



TERMS USED IN THE PROCESS OF LEARNING VOLLEYBALL AND THEIR EXPLANATION

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Abstract

This article will provide information about the most important concepts and terms encountered in the process of theoretical and practical study of volleyball. The need for this is due to the training of practicing volleyball players, as well as the content of interpreted concepts and terms in the existing methodological literature.

Keywords: Tactical actions, game tactics, physical qualities, sports competitions, competitive activities.

Introduction

This article provides students and young future volleyball players with general explanations of the rules of the game, game requirements, and many terms used by referees and teachers (coaches) during competitions. The main goal is for the future athlete to know the terms that he will encounter during his career in the sport he is studying and practicing and that he will use in the future. As a result of our thoughts, we will explain the terms and phrases listed below.

side line - a line drawn lengthwise

front or side line - a line drawn widthwise, i.e. transversely

middle line - a line between the two side lines of the court

Attack situations - passing the ball, attacking shot, putting the ball into play

Defensive situations - receiving the ball, blocking

The game activity of volleyball players is a set of actions directed at winning over the opponent in an equal fight, guided by their internal psychic consciousness and external physical activity, in strict compliance with established procedures.

Competition activity of volleyball players - game activity in official conditions.

Game method - is explained by the implementation of actions based on the rules



specific to volleyball. The defensive and offensive methods of the game are distinguished.

Game technique - a set of specific game methods aimed at implementing game and competition activities related to the sport of volleyball. There are defensive and offensive techniques in volleyball.

Technical training of volleyball players is a pedagogical process aimed at perfect mastery of the skills necessary for confident play and competitive activity.

Tactical actions are a form of organizing the competitive activity of volleyball players aimed at winning over opponents with the effective use of game methods. There are individual and team types of tactical actions used in offensive and defensive processes.

Game tactics are a set of individual and team tactical actions aimed at winning over the opponent.

Tactical training of volleyball players is a pedagogical process that creates conditions for perfect mastery and improvement of tactical actions that serve to ensure high efficiency of game and competitive activity.

Physical abilities of volleyball players are in most cases genetically determined individual characteristics of a person, which play an important role in the successful mastery of game and competitive activity.

Physical qualities - a vivid expression of certain physical abilities, such as strength, speed, endurance, will, agility, sensitivity, flexibility.

Physical training of volleyball players - a pedagogical process aimed at developing physical abilities that serve to ensure high results in sports, and effectively mastering game skills based on strengthening the musculoskeletal system.

Integral training of volleyball players is to achieve high efficiency in preparing them for games and competitions in technical, tactical, intellectual and physical terms.

Psychological training of volleyball players - the upbringing of exemplary moral, volitional, and spiritual qualities characteristic of a highly qualified athlete, which is an important factor in achieving high results in sports competitions.

Theoretical (intellectual) training of volleyball players - is reflected in equipping athletes with the necessary special knowledge, skills and qualifications to



increase the effectiveness of games and competitions.

The volleyball player training system is a set of interconnected elements related to the comprehensive, targeted training of athletes who achieve high results, meeting world standards.

Volleyball player training is an integral part of the pedagogical process aimed at improving game techniques, tactical movements, tactical and technical skills, developing physical abilities, preparing for practical volitional, moral, and mental endurance, preparing and training to show high results in international arenas, and creating appropriate conditions.

Training activity is the joint activity of the coach and volleyball players, aimed at increasing the effectiveness of training, achieving the goals set for themselves.

Training structure: training exercises form the initial structural structure; a set of tasks consists of preparatory training; two or more preparatory training sessions form a microcycle; several microcycles form a mesocycle; mesocycles, in turn, constitute a macrocycle (semiannual or annual); cycles of more than one year constitute multi-annual cycles.

Sports competitions - on the one hand, include the most important components, such as the purpose of training sessions, the criterion of their effectiveness, and on the other hand, a means of preparing volleyball players for special competition activities.

Competitive activity - the activity of athletes and coaches to rationally use the skills and qualifications acquired in training in the conditions of official competitions. According to its content, this activity is determined by the individual and collective actions of each player in mutual coordination, as well as the same actions of members of the opposing team.

The composition of the competitive activity of volleyball players - consists of a set of offensive and defensive actions and operations performed by opponents in their struggle with each other, based on specific game conditions. The components of the composition of the activity cover all the actions of the competing teams.

Competition load - the competitive activity of an athlete is determined by the number of games he plays in a certain period of time.



The structure of volleyball competitions is determined by competitions of different levels, which are arranged according to such characteristics as their specific territorial scope, skill level, age and gender differences.

Planning - is the selection of the optimal direction of the volleyball player training system, the determination of ways, methods and means of achieving the final result, the determination of the content of the current and future activities of the team in advance and their integration into the necessary system.

Control - is the process aimed at determining the compliance of athletes with their current activities with the achievement of the intended goals and the fulfillment of planned tasks based on the information received.

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