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## **MODERN APPROACH IN TRAINING VOLLEYBALL PLAYER LEVEL IN HIGH SCHOOL**

*The problems of improving the effectiveness of sports training volleyball in high school. The study used data from a questionnaire survey of coaches and student-athletes. Experience sports training volleyball, basketball and track and field athletes, successfully participated in the international arena. It was found that high sports results effectively provide: hard sports selection, motivation and mobilization of student-athletes, large training loads, participation in important competitions, the system recovery programs, combining sport and study.*

**Key words:** volleyball, training, selection, motivation, load, competition, recovery, study, student-athlete.

Volleyball is one of the most popular students sport, having an ancient traditions in big sport. Because of this, many countries anchor their hope for training in the student's volleyball team of high-level athletes.

However, recently a student volleyball began to lose ground. Every year in the national team of volleyball becoming less and less pupils at university [1]. This is due to the fact, that currently in use in the student volleyball approaches to the organization of sports training students volleyball, described in the literature and practice [1; 2; 3; 4], does not rely to modern requirements, dictated by the dynamics of the development of this game. These approaches do not address the methodological and organizational-pedagogical terms of forming the key systemic aspects of sports training in university: sports selection, motivation, programming, effective implementation of the training process, its staffing, a combination of intense exercise and study competitors. The necessity to address all these issues due to the practical problems, facing today's in head of student volleyball, participate actively in the training of volleyball athletes for national teams.

The **main goal of work** – to develop a modern and innovative approaches to the training of high-level volleyball players in university. To achieve this goal, we used the analysis of the current data and best practices of student-athletes volleyball training system, athletes, basketball players.

Useful information is also given by method of survey of teachers-coaches and student-athletes.

The results of research. Today, to achieve greate success in volleyball can only by the intensification of sports training volleyball.

The effectiveness of this way in the present conditions to confirm the 80% surveyed trainers of teachers, involved into improvement of sports students.

The process, itself, involves four phases: selection; motivation and mobilization; forming a training program; activities of the program. Selection for training in groups of higher sports skills should be conducted on the following strict criteria: health; preliminary sports, technical and special physical fitness; compliance with the requirements of the morpho-type volleyball; the functionality of the body; overall physical performance.

Motivation and mobilization successfully achieved by taking into account the internal motivations of students to active training in volleyball.

First of all, formation of the training program includes the development of the target model of competitive activity.

The main thing at this stage – to solve the problem of modeling the optimal repletion, ensuring readiness of the athlete to the high sports achievements. To do this you must correctly choose the most effective means, methods, competently build goals, objectives and content of the periods and phases of the training, the degree of specialization of the pedagogical process in the dynamics of athletic training; the ratio of intensity of the functioning of the general and special funds and types of sports training. It is also necessary to identify control points and methods for evaluating general and specific sports readiness.

It is essential that training program was full of exercises that effectively develops and improves physical and mental qualities, needed to achieve high results in modern volleyball. This is all kinds of reactions (simple discernment, choice, change tracking, a moving object), agility, coordination, jumping ability, explosive and fast strength, speed, “the feeling of speed, movement,” attention to sustainability, operational thinking, emotional stability, initiative and others.

It is necessary for each kind to choose volleyball training, adequate role of his game and individual psychophysiological features.

Intensive implementation of a planned set of training requires a parallel implementation of effective after working recovery, because the load on the body in the process of sports training intensified increase manifold due to the increase mainly neuromuscular stress.

Modern recovery system includes a set of teaching, medical, biological and psychological means. The trend of modern sport in its excess loads – passion biomedical, especially medication, which is not safe for a growing body.

After working practice recovery athletic performance student-athletes involves a wide-emptive use of pedagogical and psychological recovery of funds and the use of only certain elements of medical and biological agents, safe for young people. This view also holds, according to the survey, 60% of coaches working in collegiate sports.

In our opinion, a good recovery effect can bring the following system of global and local recovery activities, which also doesn't require large material costs, which is important in the work with students in modern conditions: the rational planning of training; optimal combination of general and special funds; optimal construction of training and competitive micro, meso and macro cycles; waviness and variability of the load; widespread use of switching, nonspecific

physical activities; the right mix of work and leisure; the introduction of special recovery cycles.

