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EXERCISES PERFORMED TO DEVELOP THE TECHNIQUE OF ATHLETES IN THE SPORT OF VOLLEYBALL

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Abstract: This article analyzes the exercises performed to develop the technical skills of athletes in the sport of volleyball, and shows the importance and effectiveness of the exercises. Recommendations have also been made regarding the improvement of the process of forming the technique of volleyball players using modern and traditional methods. The article covers the main elements in the development of technical skills and the stages of their training, as well as innovative approaches to the formation of techniques.

Keywords: volleyball, technique, exercises, athletes, development, efficiency, innovative approach, methodology.

Introduction

The sport of volleyball has a modern look and requires speed, accuracy, and strong technique. Today, great importance is attached to technical skills in the formation of volleyball players, because it is athletes with technical skills that have a great influence on the high level of team play and results. Volleyball technique consists of many elements, such as shots, passes, receptions, blocking, and serving, and each element is improved in separate exercises. In order to develop techniques, it is first necessary to develop the ability to perform movements correctly and effectively in athletes. To do this, movements are analyzed in training, the coach identifies and eliminates errors made in the movements of each athlete. Each technique is practiced first individually, then in groups or teams. At the beginning of the training, simple and easy movements are selected, and then their complexity is gradually increased.

Materials and methods

In the development of volleyball players, repeated exercises are performed to correctly perform the elements of the game. In repeated exercises, the athlete strives to perform each technical element perfectly every time. This approach leads to the athlete achieving excellence in technique. Performing drills in different conditions, in different situations, such as speed, under pressure, or during a game, increases efficiency.

Perfecting the serve technique in volleyball is important for both the athlete and the team. In order to fully master this element, exercises are organized in different ways: training transmissions from above and below, performing direct and transverse services, directing them to the specified areas, correctly throwing the service under pressure. The exercises increase the athlete's self-esteem and self-confidence, and improve the quality of service [1].

The hurdling technique is one of the important elements in defense in the game of volleyball. In this, the athlete learns to take the right position, move and distribute strength. When setting up a hurdle, special exercises are performed on speed, jump height, and movement coordination. In

training, athletes move along a specific line and perform the hurdle dynamically. Such exercises help the athlete achieve better results in stopping opponent's shots during the game [2].

To master the technique of receiving, coaches organize training sessions based on various tasks. In particular, several athletes are involved in receiving balls coming from different angles and effectively using the available opportunities to pass them to a specific player. These exercises help the athlete improve their ability to respond quickly to the ball, accuracy, and position selection. Automated movements play a key role in this. Jumping technique is an important element in volleyball after effective shots and shots. Video analysis, error correction, and constant repetition are used to teach athletes different types of shots, such as diagonal, straight, or side shots. Coordination and reflexes are constantly worked on to combine and perform strikes faster, which leads to the automation of the athlete's movements [3].

Results and discussions

Innovative approaches take a big place in today's volleyball training. With the help of modern technologies, the possibility of video analysis of the movements of athletes, participation in virtual training, modeling and automation of techniques is created. This takes into account both the physiological and psychological aspects of the athlete. Innovative trainers achieve high results in volleyball players by making quick decisions in training, trying new movements and combinations. An individual approach to teaching techniques, such as deepening in a specific area, gradually complicating elements, analyzing and correcting mistakes, are effective. Properly planned training, with exercises selected based on the age, experience, and capabilities of the athletes, and pre- and post-competition training to increase motivation, are important for the development of technique. Exercises involve individual performance, as well as exercises in pairs and small groups, developing teamwork, and synchrony. This approach can help athletes in certain situations to identify the role they play on the team and help them blend in with other players. The exercises also use various elastic balls and specially adapted devices in terms of length and weight, depending on the conditions.

The effectiveness of the exercises carried out to develop technical skills in the sport of volleyball has been analyzed through numerous experiments, scientific research and practical training. The training revealed the importance of individual as well as Group-form exercises and their positive effects on the technique. An individual approach to studying the technical capabilities of athletes and deepening the capabilities of each athlete became important. Studies show that in volleyball players, movements are automated as a result of regular repetition of technical elements. Athletes strive to perform their movements correctly and quickly, which reduces incorrect movements and technical errors. In group training, teamwork and mutual harmony increase significantly, and the efficiency of synchronous work increases [4].

As a result of Individual performance, including individual exercises on the technique of serving and stumbling, athletes recorded a significant earlier shift in improving the quality of the blow. In many athletes, not only technique, but also psychological stability intensified when mastering fast service. Similarly, in receiving and passing drills, athletes demonstrated significant progress in accuracy, movement sensitivity, and proper positioning on the field.

The use of innovative methodological approaches has further increased the effectiveness of training. Through the use of video analysis, simulation, and modern technologies, athletes were able to quickly correct technical errors and achieve lasting results. Organized in a way that gradually increased the complexity of the training and included difficult situational exercises, the athletes tested their technical capabilities. This resulted in high results in matches against opponents.

As a result of the control and coaching observations, it was noted that the technical potential of the volleyball players improved by 20-30 percent.

In general, the correct selection of exercises and their gradual improvement to develop the technique of volleyball players provided the best results and high-level growth of athletes. In cases where necessary, working with each athlete individually and taking into account psychological preparation, the effectiveness of technical exercises has increased significantly. Thus, the technique and movement culture of volleyball players has improved, and the quality of team and individual play has increased.

Conclusion

The formation and development of technical skills in the sport of volleyball is a continuous process that is carried out systematically and step by step. The most important thing is to identify technical errors in a timely manner, correct them and fully reveal the individual capabilities of each athlete. Proper planning of technical exercises, the use of modern and innovative approaches, help athletes improve not only their technique, but also their psychological preparation, motivation, and readiness for competitions. High results can be achieved by regularly restoring and updating the technical capabilities of volleyball players. It is recommended that the implementation of new teaching methods and the use of video and technology be a priority in the training process. The implementation of special exercises based on the specific aspects of each athlete, the development of Team game plans and the encouragement of the athlete leads to the perfect formation of volleyball techniques.

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