

IMPROVING THE SPEED OF VOLLEYBALL PLAYERS

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Abstract:

This article is about the development of speed and strength qualities of volleyball players.

Keywords: *Volleyball, physical abilities, speed-strength training, exercises, training.*

Modern requirements for achieving maximum results in volleyball put forward certain changes in the training of volleyball players.

The development of physical abilities in volleyball players and the mastery of various motor skills have a direct impact on all aspects of their training, but most of all they contribute to increasing the level of technical and tactical readiness. At the same time, the result of physical training depends on the correct choice of means and methods for developing the necessary physical abilities.

In strength training, a significant place is given to exercises of selective influence on muscle groups that bear the load when performing technical techniques.

The main means of speed-strength training are jumping exercises without weights and with weights, running, as well as special preparatory and basic exercises.

A significant place in training is given to the development of general and special endurance. The means and methods for developing endurance are the same as for adult athletes, taking into account individual indicators of the body's response to stress.

Methodological features were based on the general position of energy production, anaerobic productivity and glycolytic effects, with a pulse of 160-180 and recovery to 100 beats/min.

To develop and improve speed-strength abilities, the following methods are used:

➤ method of unlimited effort;

conjugate method;

circuit training method.

Exercises for developing and improving strength are very diverse: with weights, with overcoming your own body weight, on apparatus and with apparatus, etc.

For example, let's give a workout with a rubber band, each exercise is repeated 2-4 times with a break of 30-90 s.

1. While stretching the rubber, spread your straight arms in different directions, raise them up, move them back behind your back, return to the starting position (10-15 times).
2. Standing with your feet on the center of the shock absorber, grasp its ends so that your hands touch your shoulders. Straighten your arms up, return to the starting position (15-20 times).
3. Thread the shock absorber through the bar of the gymnastic wall. Stand with your back to her, a taut tourniquet in your hands, hands to your shoulders. Bend your torso forward and return to the starting position (10-15 times).
4. Standing with your feet on the center of the shock absorber, grab its ends with an underhand grip. Bend your arms at the elbow joints and lower them down (15-20 times).
5. Thread the shock absorber through the bar of the gymnastic wall. Stand with your back to her, holding a tourniquet in your hands. Circular rotation with arms forward (10 times).
6. Thread the shock absorber through the bar of the gymnastic wall. Stand facing her, holding the tourniquet in your hands. Alternately moving your arms back (10 times).
7. Thread the shock absorber through the bar of the gymnastic wall. Sit on the floor, rest your feet against the wall, holding the tourniquet in straight arms. Bend your torso all the way back, return to the starting position (10-15 times).
8. Pass the shock absorber through the bar of the gymnastic wall 1 m above your head. Stand with your back to her, holding the tourniquet in straightened arms, spread to the sides. Lower your arms down and return to the starting position (15-20 times).
9. Thread the shock absorber under the bottom rail of the bench, lie on it face up, and grasp the ends of the harness with bent arms. Extend your arms, then slowly lower them to your shoulders (15-20 times).
10. Thread the shock absorber under the bottom rail of the bench, lie down on the bench face up. Hold the ends of the tourniquet with straight hands, turned to the sides. Bring your arms forward, return to the starting position (15-20 times).
11. Thread the shock absorber through the bar of the gymnastic wall. Stand with your back to her, holding a tourniquet in your hands. Slightly tilt your torso forward and tighten the tourniquet. Running in place with high hip lifts (15-30 s).
12. Secure the ends of the tourniquet to two brackets driven into the floor at a distance of 1 m. Stand in the middle, take the slightly stretched ends of the tourniquet in your hands at waist level, jump up (10-20 times).
13. Imitation of an attacking blow - thread the shock absorber through the bar of the gymnastic wall, stand with your back to it, swing with a straight arm, left and right (15-30 times).

Example of jumping training with hurdles (10 hurdles 50-110 cm high, 4-5 series in each type of jump), the number of jumps over the hurdles approximately corresponds to the number done in a volleyball match:

- "bunny" jumps with forward movement, the fastest possible push with both feet over the hurdles, placed at a distance of 50-70 cm;
- jumps over the hurdles with forward movement after a side step (imitation of a block), the hurdles are staggered at a distance of 70-90 cm;

- jumps over the hurdles with forward movement from a low squat, the hurdles are placed at a distance of 60-80 cm;
- jumps with forward movement over the hurdles after a "volleyball jump" (after one step, from both feet), the hurdles are placed at a distance of 120-140 cm.

We have provided exercises that contribute to the development of speed-strength abilities with your own weight.

Most exercises used to develop the physical qualities of a volleyball player have a multifaceted effect on the athlete's musculoskeletal system. At the same time, physical exercises primarily affect the development of speed-strength qualities, speed, endurance, flexibility and agility of those involved. During the training period, heavy loads are avoided, and exercises are performed using a repeated-alternating method with rest intervals and the use of exercises that promote muscle relaxation.

References

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