

DEVELOPMENT OF PHYSICAL QUALITIES OF VOLLEYBALL PLAYERS

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Abstract:

This article is about the development of physical qualities of volleyball players.

Keywords: *Volleyball, sports, physical qualities, exercise.*

Nowadays, volleyball is one of the popular types of sports games. Everyone plays volleyball, both children and adults, on sports grounds, in the yard, and on vacation. Volleyball has a positive effect on the general condition of our body and is a good way to improve health and physical development. Many experts note that active volleyball exercises strengthen the musculoskeletal system.

Volleyball players must be able to interact with a moving ball, where the visual analyzer plays an important role. Have good coordination, as must make an assessment of the distance of the ball and the speed of its approach. These qualities are improved if you constantly practice in the volleyball section.

During a game of volleyball, game situations are constantly changing, and during the game we can observe variable intensity, thereby those practicing master game techniques.

Zheleznyak Yu. D., Kleshchev Yu. N., Chekhov O. S. note that the variety of movements when playing volleyball affects the physical development of students and helps to increase their motor activity throughout the entire period of study, both at school and in volleyball sports section.

From the above, we can note that volleyball, which inseparably combines running, jumping and throwing, is a good means of physical fitness.

Students involved in the volleyball section develop good coordination, the ability to act in accordance with situations that arise during a volleyball game, and to be dexterous.

It should be noted that the motor activity of volleyball players changes with the advent of new tasks that can be solved during the game, both consciously and automatically.

Volleyball develops a good eye as students must time their movements with the flight of the ball. Those who play volleyball have the peculiarity of peripheral vision, since students voluntarily switch and distribute attention depending on the situation on the field during the transitions from defense and attack, in connection with this, tactical skills develop among the players. Our researchers noted that speed-strength exercises have a diverse impact on the body of schoolchildren and students involved in volleyball. Other strength and endurance exercises have less widespread effects.

I would like to note that in one of the physical qualities a high indicator may depend on other physical qualities. Therefore, we can conclude that in order to cultivate physical qualities, they must be proportionately developed in selective activity. In order to develop the physical qualities that are necessary for volleyball players, acyclic exercises are used, carried out using gaming techniques with various techniques.

In volleyball classes, very diverse tasks are solved: physical qualities are developed, complex motor skills and playing techniques are improved. It should be noted that the main motor actions of volleyball players are fast movements, jumping, and falling.

References

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