European Journal of Innovation in Nonformal Education (EJINE)
Volume 5 | Issue 4 | Apr - 2025 ISSN: 2795-8612

Methods of Teaching Volleyball Techniques to Children Age 11-13

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A B S T R A C T
In this article, the use of special exercises for the development of the special quality of jumping in the training of young volleyball players at the initial training stage, combined with rotational acceleration exercises, not only led to a rapid increase in these qualities, but also allowed the formation of some other qualities (strength, strength endurance, speed-strength) and the function of maintaining balance.

A R T I C L E I N F O
Article history:
Received 10 Feb 2025
Received in revised form 11 Mar 2025
Accepted 10 Apr 2025

Keywords: volleyball, technique, training, jumping, young volleyball players, initial training stage

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Introduction.

In sports practice, the initial training process is a fundamental stage of many years of sports training, and the correct use of training methods and tools at this stage allows for the effective formation of sports skills in the subsequent stages.

When planning and organizing the initial training process, it is necessary to take into account the ontogenetic and biopsychological characteristics of the child. In other words, the training loads carried out during the initial training process should be standardized and applied depending on the physical and functional capabilities of the children involved.

As is known, the volume and intensity of movement (load) are of great importance for human health, its physical and functional formation.

However, the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports clubs, should correspond to the functional capabilities of the participant or be slightly higher. Because, according to the laws that have long been proven in biology, if the total "force" of daily physical exertion (load) performed at certain stages of ontogenetic development is always higher than the functional capabilities of the organism, then symptoms of stress or rapid fatigue appear in this organism (organs, muscles, vessels, cells, tissues, heart, lungs, spleen, liver, etc.).

Research and methods.

The main tasks in training young athletes are to strengthen the health of children and their comprehensive physical development, to carry out a gradual, goal-oriented transition to the chosen sport, to increase the level of physical fitness based on studying the technique of the chosen sport, and to select promising young athletes for future training in the chosen sport.

Many specialists have conducted scientific research on the issues of studying the movement functions, age-specific characteristics of adolescent athletes, and the development of their physical qualities. According to them, childhood is an important stage for many years of physical development and a

favorable period for starting sports training.

It is advisable to include sports games, relay races, movement games, exercises that develop strength and flexibility, various jumps, gymnastic and acrobatic exercises, running from low and high starts, long jumps in the program of training for schoolchildren aged 11-13.

In the process of developing speed, it is necessary to strive to maximize the speed of movements that do not require large muscle tension, to ensure the optimal amplitude of movements as much as possible, and to maximally relax muscle groups that are not involved in the work.

It is stated in the sources that gymnastic exercises performed at high speed, short-distance running, and basketball games provide a good opportunity to develop speed and agility in wrestling in a comprehensive manner.

V.P. Filin [1994] expressed the opinion that one of the main means of developing speed in beginners and junior athletes is to use simple speed exercises in the nature of running.

In the process of developing speed, it is necessary to pay attention to muscle relaxation during the exercises. It is very important for the athlete to feel the difference between the tense and relaxed state of the muscles.

L.P. Matveyev, V.G. Semenov in their data recognize that the effective development of speed qualities is closely related to the use of active and sports games in training [39; 543-p. 41; 384-p. 42; 340-p.].

Therefore, as mentioned above, children and adolescents better withstand short-term loads of various magnitudes. Therefore, during training with them, it is necessary to work on the development of agility and other physical qualities, simultaneously with training in sports techniques, using various means and methods of training (including movement and sports games).

Result and discussion.

The age-specific norms of physical loads for boys are as follows: for the spine - from 45 to 60 repetitions, for the hip joint - from 30 to 35 repetitions on each leg, for the shoulder girdle joints - from 25 to 35 repetitions on each arm. Exercises are repeated in series - 3-5 rhythmic repetitions are performed with a gradual increase in amplitude. After every 10 exercises, the number of repetitions should be gradually increased.

Exercises aimed at flexibility should be included in the preparatory or final part of the training and in general developmental exercises.

Well-developed flexibility, mobility in the joints allows:

- to perform most movements with the greatest agility and dexterity, in a wide amplitude and effectively;
- to quickly and easily learn and master new movement skills, their structure and pace of execution;
- to control movements qualitatively. If an athlete has flexibility, he will be able to perform a variety of movements and their combinations brightly and aesthetically;
- rapid and strong development of strength, agility, endurance.

After one training session, even in 11-year-old children who do not play sports, the increase in the relative flexibility of the musculoskeletal system is 8-9% in the joints of the spine and 10-12% in the shoulder joints.

When developing flexibility, a boxer should strive for the magnitude of the flexibility shown in a particular movement to be slightly greater than the maximum amplitude that he usually performs. In this case, a “flexibility circle” is created, which is necessary for the movement to be performed freely, without excessive strain and quickly. Insufficient flexibility limits the boxer's freedom of movement. Flexibility, in particular, spinal mobility, plays a special role in performing body defenses (dives, back bends, left and right deviations) and preparatory movements.

The analysis showed that movement games are recommended in many sports as an effective means of

developing the physical qualities of young athletes. It was found that the intensity, volume and standards of application of the recommended movement games have not been developed.

Conclusion.

Based on the results of the above-mentioned analysis of scientific and methodological literature, it is possible to determine the goals and objectives of our research work. These tasks include selecting movement games that effectively help develop the qualities of speed, strength, speed-strength, endurance and flexibility, determining the intensity, volume and standards of their application, developing a methodology for their implementation in practice, and including justification of effectiveness.

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