

## IMPROVING PEDAGOGICAL METHODS IN SELECTING FUTURE VOLLEYBALL PLAYERS

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### ABSTRACT

The article talks about the fact that the problem of choosing children at the initial stage of sports training for trainers and teachers is considered the most urgent at the moment. It is also analyzed that without taking into account the quality and content of volleyball training, without taking into account the personal capabilities of children, they try to improve their skills by increasing the duration of training sessions.

**Keywords:** trainers, volleyball training, competition, athlete, ability.

### INTRODUCTION

Training volleyball players is a very complex and multi-year process. First of all, it is important to study the individual abilities and personal characteristics of the athlete.

A student, a young athlete should be perceived as a very complex being with unique needs, desires, and abilities, so it is important to work with the sports orientation of students.

The key to successful training is the correct and skillful selection of children for the volleyball section at the sports school. Acquiring volleyball skills largely depends on the level of development of the child's general and special abilities.

The initial selection and proper involvement of children in the volleyball section of the sports school is one of the main conditions that guarantee success in training young volleyball players. The initial choice depends on many factors that determine the student's desire to play volleyball and their simultaneous interaction, the following factors can be identified:

- availability of a gym;
- ease of starting to create a sports team;
- talent potential of a young athlete;
- tendency to volleyball;
- the influence of relatives who give advice on lessons;
- inconsistency between psychophysics and propensity for volleyball.

When a child wants to play sports for the first time, the main thing is emotions, which are characterized by the combined right of choice.

When choosing children with psychological and sociological aspects, the coach-teacher has to solve complex problems.

Currently, one of the main problems in volleyball is the recruitment of the team, because recently high demands have been placed on players, including physical fitness and growth data.

The selection includes the following steps:

- promotion, determination of desire and interest in volleyball training, medical supervision;
- diagnosis of the student's physical characteristics and abilities, growth data;

- mastering volleyball techniques and tactics, hard work (the longest stage can last from six months to a year);
- determination of game specialization, use of individual characteristics, abilities and inclinations as part of a team (includes the study of will, heredity, growth and many other factors).

One of the main factors of the selection is medical control, which ensures that students are selected without deviations based on their health.

It is also necessary to monitor the characteristics of the physical and psychological development of young athletes involved in the volleyball department at any age, because, especially during adolescence, changes occur in the physiological and psychological development of the child; directly affects any form of activity, as well as sports activities.

Criteria for guiding and improving young volleyball players:

- 1) morphological abilities;
- 2) functional and physical qualities;
- 3) personal characteristics.

Methods of selecting children for the volleyball department.

Pedagogical observation is conducted in the conditions of volleyball training (preparatory group).

Test control tests composed of tasks:

- running 6 x 5 meters;
- high jump;
- standing long jump;
- throwing a tennis ball to a distance;
- throwing a medicine ball (one kg from one place);
- moving in side steps (ten seconds);
- passing the volleyball ball from above with two hands (distance of two meters);
- pass the ball from above with both hands;
- low serve (three attempts from behind the baseline)

The game "Fight for the ball" (catching the ball, holding it, etc., lasts ten minutes) for correct actions, the student receives 1 point.

Observations in game situations help the coach-teacher to determine how the young athlete learns acquired skills, knowledge and movement abilities.

A height prediction using a formula to accurately estimate height also takes into account height and birth weight, arm and leg size, and also takes into account height during the growth transition.

The use of psychological tests and questionnaires for individual preparation for playing volleyball.

But only with a comprehensive study of the child, it is possible to get more accurate information about the abilities and capabilities of the student.

Volleyball is a complex type of team game in which the child's height plays a big role. And predicting growth is an important task for a volleyball coach.

Formation of groups, correct selection of volleyball students into groups at a sports school is a crucial condition for success in training young athletes.

Considering the child's gender, age, individual psychological, physical and other characteristics are the main problems of volleyball coaches and teachers. Solving these problems is possible by applying creative, professional and scientific principles. A volleyball coach-teacher must have creative ability, pedagogical talent, psychological knowledge, and high pedagogical skills to develop personal and physiological qualities of a student, with the help of which high results can be achieved in the student's sports activities.

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