

OPTIMIZATION PHYSICAL TRAINING OF VOLLEYBALL PLAYERS

Salnikova K. R.

Scientific supervisor: Associate professor: Korolinska S. V.

National University of Pharmacy, Kharkiv, Ukraine

stani78@ukr.net

Introduction. The evolutions of training methods for the game of volleyball until recently have been associated mostly with increasing the amount of training and competitive pressures. This path requires from athletes not only physical effort but finding new ways to mobilize the functional reserves of the body. It is clear that this process can't be endless. Therefore, an optimization problem of training of volleyball players becomes more relevant.

Aim. To analyse the methodology of the learning process of general physical training in the preparatory period training of volleyball players.

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

Results and discussion. Modern volleyball is an athletic game that is characterized by high physical activity of athletes that achieved due to the efficiency of volleyball players. The efficiency of a volleyball player characterized by his ability to reliably and stably perform techniques; endure a significant amount of competitive activity. The choice of training methods aimed at improving efficiency of volleyball players, based on knowledge of the requirements of a modern game that are offered to the motor and functional training of athletes. To properly teach the athlete we should know whom to train, and then - how to train. Based on knowledge of the game, we can build appropriate method of trainings.

Most tactical combinations are based on quick movements that are requiring from athletes a high level of speed and speed endurance. The Effective implementation of the jumping games depends on well-developed jumping, hopping endurance and hopping agility. Blows, falling, performance techniques in unsupported position are impossible without special agility and flexibility.

Modern training plans should include control of the athletes' achievement and evaluate his potential abilities. Based on the assessment of the current status of volleyball players it is possible to build and efficient training process not only physical, but also with technical and tactical training aspects.

Conclusions. Research requirements of modern volleyball for physical training of volleyball players showed that modern volleyball players are performing as anthropometric data (average height close to 2 meters) as indicators of physical fitness. Optimization physical training of volleyball players should be based on the basis of the requirements of modern volleyball.