

## THE STATE, PROBLEMS AND PROMISING AREAS OF SCIENTIFIC RESEARCH IN VOLLEYBALL

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**Abstract:** Volleyball in modern sports firmly occupies a leading position in popularity and entertainment. The mass distribution of volleyball is facilitated by television, the Internet and other sources of information. The increased level of technical equipment of sports competitions affects the quality of the game itself.

**Keywords:** volleyball, student, youth, training. volleyball, student, youth, trained.

The search, development and implementation of the most necessary solutions in practice is based on already conducted research, which requires their analysis and reflection. In this aspect, research presented in English-language databases can be very useful.

Considering that today one of the strongest teams in world volleyball is the Russian men's national team, it makes quite some sense to analyze publications in the Russian-language scientific and information space. The search directions can be focused on various aspects of problem research. However, it seems most appropriate to search and analyze research on the problems of children's and youth volleyball as the main source of education for talented athletes. The authors' research focused on solving the problems of a healthy lifestyle in volleyball, sports selection, the development of physical qualities, the history of volleyball, modeling, biomechanics, sports training, the functional state of athletes, teaching techniques of the game and others.

Such a variety of research areas of volleyball problems allows us to identify the most promising ones, which requires a deeper analysis and appropriate classification. Research conducted in related fields of knowledge can also be useful for the theory and practice of volleyball.

The purpose of the work is to analyze publications on various problems of volleyball and identify the most promising areas of research.

Journals from various databases, as well as catalogs of full-text libraries, were selected as sources of information.

The solution of volleyball problems in the context of the selection and organization of the training process of young volleyball players largely determines the

level of club and national teams. In this case, the use of modern methods, systems and approaches to conducting research is a key component of the success of the team and the level of training of talented volleyball players. An equally important component is the solution of youth health problems through volleyball classes. This combination of sports orientation and the quality of life of young people through their passion for volleyball contributes to the education of a conscious attitude to their health and the pursuit of high professional achievements.

First of all, it is necessary to identify theoretical areas of research. In the work of Pashkova N.V., the improvement of the methodology of teaching motor skills in sports is considered on the example of volleyball based on a system of developmental learning using the theory of educational activity.

The initial stage of the formation of a volleyball player is characterized by the ability of the coach and teacher to properly select children for classes. In this aspect, Serdyukov O.E. and Selezneva O.V. consider the features of the selection of tall girls who start playing volleyball at the age of 13-14. The authors highlight the requirements for young volleyball players. These are morphofunctional indicators and the level of physical development of female athletes. Akchurin N.A. and co-authors suggest paying attention to the physique and constitution of schoolchildren. The authors note that the external manifestations of this phenomenon are changes in anthropometric parameters, physiometric indicators, the consequence of which is a modification of the adaptive capabilities of the organism in changing environmental conditions. As a result of the research conducted by the authors on a sufficient number of observations, the main morphofunctional features of the body have been identified, which should be taken into account when conducting professional selection of schoolchildren for volleyball.

At the selection stage, the diagnosis of mental conditions becomes important. It allows you to successfully build a "coach-athlete", "athlete-athlete" relationship and more effectively carry out sports and training activities [18]. The next stage of selection is the selection of the role of a volleyball player. In the study by Begmetova M.H. and co-authors, brief characteristics of psychological and constitutional features that affect the choice of roles in volleyball at the initial stage of player training are given. The authors attempt to create a model for a more successful role selection in volleyball.

Initial training in basic volleyball techniques is presented in several directions. Selezneva O.V. provides data on changes in the body length of female athletes in volleyball, reveals the issues of the peculiarities of initial training in the technique of basic volleyball techniques for tall girls starting classes at 13-14 years old.

The historical aspects of the development and formation of volleyball are reflected in the study of Ermakov S.S. and Zborovets I.V. The authors consider the period of mass dissemination of physical culture and the formation of a human athlete, and also show the role and importance of volleyball in the lives of millions of people.

Among other areas of this research, we can highlight such as: the position of volleyball in improving society and raising its cultural level; mass enthusiasm for volleyball. The authors highlight the position of the state regarding the support of the mass character of volleyball as a folk game. At the same time, the high authority of volleyball and its importance in the physical development of young generations are noted.

The physical qualities of volleyball players are among the priorities in the education of talented youth. M. Stekh presents the results of an analysis of the factors that most affect the effectiveness of jumping actions in women's volleyball. The author establishes the most important indicators and their significance for the manifestation of optimal jumping ability of volleyball players.

The solution of volleyball problems, taking into account the biomechanical patterns of athletes' movements, is shown in the work of I.A. Zyubanova and co-authors. Using the methods of tensometry, optoelectronic registration and electromyography, the authors studied the defining biomechanical model characteristics of the performance of an offensive strike in volleyball. It is proved that an indicator of the technical and tactical skill of an athlete in sports games, associated with the successful implementation of operational and tactical decisions, can be the performance of technical techniques with an optimal value for the stability of kinematic characteristics (forms of movement), as well as a certain sequence of inclusion in the work of the necessary muscles and the stability of their indicators (mechanism of movement). The authors note that when performing precise attacking strikes, the highest coefficients of variation in electrical activity indicators are observed in the main phase of movements. Consequently, the internal mechanisms of the cognitive program of the game action are formed in the preparatory phase, and are implemented in the main phase through a motor program under the control of the higher departments of the central nervous system.

The health-improving orientation of volleyball is investigated by Prozar N.V. The author considers the state of the problem and prospects of using volleyball to solve educational problems and improve the physical condition of students, and also focuses on the presence of low motor density of most physical education lessons. The paper substantiates the need to introduce a new technology for the formation of volleyball skills among students. This technology takes into account alternative traditional approaches and is aimed at improving the physical condition of students in the process of physical education. The reviewed studies provide an opportunity to identify the most priority areas for further research.

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