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METHODS OF IMPROVING JUMPING ABILITY IN YOUNG VOLLEYBALL PLAYERS

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Annotation: This article analyzes the importance of special exercises in developing the jumping ability of young volleyball players and the methodology for their application. The role of jumping in the effective execution of technical movements such as attack shots, blocking and passing in volleyball is highlighted . Also, the theoretical and practical foundations of the gradual application of special exercises, taking into account the loads on the leg muscles during running and jumping, are described. The results of the study showed that the systematic use of special exercises has a positive effect on improving the physical fitness, jump height and technical skills of young volleyball players .

Keywords : young volleyball players , jumping ability, strength, special exercises, technical movements, methodology, physical training, loads.

Entrance

Achieving high results in volleyball largely depends on the level of physical fitness of athletes, and especially the quality of jumping ability plays an important role. In modern volleyball, the athlete's jumping ability is one of the decisive factors in performing attack shots, blocking, passing the ball from above and performing powerful serves. Therefore, special attention should be paid to the development of jumping ability of young volleyball players at the initial training stage.

, it is important to take into account the anatomical and physiological characteristics of the development of the body of young athletes . Especially during sensitive periods of growth and development, properly selected special exercises contribute to the strengthening of the muscular system, improvement of coordination of movements, and effective development of speed-strength qualities. In this case, a gradual increase in the volume and intensity of the loads allows athletes to achieve high results without negatively affecting their health .

use of special exercises , young volleyball players develop not only the height of their jump, but also their speed and endurance. This allows them to act effectively in situations where they need to jump several times in a row during the game . In addition, the development of jumping ability increases the accuracy and efficiency of technical and tactical actions, which has a direct positive effect on the results of the game .

Therefore, organizing a system of special exercises aimed at developing jumping ability in training sessions with young volleyball players on a scientific basis, and applying them in accordance with age and individual characteristics, is one of the important conditions for the formation of sports skills.

In today's volleyball practice, the development of volleyball players' jumping ability and jumping endurance is carried out using jumping exercises with and without the ball, standard exercises with weights, and equipment or simulators. The main exercises used to improve jumping ability include: jumping on one leg and two legs, jumping, jumping up, serial jumps with two

gymnastic benches on top of each other , serial jumps while moving in the blocking area, and jumps when performing an attack shot.[2

related to the article , it became clear that today almost all game skills are performed in the air, that is, jumping (hitting, blocking, scoring, passing, receiving the ball, catching the ball while falling). The emergence of this situation not only increases the focus on the qualities of jumping and jumping endurance in volleyball practice, but also requires the creation of new scientific technologies aimed at the rapid development of these qualities.

Therefore, the effectiveness of training qualified volleyball players in the process of many years of sports training is directly dependent on the priority of comprehensively improving the qualities of jumping ability and jumping endurance. The scope of scientific research and scientific literature covering the problems of developing volleyball players' jumping ability and jumping endurance is very wide [3].

When improving the leg strength of volleyball players, it is important to consider all the leg muscles involved in jumping. The muscles involved in jumping in volleyball include:

1. Anterior 3-headed muscle of the thigh;
2. Posterior 2-headed muscle of the thigh;
3. 2-headed calf muscle;
4. Muscles around the heel and pelvis.

Taking into account these muscle groups, engaging in specific exercises for leg strength and constantly checking and taking into account the effectiveness of these exercises will develop jumping ability in children to a high level. As a result of the study of the literature, it was found that the problem of correctly taking into account the loads on the leg muscle groups and using modern sports equipment when using special exercises to develop leg strength in young volleyball players is not taken into account. This is an unexplored gap in this article.

Using the above problems and unexplored gaps, this article aims to address the theoretical importance of developing young volleyball players' leg strength during training by using effective types of special exercises, effective training methods and tools.

Based on the set goal, the following tasks can be set:

- use of a newly developed complex of special exercises to develop the jumping ability of young volleyball players;

- explosive leg strength at the end of the main part of the workout

additional exercises for development .

The following research methods are used to solve the applied tasks :

can be used: literature analysis and generalization, pedagogical

observations, pedagogical experiments, and mathematical statistical methods.

The experimental basis for the study was the training sessions held in the first year of study in the junior volleyball sports school in the initial preparatory groups. This study is conducted in two stages . The first stage is the methodological justification and theoretical analysis of the available data on the research topic of interest .

The first stage includes a period of training in the experimental methodology. The main goal of this period is to study the possibility of using the methodology in the training process at the youth volleyball sports school and to develop a new content for improving jumping ability based on this methodology.

The second stage is the development and testing of experimental methods during training in the initial preparatory groups of teenagers in volleyball . The main pedagogical experiment is carried out during the lessons and training of teenagers in volleyball. The experimental group and

the control group are formed on the basis of children aged 11-13. The experimental group will consist of young athletes who are engaged in the volleyball section based on the developed methodology . The control group will conduct training according to the generally accepted methodology . Each group will consist of 10 participants . None of the participants in the experimental and control groups should have been involved in volleyball.

Volleyball players in the experimental group are initially given theoretical information developed on the basis of experience. In the second stage, a specially developed methodology for solving the research task is used during one average training cycle and at the initial preparatory stage. It is carried out as follows. In order to solve the initially set task of using a newly developed special exercise complex to develop the jumping ability of young volleyball players, the following set of exercises is given to volleyball players in the experimental group at the beginning of the main part of the training.

Conclusion

The results of this study confirm and supplement already known observations , as well as help to obtain completely new data on the studied issue. However, it may be that if the coach conducts training through outdated methods, such as physical exercises based on simple repetition of movements related to general and individual abilities, the growth rate of athletes will be low. This method is ineffective, because these abilities can be viewed not as muscle training, but as knowledge that needs to be acquired and implemented (Beeri, 2000)[5].

The results of the study show that the above-mentioned special exercises, conducted during a single average training cycle, can be concluded to develop the quality of jumping ability associated with the technical and tactical actions of young volleyball players:

- exercises in which a jump is performed on a jump expander with a shock absorber on the waist and floor, jumping into an unknown ball , improves the quality of the jump and accuracy, develops leg strength, and helps to apply attack or counterattack techniques with great force in a short time;

jumping over obstacles of different heights, jumping endurance, leg

improves strength and harmoniously develops other physical qualities ;

- jumping on boxes of different heights, increases and improves agility, explosive power, develops endurance related to movement skills performed on a speed-strength basis

the training , by solving the task of developing explosive leg strength, the following conclusion was reached:

while sitting on one leg and hitting the ball is a key factor in successfully executing an attack shot over the net;

- 10 knee -to- toe jumps followed by 10 toe-toe jumps develop general endurance at a moderate intensity, which has been shown to be a foundational task for developing specific endurance, especially in the initial training phase for young volleyball players.[6]

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