

METHODS OF TEACHING ATTACK TACTICS IN THE GAME OF VOLLEYBALL

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ABSTRACT

This article developed a set of exercises aimed at increasing the effectiveness of offensive tactical actions of volleyball players during the development of offensive tactical actions, and these exercises were used in those involved. The complex of exercises developed has positively influenced the effectiveness of the offensive actions of its participants. It serves to increase the technical and tactical training of volleyball players and effectively organize training.

Keywords: Training, attack tactics, combination, movement, volleyball.

INTRODUCTION

Attack tactics refers to collective tactical actions, group tactical actions and individual tactical actions. Complex tactical activity in an attack begins on the basis of a certain tactical combination, and the combination ends with an individual method of action. Let's consider the logical sequence and content of attack tactics in the following order.

Team tactical actions on offense are carried out in the following three directions: by first-line players after the second pass of the ball (offensive zone); second-line (defensive zone) players after the second pass; after the first pass.

Options for organizing an attack while the linking player is in the previous zone are shown in the figure below. One significant disadvantage of organizing such an attack is that the attack can involve two players from the first line. But in modern volleyball, offensive shots from the defense zone practically eliminated this drawback.

When a connecting player passes the second ball from the back line in the attack structure in front of the net, the likelihood of an attack increases and its effectiveness increases. In form. 20 binders show the formation of various offensive combinations when a player moves from Zones 1, 5, 6 to the net in front of the net behind the net.

Although after a pass from the first ball, an attack or deception ball (roll the ball back) allows you to effectively solve offensive actions and requires a lot of skill from the attacker. When the ball is faked, the attacker or invader (only when in the front zone) jumps up and fakes the attack by throwing (faked).

The tactical action of a group is defined as solving the problem of attacking by two or more players. The tactical actions of the group are carried out as follows:

1. If the connecting player is on the first line, attack with his participation;
2. Similarly, only when the connecting player is on the back line;
3. Receiving the ball and passing the second ball to the attacker;
4. The attacker mimics the attack by firing a fake shot.

Each group action is carried out using pre-prepared and practiced tactical combinations. The attackers act in the following order: without changing the direction of movement (each in its own zone); changing the direction of movement; to an irregular movement. Let's consider tactical combinations that can be organized along the lines indicated above.

1. The receiver passes the ball to a zone 3 tiebreaker, who in turn passes the tiebreaker to Zone 4 or 2 (behind the head). If the linker is in Zone 2, he will transfer the ball to one of zones 4 or 3. This compound can also be used when passing the ball from the back zone to the front zone. In this combination, the main task is performed by the player in Zone 3. He should feel that the opponent is likely to attack a low, short, or fast ball.

2. The receiver transmits the ball to a stop in Zone 3. The connected player can pass the ball in the following ways: in a short shot to zone 4-3; along a low trajectory to your zone; along a low trajectory at the back of the head; to shorten the distance between zones 3-2. Attackers move at a certain angle to strike. The sequence of actions of the attackers in this order determines the naming of combinations in a certain sense. Examples of this are the compounds "echelon" and "wave".

The "wave" combination involves three players - a linker and an attacker in zones 3-4. A zone 3 player runs with a low pass to start the attack (short, on the fly). The ball is passed to a player in Zone 4 between zones 4 and 3. The player in Zone 3 simulates an onslaught by distracting opponent blockers. This allows the zone 4 player to effectively complete the attack (unlocking or delaying the block). Depending on the contract, the delivery time of the ball varies. If the ball is received near Zone 4, favorable conditions are created for the implementation of the "Echelon" combination. In this, the player in Zone 3 acts as shown above, the player in Zone 4 changes his running direction and tries to lag behind the player in Zone 3, but makes this move a step later. This combination can be done in zones 3 and 2 if the ball is passed near Zone 2.

3. Performing tactical combinations with confusing side movements requires high training and skill. These include combinations "comb (basic)," "comb forward," "comb backward". Zone 3 and 4 attackers take part in the "cross" attack. The attacker in Zone 4 speeds towards the player being added to mimic or attack a low (short, flying) pass. The player in Zone 3 moves away from the player in Zone 4 a little later and completes the attack. The trajectory of the ball transfer is agreed in advance, but the ball transfer should not be higher than the average, otherwise the combination will lose its essence.

The back-to-back combination is initiated by the Zone 3 player, whose Zone 2 partner moves behind him, slightly behind him in the jump, and completes the attack.

In the rear crest combo, the player in Zone 2 begins to move first, and the player in Zone 3 goes on the offensive in Zone 2 behind him. The combination in this variation is a little more complicated.

As noted above, group attacks are also carried out after the first pass. Such offensive actions can only be performed with a quality reception of the first ball (if the opposing team is unable to complete their actions with an attack, the ball inserted into the game will not cause difficulties). The attack can end in two ways. The first option is an offensive throw, the second option is a deceptive ball thrown.

Unfortunately, when working with young volleyball players, little attention is paid to teaching tactical combinations and their use in the game. When using tactical combinations, it is necessary to get out of the following two cases:

1. The use of tactical combinations should be based on certain game conditions;
2. Combinations should be based on the technical and tactical capabilities of the team.

Individual tactical actions are the main components of team and group play actions. They are divided into movements without a ball and with a ball. Off-the-ball actions include passing the ball, selecting the attacking position, and related actions based on team and group actions.

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