

## FEATURES OF PHYSICAL AND TECHNICAL TRAINING OF VOLLEYBALL PLAYERS

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### ABSTRACT

The article discusses the basic concepts of physical training and technical training, tests on physical and technical training, considers the concept of movement accuracy, the purpose of the work is to determine the relationship between physical and technical training, a correlation coefficient was used to determine the relationship between physical and technical training.

**Keywords:** volleyball, physical qualities, physical training, special physical training, technical training, movement accuracy, correlation coefficient.

### INTRODUCTION

In the work of the educational and training process, the highest level of mastery of the technique of playing volleyball should be achieved, the physical qualities of an athlete (strength, speed, endurance, dexterity) should be developed, as well as the education of strong-willed character traits, health promotion, and on this basis the achievement of high athletic results. All these points should be considered in the training process of volleyball players. The progress of training highly qualified volleyball players should be based on the patterns and principles of competitive and training activities.

Physical training is considered as a pedagogical process aimed at fostering physical abilities and is the foundation for mastering the skills of the game and contributing to the high reliability of gaming activities.

There are general and special physical training. General physical training is aimed at comprehensive harmonious physical development of a person, improvement of physique and health promotion, acquisition and education of motor qualities, it has been maintained for many years a high level of work ability, as well as is the beginning for special training, which is responsible for the development of abilities in this sport.

It follows that versatile physical development should consist in the harmonious development of all physical qualities that are needed when playing volleyball. Most of the exercises used, with the aim of increasing overall physical fitness, have a diverse effect on the athlete's body, but at the same time each of them is mainly focused on the development of a particular quality. For example, exercises with heavy weights are mainly focused on developing the strength of a volleyball player. Long-term cross-country running is aimed at developing endurance. Acceleration at short distances is aimed at developing speed, and acrobatic exercises are aimed at developing the agility of a volleyball player. Practicing these exercises mainly have an effect on one quality, and to a lesser extent contribute to the development of other physical qualities. A.V. Ivoilov identifies several physical qualities necessary for the playing activity of volleyball players. These are speed and strength qualities, which are especially manifested in jumping (combined with endurance), in hitting the ball, when moving and responding to stimuli, as

well as endurance with its varieties (jumping and defender endurance), dexterity, acrobatic dexterity, flexibility.

Nowadays, a large-scale selection of means and methods of special physical training of volleyball players is underway, allowing them to effectively manage the educational and training process. Particular attention is paid to the problem of the relationship between special physical and technical training

To achieve the desired result, certain methodological techniques and organization of exercises are used: alternating exercises for the development of physical qualities; alternating exercises for the development of qualities with exercises in technique, tactics, combining qualities and abilities with a game technique. In each sports game, tasks are performed on an appropriate subject basis.

The successful solution of the tasks of physical development and the educational and training process largely depends on the possibilities of implementing operational and proper control over the fitness of young athletes. In this regard, the methodology of control tests conducted with the help of standards, exercises and tests has become especially widespread. Their use allows trainers to determine the state of fitness of those involved, the level of development of physical qualities and other indicators, which allows us to talk about the effectiveness of the educational and training process.

Based on the relevant analysis, the article concludes that "precision of movements" can be considered in three qualities: as the quality of a single movement, or of some sum of movements, as a physical quality, as a physical ability. As a physical quality, the physical ability of "precision of movements" is determined by the developed capabilities for accurate perception of movements and the ability to accurately execute movements. Precision movements can also be performed arbitrarily, with conscious control of accuracy, or automated with the help of a formed skill.

To determine the direction of the relationship between physical and technical training, we used a correlation coefficient. Basically, a strong positive relationship has been determined, but in running and receiving the ball from below after moving, we see that the relationship is negative. Therefore, two more signs were taken to determine what is worth paying attention to, the speed of movement or the technique of performing the reception from below. We found out that athletes have insufficient speed of movement to the ball, and the relationship between throwing a stuffed ball at the target and the lower transfer with two hands over themselves turned out to be positive.

Control tests on physical and technical training were considered, which can later be used by coaches in the process of preparing athletes in volleyball, and the results of the study will help significantly improve the effectiveness of teaching volleyball techniques.

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