

## GENERAL CONCEPT OF VOLLEYBALL

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### Abstract:

This article is about volleyball.

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Volleyball is considered to be one of the most popular and widespread games among the population. Volleyball has become one of the most popular sports due to the fact that it is easy to learn, widely accessible, and dynamic in the process. I would like to note that volleyball received the greatest recognition among youth; for this reason, it, as a game type that develops and improves the physical qualities of students, is included in the curriculum of the discipline “Physical Education”.

Volleyball is an athletic sport that can be practiced by athletes whose body condition can be characterized by a high and strong level of functional demands. Having reviewed the results of pulsographic studies and the observed fixed weight loss in athletes, one can be convinced that volleyball is a sport that is characterized by a large volume of loads and the intensity of the activity. These characteristics place high demands on the physical condition of students who are directly involved in the game process.

It should be noted that volleyball is aimed at developing endurance due to the high intensity of jumps and the intensity of their execution. It is the intensity of jumping that distinguishes volleyball from other types of sports games.

In the modern development of the world, playing volleyball in physical education classes at universities does not lose relevance, and is even gaining popularity. What are the challenges facing volleyball games? Firstly, increasing the level of health of students, secondly, the formation of physical qualities that will definitely be useful to students of an educational institution in later life and professional work after completing their education, which will contribute to more effective activities of future specialists.

The professionally significant physical qualities of engineers studying at our university include: high performance and resistance to fatigue, stress resistance, strength, endurance, agility, attentiveness, fast reaction speed, high concentration and switchability of attention, well-developed

memory, especially operational memory, high level perception and developed observation, well-developed practical thinking, the ability to quickly make decisions in difficult situations, observation, high coordination of movement. All of the above qualities are a necessary requirement for playing volleyball, therefore physical education classes in general, as well as volleyball games in particular, must be organized competently.

In order for volleyball lessons with students to be methodically competent and correctly structured, the teacher must know the anatomical and physiological characteristics of the young body. Only under this condition will volleyball classes contribute to the proper development of students' physical qualities.