



VOLLEYBALL CLASSES IN THE GENERAL PLAN OF ACTIVITIES FOR PHYSICAL EDUCATION AT SCHOOL

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ABSTRACT

This article reflects the issues of organizing the volleyball sports section and ways to increase its efficiency, and general concepts are analyzed.

KEYWORD

Volleyball sports section, health activities, schedule of the school day, physical education activities, minutes, competitions.

Due to the universality of volleyball as a means of physical education, exercises from its arsenal are used to one degree or another in almost all forms of physical education provided for by the school comprehensive program of physical culture. In sports and recreation activities in the mode of the school day, volleyball means are used during long breaks and during daily sports activities in extended day groups. At physical education lessons in grades V-VII, volleyball (8 hours) is studied together with another, selected from three, sports games (basketball, handball, football). In grades VIII-XI, one volleyball (16 hours) can be studied - out of four games included in the program (at the choice of the school). In extracurricular activities in volleyball, sports sections are organized, as well as groups for the initial training of children's and youth sports schools for students who wish to play volleyball. In school-wide physical culture and sports events, volleyball is included in monthly health days, intra-school competitions, sports holidays and tourist gatherings and trips. The choice of means here is very wide: from individual exercises and preparatory games for volleyball to two-sided games and volleyball competitions, depending on the forms of physical education mentioned above and the conditions for conducting classes.

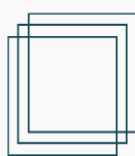
VOLLEYBALL IN PHYSICAL AND IMPROVING EVENTS IN THE EDUCATIONAL DAY MODE

In the mode of the school day, volleyball exercises are used during extended breaks and during physical education classes in extended day groups. The main guideline when choosing exercises here will be the exercises studied in the Volleyball section.

On extended breaks, volleyball exercises are used in grades V-XI. The number of exercises, as a rule, includes those that are well known to all students of a particular

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class in physical education lessons. The main methods of conducting such exercises will be gaming and competitive.

VOLLEYBALL IN PHYSICAL EDUCATION LESSONS

The main focus of the lessons built on the material of volleyball is to contribute to the solution of the problems of physical education of schoolchildren by means of volleyball, to teach the basic skills of this game and to instill the habit of systematic physical exercises after school hours at the place of residence, to equip for this with the appropriate knowledge and skills. Volleyball players are not trained in the lessons, preference should not be given to those students who have learned to play volleyball in a section or a sports school. Moreover, they should help the teacher in conducting lessons.

CLASSIC FORMS OF VOLLEYBALL CLASSES

Volleyball sports clubs

Volleyball sports classes effectively contribute to solving the problems of physical education of schoolchildren. First of all, it is necessary to instill in students an interest in volleyball. Conversations about the famous players of the country and the world, about major competitions, meetings with the strongest volleyball players of cities, republics, with participants in the European Championships among juniors, the All-Union Youth Games, the USSR Youth Championship are quite effective means. Demonstrative meetings of adult teams, demonstration of films, video recordings, etc. are useful.

The organization of the work of the volleyball section at first glance may seem complicated and accessible only to coaches or a volleyball teacher. This is not true. It is enough to carefully study this manual and make sure that teachers who are non-specialists in volleyball can also carry out such work.

According to its orientation in the work of the volleyball section, three age stages can be distinguished.

The first stage can rightfully be called the mini-volleyball stage. Only in the school section there are such favorable opportunities for the development of mini-volleyball. Classes and competitions are held for 9-10-year-old children. According to the program of the latter, it is possible to carry out work with children aged 11-12, especially where there is no full composition of study groups (in accordance with the program). At this stage, the guys develop a strong interest in volleyball, they are instilled with the basic skills of technical techniques of the game.

The second stage covers the age of 11-14 years, when schoolchildren master the basics of the technique and tactics of playing volleyball, for the first time they begin to participate in official volleyball competitions (from the age of 13).



At the third stage - at 15-17 (18) years old, the tasks are different: this is a special stage in the formation of players, their sports maturity. Here, the guys firmly master the basics of technique and tactics, join sports volleyball (participation in responsible competitions), each volleyball player is assigned a game function that he can perform in a team. The issue of training talented setters (point guards) is especially acute. Volleyball players with such a role are in short supply not only in the teams of the highest ranks, but also in the national teams of the country.

