believe that it is necessary to use folk movement games as preparation for volleyball along with physical exercises to solve the initial issues of preparation. Because in the period of primary and general basic training, they help to solve the issues of physical development and to educate their physical and psychological qualities and expand children's movement methods, which are very important for acquiring technical and tactical actions. However, we could not find in the literature special works dedicated to the study of the effectiveness of using folk movement games in the selection and training of young volleyball players.

In the general basic training, which is considered a logical continuation of the first stage, relatively more complex issues must be solved, which is why the content of the training is regularly becoming more complex. Taking into account the characteristics of the developing body, including the senate period of the child's body development, the means of preparation are reduced.

The contents of the training of young volleyball players include mini-handball and mini-basketball exercises according to simplified rules for the development of speed, agility and speed-strength qualities, preparation and orientation exercises for the development of special qualities and abilities that facilitate the acquisition of game techniques and technical movements, educational and control games are included.

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A number of experts recommend to include possible gymnastic, acrobatic, athletics exercises, and swimming exercises taking into account the age and physical abilities of the participants. During this period, it is necessary to pay great attention to the issues of game technique for physical training competitions, mini-volleyball (12-year-old children), volleyball (18-14-year-old children) and, of course, the selection of children for special volleyball training. In the period of primary training, the characteristics of the construction of training activities are the use of the principle of universality in the selection of tools and methods, the in-depth study of the characteristics of each activity. The main direction of the lesson programs is teaching, the process of its implementation is to create conditions for the successful training of young volleyball players in a wide range of technical techniques and to create the necessary foundations for achieving a high level of special physical fitness in the subsequent periods of the multi-year training process. depends.

After each year of training, the necessary adjustments are made to the training of young athletes, including adjustments to the distribution of the volume of exercise components and the direction of training during the annual period. In the second academic year compared to the first academic year, the number of hours of tactical and integral training will be increased due to the reduction of the time allocated to general physical training. During the second year of training, the issue of expanding the set of technical methods and tactical actions studied will also be resolved.

In training groups, the requirements are even higher, for example, the volume of hours per year reaches 520 hours, that is, 104 hours more than in primary training groups (44,45). In the distribution of training types, 25% is spent on technical training, 28% on tactical training, and 21% on integral training. According to the authors, such distribution of hours by year allows to solve the tasks set in the first stage in the training of young volleyball players, taking into account their age and physical abilities, when the tools and methods are chosen correctly. Taking into account their age and physical abilities is of particular importance in formulating a training strategy.

It is necessary to take into account the fact that comprehensive training in initial and general basic training develops the physical qualities of young athletes and has a positive effect on the growth of their sports results. Therefore, the tools used in the first and second stages of training young volleyball players have fewer characteristics than in the third and fourth stages of training. At the same time, the basic requirements for young volleyball players for the initial period are provided only for physical and technical training. Only in the later stages, the assessment of tactical actions based on the results of competition activities is mainly used.

Games consisting of various running, jumping, throwing and other actions are called action games.

Without doubting the correctness of such an approach, we see that they are completely suitable for studying the problems of the pedagogical content and the importance of folk action games, as well as their types, and that they do not justify themselves due to their special characteristics. In the work mentioned above, an attempt was made to divide folk action games into types, which cannot be ignored. It is proposed to differentiate the team (with the joint participation of all players and participation in turn, and relays with a leader and without a leader, without a team) according to the sign of the players' struggles without colliding with the opponent and without participating in the fight with him. Simulation of movement games, including movement (with imitation movements), running, jumping over obstacles, finding a way with balls, sticks and other objects, etc. it is even suggested to divide it into independent place-finding games and training (for sports) games.

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