

ORGANIZATION OF VOLLEYBALL SPORTS TRAINING

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ABSTRACT

This article extensively covers the scientific-theoretical and practical aspects of organizing volleyball sports training. The goals and objectives of volleyball training, the forms of training organization, the structure of training, and the development of physical, technical, tactical, and psychological preparedness are described in detail. Special attention was also paid to the issues of planning the training process, proper distribution of loads, and maintaining the health of athletes. The article is intended for students studying in the field of physical culture and sports, coaches and specialists in the field of sports.

Keywords: Volleyball, sports training, training process, physical training, technical training, tactical training, planning.

INTRODUCTION

Currently, attention to the sphere of physical culture and sports is increasing. Volleyball, in particular, is distinguished by its popularity, health-improving properties, and educational value as a team game. The game of volleyball develops almost all the physical qualities of the human body, that is, speed, agility, strength, endurance, and coordination.

Achieving high results in volleyball depends, first of all, on the proper organization of the training process. Classes should be conducted on a scientific basis, according to a plan, and in stages. Therefore, the issue of organizing volleyball training occupies an important place in the theory and practice of sports.

Purpose and objectives of volleyball sports training. The main goal of volleyball training is to ensure the physical development of athletes, improve their technical and tactical skills, and prepare them to achieve high results in competitions.

The main objectives of the training are:

- strengthening the health and ensuring the physical development of athletes;
- formation of basic movement skills inherent in volleyball;
- training in the perfect execution of technical elements;
- development of tactical thinking during the team game;
- fostering discipline, responsibility, and volitional qualities in athletes.

These tasks are carried out in the training process based on the principles of sequence and continuity.

Forms of organizing volleyball training. When organizing volleyball training, the athletes' age, physical fitness, and level of sportsmanship are taken into account. Classes can be held in individual, group, and team formats.

Individual training is aimed at eliminating the athlete's personal shortcomings.

Group training is conducted with athletes of the same level of preparedness.

Team training serves to develop mutual cooperation during the game.

Types of volleyball training. Classes are divided into several types based on their content.

1. Training sessions

These exercises are aimed at teaching new movements and reinforcing existing skills, and are mainly used at the elementary and middle levels.

2. Training sessions

In this type of training, technical and tactical elements are repeatedly performed, and the athletes' automated movements are formed.

3. Preparatory training for the competition

It is organized in close proximity to competition conditions and increases the psychological preparedness of athletes.

Structure of volleyball training. Volleyball training traditionally consists of three parts.

1. Preparatory part

In the preparatory part, the body prepares for training. In this section, running, general developmental exercises, and special warm-up exercises are performed.

2. Main part

The main part is the most important part of the lesson. It includes technical elements, tactical exercises, game situations, and games.

3. Final part

In the final part, the load is gradually reduced, breathing exercises and relaxation exercises are performed.

Organization of physical training. Volleyball players' physical training is divided into general and special training. General physical training ensures the general development of athletes, while special training develops movements characteristic of volleyball.

Physical training exercises should be selected in accordance with the age characteristics of athletes.

Technical preparation. Technical training forms the basis of the game of volleyball. It includes receiving the ball, passing, attacking shot, blocking, and defensive actions. Each technical element is taught step by step, from simple to complex.

Tactical training. Tactical training develops athletes' ability to make correct decisions during the game. Tactical training is aimed at studying offensive and defensive systems, coordinating team actions.

Planning the training process. Training planning is carried out based on annual, monthly, and weekly plans. Planning ensures athletes' adaptation to loads and prevents injuries.

In conclusion, the correct and scientific organization of volleyball training is of great importance in improving the sportsmanship of athletes. High results can be achieved only when the training is conducted systematically, on the basis of a plan and with a focus on the goal.

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