Good results can only be achieved if the section has a constant composition. That's why you need to take the recruitment of study groups seriously. There should be four of them: groups of 8-10 years old are created for mini-volleyball. junior (11-12 years old), teenage (14-15 years old) and youthful (16-17 years old). The number of students in one group is up to 20 people.

If there are a lot of people who want to play volleyball, a selection is made. To do this, they organize physical fitness control tests, volleyball control games (for older people), outdoor games that require quick orientation, rational response actions ("Challenge", "Try to take it away", "Hunters and ducks", "Pioneerball" with two and four balls, "Fight for the ball", etc.). Tests are being carried out to determine jumping ability (jump up from a place), results in a long jump from a place, running 30 m ("shuttle" - 6X5 m), throwing a stuffed ball from behind the head with two hands from a place - sitting and jumping. Students make attempts to perform the basic techniques of playing volleyball - serving, passing, attacking. The advantage is given to students who have shown the best results in most tests. With the same results, the guys with the best growth indicators are enrolled in the section. In addition, the teacher judges the motor abilities of students by how they perform exercises and learn educational material in physical education lessons, takes into account the results of passing control standards. The class schedule must be stable. Any violation of the schedule, the established order, immediately affects the attitude of young volleyball players to work. We must strive to ensure that in all groups classes are held 3 times a week: 60-90 minutes in groups of 9-12 years old, 90 minutes in groups of 13-14 and 15-17 years old.

It is known that the physical education teacher is very busy. Without the help of a public activist, he can do little. Therefore, older students - experienced volleyball players (for them it is necessary to conduct seminars regularly) can be instructed to conduct classes not only in younger groups, but also with their peers.

The successful operation of the section depends on the skillful planning of the material. It should be distributed in such a way that the main work on teaching the technique and tactics of the game falls on the first half of the year, and on the second - improvement. We must not forget about general and special physical training, about leading exercises and specially selected games (especially at the initial stage of training).

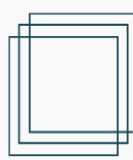


Many teachers pay attention to the physical preparation of children only in September-October, and then (especially during the competition period) they forget about it. Physical training should be organically included in the training process throughout the year.

The distribution of study time by sections of work is disclosed in the curriculum, this is reflected in more detail in the schedules, lesson plans and abstracts of training sessions.

One of the main methods of organizing training and improving young volleyball players is a combined form of training. It consists in the fact that several subgroups perform different tasks. For example, a group of 12 people is divided into 4 subgroups, but 3 people in each. The first subgroup improves in the skills of the second pass at the net, located in zones 4, 3 and 2. From zone 4, the student sends the ball to zone 6, the student from zone 3 moves there and sends the ball accurately back to zone 4 with the second pass. After that, it remains in place, and the ball from zone 4 along the net is sent to zone 2. From zone 2, the transfer follows to zone 3, from zone 6 the student goes to zone 3 to the net and performs the second pass to zone 2. After this, the exercises are repeated, starting from zone 2. The exercise becomes more difficult by passing at the net back, behind the head. The second subgroup is improving in the skills of receiving the ball from below. Two perform strikes and reception, the third (with stuffed balls in their hands) - accelerations, stops, moving with side steps with a change in direction. After moving, the player goes to receive the ball, after receiving - to hit, from hit - to move. The third subgroup is improving in the skills of an attacking strike: one student performs hits on a ball suspended on shock absorbers, the second - throws a stuffed ball from behind his head with both hands in place and in a jump, the third - exercises for the development of jumping ability (jumping from a bench with weights, etc. d.). Then there is a change: from the throws of the stuffed ball, the young volleyball player successively proceeds to hitting the ball, to jumping exercises, to exercises with a stuffed ball. The fourth subgroup performs acrobatic exercises (for example, various somersaults and rolls).

