

STRENGTHENING PHYSICAL ACTIVITY AND MOTOR SKILLS OF VOLLEYBALL PLAYERS

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Annotation. The article considers physical qualities as the basis of the motor capabilities of volleyball players, for physical self-improvement and a healthy lifestyle, expanding the possibilities of developing physical activity in accordance with the needs of students.

Keywords: volleyball players, formation, motor skills, healthy lifestyle, physical education, stages.

Jumping is a complex quality of motor activity, which is based on a combination of strength and speed of muscular contractions of the legs while maintaining an optimal range of movements. When performing a jump, the work of the leg muscles is performed in a high-speed power mode.

And the greater the strength of the leg muscles and the speed of their contraction, the higher the jump.

The researcher noted that the number of jumps and the ways they are performed in training do not always correspond to the game environment and do not ensure proper development and improvement of jumping ability.

It is noteworthy that volleyball players, performing an attacking strike and blocking, do not jump to the inherent and maximum height at the block, the height of the jumps is on average 9.35 cm lower, and at an attacking strike – 11.71 cm. This phenomenon is explained by the development of the so-called "grid barrier" in volleyball players, that is, the formation of a conditioned reflex in them as a result of the constant height of the grid.

It is no secret that increasing the height of a volleyball player's jump depends on the proper use of physical training tools and methods. At the same time, it is useful for coaches to know that a properly organized training process will have a positive effect on the development of jumping ability. However, the increase in jump rates will not be permanent.

According to scientific research, jumping develops stepwise. In the training process, at first there is a rapid increase in jumping ability (1-3 classes), then there is a long period of slow increase in the indicator, in which cases of decreased jumping ability can sometimes be observed, followed by a new short-term sharp increase in jumping performance and a new long period of delayed development.

It is useful for volleyball coaches to know that the development of jumping ability has a stepwise character in terms of age. Most of all, the jump increases in 14-year-olds (by an average of 3.9 cm) and in 16-year-old athletes (by 4.57 cm). For 15-year-old volleyball players, the average jump height not only does not increase, but may even decrease. The highest jumping results are observed in male athletes by the age of 23, and in women by the age of 17-18.

The height of the jump is influenced, as indicated, not only by the strength of the muscles of the extensors of the legs, trunk and the speed of their contraction, but also the speed of the run before pushing off, placing the feet on the support, the angle of flexion of the legs in the ankle, knee and hip joints, active arm swing and the growth of volleyball players.

Muscle contraction during repulsion during jumps is "explosive" in nature, that is, when pushing, there is a pronounced concentration of effort in space and time. At the same time, in trained athletes, during the jump, there is a synergy between the thigh-shin antagonist muscles. This means that when the hip extensor muscles contract, its flexor muscles are not tense, while for beginners, the antagonist muscles remain not completely relaxed, which is exactly the brake for making a high jump.

It follows from the above that it is possible to achieve a high jump provided that the flexor and extensor muscles work in concert.

When some contract (strain), others are completely relaxed. The bending angles of the legs of volleyball players with high jumping ability are small. The athlete performs a relatively small squat, but at the same time develops a lot of power when pushing off. It is also important to maintain a high level of effort until the end of the repulsion.

The volleyball player accelerates when running before jumping. Some experts believe that in order to ensure maximum and equal use of the action of both legs during a push, the last step is performed with the left foot (left-handed - right). As a rule, tall volleyball players have a lower jump height than players of average height both when performing an offensive strike (on average by 7.36 cm) and when blocking (on average by 4.92 cm). This is due to the fact that tall players are inferior to medium-sized players in speed-strength and especially in strength training of the extensor muscles of the knee joints.

It is useful to take this fact into account when selecting funds for working with tall volleyball players. The following methods are used to develop and improve jumping ability. The method of unsaturated efforts (30-50% of the maximum). The athlete determines for himself the optimal weight of the load when performing, for example, squats. Practically it looks like this.

A volleyball player from a sitting position can stand up with a barbell weighing 100 kg on his shoulders. Let's assume that this is his maximum result. To use the method of unsaturated effort, the optimal weight of the burden for the athlete in this case will be in the range of 30-40 kg. In the range of this weight, the weight of the load varies depending on the well-being and fitness of the sports shift, the period of the training process, attempts to approach the projectile and other circumstances.

First, the volleyball player puts a 25 kg barbell on his shoulders, squats and stands up with it at the fastest possible pace. Then this exercise is repeated, slightly increasing the weight. At the same time, jumping ability develops in the process of implementing technical techniques or their parts. For example, a volleyball player puts on a weighted belt weighing 4-5 kg and performs an offensive strike with weights.

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