

## FEATURES OF VOLLEYBALL LESSONS IN PHYSICAL EDUCATION

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**Abstract:** Volleyball is one of the most effective health-improving educational means that have a complex positive effect on the body of those who practice this sport. In line with the concept of physical education in schools, the main attention is paid to improving the quality of classes, various physical education and sports events in terms of introducing effective technologies based on a personality-oriented approach, differentiated and individual learning. Volleyball classes satisfy various physical education and wellness interests, as well as the requirements of the physical education program.

**Keywords:** *volleyball, sports, training, physical qualities, exercises, load.*

Volleyball is an effective means of comprehensive physical development, with the help of which the tasks of improving health and improving the performance of schoolchildren are implemented. The athletic achievements of volleyball teams at school largely depend on the level of their technical skills. The tactical equipment of the player depends on his technical readiness, it is necessary to observe the unity of technical and tactical training. The search for ways to optimize the process of technical and tactical training is one of the most important problems of the training system for school volleyball teams.

The analysis of the studies that address this problem makes it possible to assert that the system of technical and tactical training of volleyball players of school teams should be developed based on taking into account their playing and physical fitness. It is necessary to take into account the ability to master the technique of the game, the ability to tactical thinking, the level of mastering the skills of playing volleyball.

The level of training of volleyball players varies, which complicates the organization of classes. Therefore, it is necessary to constantly look for ways to optimize the training process, new training methods. The main principles of building educational and training work with the school team are versatility in setting tasks, choosing means and methods of training in accordance with the contingent of students, compliance with the requirements of individual learning. In each type of training, the sequence of tasks to be solved is important, the nature of tasks can change in one type of training while creating the basis for another type of training. Preparatory exercises in volleyball can reflect in general terms the structure of the technique being studied,

as well as summing exercises make the technique accessible without distorting it. The playing potential of the team depends on the technical readiness of the players. The versatility of technical preparedness is determined by the degree of diversity of technical actions that a volleyball player owns and uses in competitions. Training in technical actions and their initial improvement lies in the fact that the material and means of training depend on the level of mastering the material passed, which is determined in game conditions.

The solution to the problems of sports and technical training should be based on the methodology of program-oriented management of the educational and training process. This is explained by the fact that the most rational and affective patterns of technical actions, as a rule, have in their structure a multi-purpose, multi-level, hierarchical organization of elements, therefore, the very methodology of their development in the training process should reflect this phenomenon, and the training and motor improvement program should have a targeted multi-stage character.

The effectiveness of funds in volleyball training largely depends on the methods of their application. Coaching skills allow you to purposefully determine the most optimal ratio of quantity and quality of training exercises, taking into account the level of physical and technical training of volleyball players. The choice of methods is carried out taking into account the tasks and the level of training of those involved. The training system for school teams should have a clear sequence of training in technical actions, depending on their complexity. When selecting summing exercises close to a technical technique or tactical action, the success of the technical training of young volleyball players may depend.

It is advisable to carry out technical and tactical training of school teams in progressively more complex conditions, at first relatively standard, unchanged, then partially changing, then infinitely changing game conditions. In the process of competitive activity, a volleyball player needs to use an arsenal of game techniques and their methods in various game situations, consistently perform game techniques, possess a set of techniques most often used in the game, respectively, performed functions in the team. The training system for school teams should have a clear sequence of training in technical actions, depending on their complexity. Given the different level of training of schoolchildren, it is advisable to periodically conduct a special lesson, in which a lot of time is devoted to individual work on improving technology.

It is necessary to find a balance in training, including all its elements, which are parts of a complex complex of physical, technical, tactical and psychological training, to observe the unity of technical and tactical training. It is necessary to use the experience of training school teams accumulated by specialists, improving the quality of the entire pedagogical process. Improving the effectiveness of the technical and

tactical preparedness of school volleyball teams should be ensured on the basis of a meaningful selection and use of the most advanced technologies in the practice of the training process, which would take into account the strategy and development trends of modern volleyball. E.V. Fomin writes in his works: "volleyball is characterized by the complexity of performing technical elements. A significant difference in the volleyball technique is the direct short-term contact with the ball, which absolutely eliminates throws and grabs. In the process of training, a volleyball player has to master a whole system of motor skills, which consist of a large number of defensive and offensive techniques. The actions of the players are directly dependent on the actions of the partners and especially the opponent. The creation of situations in which the best opportunity for the implementation of conceived techniques manifests itself places high demands on the tactical thinking of volleyball players in order to perform technical and tactical actions without mistakes, the athlete must be well oriented and have a high level of development of coordination abilities. The dexterity required when performing various falls and rolls while receiving far-flying balls, on the one hand, contributes to making bold decisions, on the other hand, eliminates serious injuries.

Playing skills in volleyball are fundamentally different from other playing sports, the optimal ratio in the development of physical qualities of volleyball players, as well as the improvement of technique can create the maximum possible conditions for effective mastery of this sport. The development of dexterity is carried out during the entire period of training and training. Special outdoor games that develop this quality in the shortest period of time should be used during all periods of work. As special outdoor games, games can be used that educate the ability to quickly assess the situation and respond to it by performing appropriate actions. A large number of games used in the lessons should follow in a certain sequence so that the completion of the task is feasible for the students. Otherwise, the opposite phenomenon occurs, when the student cannot complete tasks and, embarrassed by the awkwardness of his movements, turns out to be even more constrained and less dexterous.

The effectiveness of a player's actions depends on how skillfully and effectively he applies technical and tactical techniques, taking into account the current game situation at each moment. Therefore, it is important to ensure that all aspects of training are reflected in the actions of the volleyball player in the game. The implementation of the theoretical foundations of learning and training directly in practice is one of the most important problems. The playing skills of volleyball are fundamentally different from those in other sports. In volleyball, the optimal balance in the development of qualities and the improvement of technique only create favorable prerequisites for effective mastery of the skills of the game. The most important thing here is the relationship between technical and tactical training, thanks to which technical skills are successfully implemented in the game.

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