An effective remedy promotes proper construction of separate training sessions with the use of reconstruction funds to relieve fatigue, namely, a full warm-up and complete the individual final part of the class; the right choice of training place that meets all the necessary sanitary requirements; the introduction of special exercises for active recreation and relaxation; creating a positive emotional background.

It is also advisable certain biomedical activities: qualified timely assessment of the state of health; operational information about the current functional status; a balanced diet with increased biological activity of the product; balneotherapy (sauna, massages, etc.).

Extremely important when working with students in an intensive training regime has the qualifications and professionalism of teachers, trainers and their personal qualities. A student-athlete must trust the coach, deeply believe and respect him. A coach should have deep knowledge in the field of intensive sports training, to be a humanist, but at the same time demanding teacher, to take care not only about sports results, but also about health, life of the students, their future professional career. It should be noted that the success of the teacher-coach of high level volleyball players also depends on whether he focuses on the training process of his wards. If he distracted the department for other types of work, are obliged to teachers in high school, the effectiveness of its work in the position of coach of the volleyball team is problematic.

It is very important, especially in modern conditions of development of market relations, when high school graduates should possess high competitiveness, know and be able to put into practice a combination study with intense exercise. The practice of endless sabbatical leave has long outlived its usefulness. And today's students are reluctant to resort to it.

Our experience and interviews with student-athletes show the following system events, which allows to solve this problem. At first, it is a clear plan of students of their working time, and, also, with the help of a teacher-coach, then – the strict implementation of the regime of the day, mandatory and punctual implementation of the planned activities (it is very important to control on the part of the trainer and self-control, which helps to maintain the diary). Significantly also help an individual training plan, the extension of the sessions (if needed), free entrance to the lectures.

**Conclusions.** Years of experience of sports perfection volleyball players and athletes in other sports in the Zaporozhye National Technical University and Zaporizhzhya National University shows: 1) the preparation for the great sport of volleyball in modern conditions is quite feasible task for schools with good sports facilities and qualified teachers-trainers; 2) the solution of this problem requires creative innovation; 3) the most effective way to achieve high results in the student volleyball is the intensification of athletic training student volleyball players, providing well-supplied system of selection, motivation, mobilization,

volleyball students, modeling and implementation of training programs, focused on high training loads, the use of an effective system of remedial actions, rational combination of training with their studies at the university under the guidance of a professional instructor-coach, a full-time, which is dedicated to only sports training volleyball.

Prospects for further research is improving all components of the intensification of preparation of volleyball players and their synthesis into an effective system of training process. As for us, this will greatly enhance the effectiveness of the student volleyball.

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#### **Ванюк О. І., Ванюк Д. В. Сучасний підхід у підготовці волейболістів високого рівня у ВНЗ**

*У статті розглянуто питання підвищення ефективності спортивної підготовки волейболістів у ВНЗ. Використано дані анкетного опитування тренерів і студентів-спортсменів. Враховано досвід спортивної підготовки волейболістів, легкоатлетів та баскетболістів, що успішно виступали на міжнародних аренах. Встановлено, що високі спортивні результати ефективно забезпечують: жорсткий спортивний відбір, мотивація й мобілізація студентів-спортсменів, великі тренувальні навантаження, участь у відповідальних змаганнях, система відновлювальних заходів, поєднання спорту та навчання.*

**Ключові слова:** волейбол, тренування, відбір, мотивація, навантаження, змагання, відновлення, навчання, студент-спортсмен.

#### **Ванюк А. И., Ванюк Д. В. Современный подход в подготовке волейболистов высокого уровня в вузе**

*В статье рассмотрены вопросы повышения эффективности спортивной подготовки волейболистов в вузе. Использованы данные анкетного опроса тренеров и студентов-спортсменов. Учен опыт спортивной подготовки волейболистов, легкоатлетов и баскетболистов, успешно выступавших на международных аренах. Установлено, что высокие спортивные результаты эффективно обеспечивают: жесткий спортивный отбор, мотивация и мобилизация студентов-спортсменов, большие тренировочные нагрузки, участие в ответственных соревнованиях, система восстановительных мероприятий, сочетание спорта и учебы.*

**Ключевые слова:** волейбол, тренировка, отбор, мотивация, нагрузка, соревнования, восстановление, учеба, студент-спортсмен.

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У ВИЩІЙ І ЗАГАЛЬНООСВІТНІЙ ШКОЛАХ**

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