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IMPROVING PHYSICAL AND PSYCHOLOGICAL QUALITIES IN BEGINNER ATHLETES THROUGH VOLLEYBALL TRAINING TECHNIQUES

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Abstract. This article discusses the relevance of teaching volleyball using specialized techniques and methods that take into account students' age and individual characteristics, aimed at improving the physical and psychological qualities of young athletes. When teaching, it is crucial to consider the students' age and skill level. Beginner players require more time dedicated to basic training, while experienced players should focus on skill refinement and tactical thinking development. Thus, the relevance of volleyball instruction lies in its potential to enhance students' physical and psychological qualities, develop their athletic skills, and prepare them for successful team play. Moreover, regular and systematic training under the guidance of a volleyball coach accelerates the development of all aforementioned qualities, yielding faster and more significant results.

Keywords: Physical strength, movement technique, novice athletes, teaching methods, physical and psychological qualities, volleyball.

In adolescence, the development of young athletes reaches a level that can be characterized as follows: "It is difficult to name any movement (if, of course, it does not require exceptional strength or endurance) that could not be taught to a boy or girl aged 12-14. At this stage, the foundation of movement technique must be laid, which in later years will be perfected, refined, and enhanced with new qualities that characterize mastery."

During these years, it is easier to identify the individual characteristics of adolescents, their psychological type, which can affect the speed of developing motor skills and abilities, as well as overall work capacity. Therefore, a personalized approach to each adolescent is necessary.

From the very beginning, physical training is essential for precise and correct movements. This involves applying various exercises, designed with consideration of different interactions and teaching methods, to develop movement skills and volleyball techniques. The purpose of these exercises is to establish the foundations for the physiological and psychological connection in the adolescent's activity, which are necessary for better performance of specific technical exercises.

Special physical training plays a crucial role in the learning process. This includes training in volleyball techniques while minimizing the possibility of errors, for example, exercises that develop speed endurance.

Such training involves repeated high-intensity exercises (85-95% of maximum capacity) lasting 20-30 seconds. Often, several sets of these exercises are performed, repeating an average of 5 times with rest intervals of 1 to 5 minutes. Reducing rest time between exercises is not advisable because it activates anaerobic glycolysis, causing rapid lactate accumulation in the involved muscles and blood, decreasing the intensity of the exercises performed, and initiating an aerobic-anaerobic regime.

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To increase the body's aerobic capacity, it is necessary to repeat exercises many times at maximum (85-90%) intensity, lasting 15 to 30 seconds, with short rest intervals. By applying these exercises regularly, without exceeding the warm-up period, it is possible to maximize aerobic metabolism in the tissues.[1]

The coach must carefully select the methodology for developing endurance for each individual student, taking into account their capabilities.

The body's energy capabilities are directly related to the level and quality of special endurance. For any physical exercise, the body expends a certain type of energy that triggers the work process. In this regard, the term "energy specificity of a sport or type of physical activity," which defines the training load and improves the energy factors of developing volleyball players' functional preparedness, has emerged in many scientific works.

For training to be effective and carry only a useful function, it is necessary to understand and correctly apply the principles of energy supply for human physical activity.

It is necessary to remember that when starting to perform any physical exercise, regardless of its intensity, an anaerobic process is initiated in the body. It will take the body a few minutes for the aerobic system to start working. For this reason, any training should always begin with warm-up.[2]

In addition to the trainee's physical abilities, it is necessary to pay close attention to tactical and practical skills, so that the young athlete can adapt to changes in the conditions of game moments. A beginner volleyball player can and must have an arsenal of techniques and techniques capable of solving any sports problems.

The adolescent's age-related development also influences physical fitness. With the growth of the body, the development of the muscular corset and musculoskeletal system also changes.

Systematic physical education exercises have a beneficial effect on the development of the musculoskeletal system in girls and boys.

At the age of twelve and fifteen, the diameter and strength of the muscle fibers and hands increase. In volleyball, most techniques are performed with the hands, so these age-related changes must be considered when organizing volleyball lessons with adolescents.

If during school age children and adolescents develop physical qualities and enhance their body's functional capabilities, then favorable opportunities are created for volleyball training.

Volleyball is a type of sport that is included in the global system of sports competitions. Volleyball is an Olympic sport. The enormous number of tactical and technical techniques, their combinations in the process of games of competing teams and players represent a spectacle to which practically no million fans remain indifferent. The goal of the game is to pass the ball over the net so that it touches the opponent's court and does not allow it to happen to you.

Volleyball is a team sport in which all players participate in a win or a loss.

The complex nature of competitive game activity creates constantly changing conditions, necessitating the evaluation of the situation and the selection of actions, as a rule, under conditions of limited time. An important factor is the availability of a wide arsenal of technical and tactical tools in a beginner athlete, which would allow optimizing strategies that ensure the effectiveness of the team's actions to achieve a result in conflict situations.

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An important feature of sports games is the large number of competitive actions - game techniques. The necessity of repeatedly performing these techniques to achieve a sporting result necessitates the presence of reliability and stability of skills. Every mistake is reflected in the game result.

In team games, competitive activity is carried out by groups of athletes, and much depends on the coordinated nature of their actions, the forms of organization, and the tactics established among the team members for the purpose of achieving victory over the opponent.

A characteristic feature of volleyball is the step-by-step nature of achieving a sporting result. This requires technique and physical training, as well as the organization of players' actions both individually and as part of the team.

In the education system, volleyball is represented quite widely: in children's and youth sports schools, specialized children's and youth Olympic reserve schools, children's and youth physical training clubs, various health clubs, and in physical education and sports classes at recreation areas.[3]

Constantly engaging in volleyball expands the functional capabilities of the trainees' bodies, expands their motor skills, and helps to study the capabilities of each child in independent work and teamwork.

It is advisable to start teaching volleyball from the age of seven or eight. These are deceptive games like pioneer balls, but if learning is postponed to a later age, you might not teach the necessary motor skills.

Much attention is paid to the comprehensive physical training in preparation. Without this physical training and without the necessary physical qualities and abilities, which are very necessary for playing volleyball, one cannot count on success in mastering the technique and tactics of the game.

If you limit yourself to just exercising with the volleyball, you can achieve some improvement in technical results, but without proper physical preparation, the results won't be at the planned level.

Special exercises, some of which are aimed at developing physical abilities, are necessary for playing volleyball, while others contribute to faster and more correct mastery of technical techniques [3].

In current conditions, the ability to engage in volleyball and the coach's professional qualifications can directly influence the satisfaction of the younger generation in the implementation and improvement of physical and psychological qualities.

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