

PERSONALIZATION PHYSICAL TRAINING VOLLEYBALL PLAYERS

Stepanova V. G.

Scientific supervisor: Zelenenko N. O.

National University of Pharmacy, Kharkiv, Ukraine

vika.stepashka@gmail.com

Introduction. Future of sports and volleyball in particular, is in the individualization of training process. Volleyball also has a unique feature to combine in a team both tall attackers and small fast libero. Of course, the construction of the training process greatly complicated by the need study individual approach to each player of a team, however, it is a basic requirement of modern sport. Individual approach is necessary not only to players of different roles, but the players playing the same functions.

Aim. Development individual programs training process of volleyball players.

Materials and methods. We used analysis and generalization of scientific-methodic literature, pedagogic testing and monitoring.

Results and discussion. Theoretical analysis of the literature showed that the factors of determination athletic performance in volleyball are the basis of methodical approaches to the individualization of training process. They are divided into three types: individualization of physical, psychological, technical and tactical training. At the same time, none of the authors mentioned specific methods where is possible combination of all three factors for individual training volleyball players. There is a need to develop an algorithm training process individualization volleyball players, where are combining all types of training, and, therefore, all methodological approaches to personalization.

Based on the theoretical concept individualization of training process in sports games, we have created an algorithm for determining individual fitness complex structure, which showed its effectiveness to improve volleyball players' skills. On the basis of this algorithm consists of complex individual characteristics of fitness for particular players.

This algorithm consists of the following stages:

- Testing of athletes that includes a set of tests at least 10;
- Determination of the overall structure of preparedness of athletes;
- Analysing the performance testing;
- Defining individual factor values;
- On the basis of individual values factor and analysis the performance testing compilation of individual characteristics.

Conclusions. Thus, researching has shown high efficiency of individual training methods of volleyball players.