The division into subgroups is made either according to the strength of those involved, or taking into account the game functions in the team (forwards in one subgroup, setters in another, etc.). The duration of the individual tasks depends on the training period and the specific tasks of the lesson. Forwarders, for example, pay more attention to the attacking shot, setters (defenders) - to receiving the ball and improving in the second transfer. With this construction of classes, time is used extremely productively. In addition, they can be carried out - and it is very effective in a small gym or in the open air, when the school has only one playground.



Groups of initial training of the Youth Sports School

Classes in elementary training groups of the Youth Sports School can be held on the basis of a general education school, they are designed to involve a large number of schoolchildren in systematic physical education and sports.

In elementary training groups, versatile physical training is provided, promising schoolchildren are identified for further education in the training groups of the Youth Sports School.

The tasks of working in these groups reflect the tasks of physical education at school: promoting the health and physical development of students, versatile physical fitness and improving vital motor skills and abilities, instilling a strong interest and habit in regular physical exercises, teaching the basics of volleyball technique and tactics.

The content of the classes is a variety of means for versatile physical development and preparedness based on the GTO complex, the school complex program of physical education, the lesson program for sports schools in volleyball: a section of general physical training, the study of the basic techniques of the game and tactical actions.

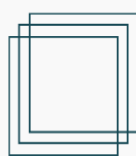
Initial training groups are made up of all those who want to play volleyball, training groups are created for conducting educational and training work - separately for girls, separately for boys. The age for enrollment in the first year of study is 9 years, in the second - 10 years and in the third - 11 years. The number of study groups is set depending on the specific conditions of work of the Youth Sports School and the availability of schools in the region. The number of people involved in the training group is 16-20 people (the first year of study - 20, the second - 18, the third - 16).

The number of hours per week for classes should not exceed 6 (academic) for the first and second years of study and 8 for the third. The duration of one lesson is no more than 2 academic hours (90 minutes). Thus, the training process is built on the basis of three lessons per week for 2 hours in the study groups of the first and second years of study, two lessons for 3 hours and one lesson for 2 hours or four lessons for 2 hours (for the third year).

During classes, it is advisable, due to the time allotted for physical training, to teach children the techniques of playing basketball, handball. In the classroom, it is recommended to use a wide variety of outdoor games, relay races, games that are preparatory to sports.

General physical training groups

The content of the work of groups of general physical training in grades VII-XI, along with other means, includes volleyball as a highly emotional means that maintains students' interest in classes in these groups.



SCHOOL-WIDE PUBLIC SPORT AND SPORT EVENTS

Monthly health and sports days

In the program of health and sports days in grades I-VII, outdoor games are of great importance, among which games preparatory to volleyball occupy a certain place, in grades VIII-XI a significant place is given to sports games, especially volleyball. These are mainly exercises with a volleyball, carried out in the form of a game and competition, as well as bilateral volleyball games.

Competitions should be held throughout the academic year on a broad program, not limited to volleyball competitions only. It is necessary to strive to ensure that all members of the volleyball section, without exception, participate in the competition. Volleyball competitions are invariably included in the program of sports holidays.

During tourist trips and rallies, game exercises, preparatory games for volleyball and a two-sided game of volleyball can be successfully used.

INDEPENDENT LESSONS FOR STUDENTS

Fulfillment of the requirements of a comprehensive school program in physical culture essentially depends on how much students have mastered the knowledge, skills and abilities of independent studies.

The main forms of self-study of students can be identified as follows: morning hygienic gymnastics, physical education minutes during the preparation of lessons at home, game tasks during extended breaks, exercises and games during physical education classes in after-school groups, homework in physical education.

The process of forming students' knowledge, skills and abilities of independent studies includes the following interrelated components: educating schoolchildren of interest in physical exercises, in particular volleyball, forming schoolchildren's beliefs in the need for systematic physical exercises, volleyball, equipping students with knowledge, skills and skills to independently engage in physical exercises, volleyball.

The main role in this process is played by the teacher of physical culture, the coach of the volleyball section, and the parents of the students.

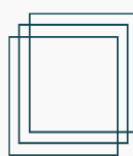
The content of exercises for self-study is selected from the program material of physical education lessons, where volleyball techniques are studied, and from the program for the school volleyball section.

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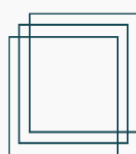
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