METHODS OF DEVELOPMENT OF SPECIAL ENDURANCE OF VOLLEYBALL PLAYERS AT THE STAGE OF PRELIMINARY BASIC TRAINING

Nesterenko Nataliia
PhD (physical education and sport), Associate Professor
Prydniprovsk State Academy of Physical Culture And Sport. Ukraine

Summary. The article deals with the method of developing special endurance of young volleyball players aged 12-13 years at the stage of preliminary basic training.

Key words: volleyball, special physical training, endurance, young players, movement qualities, sports training

Pedagogical practice has shown that reaching the maximum available level of physical development for the specific improvement of athletes, the favorable development of basic motor qualities and the demonstration of higher indicators by the time of the main competitions is facilitated by volleyball.

The preparation took place in two stages.

The main tasks of the first stage of the preparatory period were: increasing the level of special physical training, increasing the capabilities of the main functional systems of the body, developing the necessary sports-technical and psychological qualities. Special attention was paid to selective action on aerobic and anaerobic movements, improvement of movement technique, breathing productivity and efficiency of work (Table 1).

Table 1

<table>
<thead>
<tr>
<th>№</th>
<th>Work of different orientation</th>
<th>Scope of work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aerobic directionality</td>
<td>60-65%</td>
</tr>
<tr>
<td>2</td>
<td>Aerobic-anaerobic orientation</td>
<td>20 – 25%</td>
</tr>
<tr>
<td>3</td>
<td>Anaerobic-alactate orientation</td>
<td>3 – 5%</td>
</tr>
<tr>
<td>4</td>
<td>Anaerobic-lactate orientation</td>
<td>5 – 10%</td>
</tr>
</tbody>
</table>

The main focus of this stage was to improve the main components of special endurance and coordination abilities. The classes were mainly selective in nature. Movement games were used. The interval method was used to develop general endurance.

In mid-December, the athletes of the experimental group entered the special preparatory stage. The training was aimed at the development of special endurance, the main attention was paid to the integral manifestation of individual components...
of special endurance of volleyball players. Its content provided for the development of complex qualities (Table 2).

### Table 2

<table>
<thead>
<tr>
<th>№</th>
<th>Work of different orientation</th>
<th>Scope of work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aerobic activity</td>
<td>65 – 70%</td>
</tr>
<tr>
<td>2</td>
<td>Aerobic-anaerobic exercise</td>
<td>20 – 25%</td>
</tr>
<tr>
<td>3</td>
<td>Anaerobic-alactate exercise</td>
<td>3 – 5%</td>
</tr>
<tr>
<td>4</td>
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</tr>
</tbody>
</table>

At this stage, the orientation of training tools and methods contributed to the improvement of vegetative functions and coordination abilities. For the development of special endurance, uniform and interval methods were used.

Sports practice has shown that building a training process based on mesocycles allows you to systematize it in accordance with the main task of the period or stage of training, to ensure optimal dynamics of training and competition loads, an appropriate combination of various means and methods of training, correspondence between the factors of pedagogical influence and restorative measures (Figure 1).

The main tasks of the first shock microcycle were:
1) Development of general endurance.
2) Increasing the level of PANO.
3) Increasing the level of physical performance.

The training of the second impact microcycle was aimed at developing speed endurance, speed and power abilities, jumping endurance. At this stage, special attention was paid to the technical training of volleyball players.

The task of the third shock microcycle was to comprehensively improve special endurance, as well as individual components against the background of the achieved level of physical performance.

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**Fig. 1. The structure of the construction of the basic mesocycle of the special preparatory period**
During classes according to the proposed methodology, the athletes of the experimental group used specially developed sets of exercises aimed at improving speed endurance, game endurance, coordination abilities, and jumping endurance. The set of exercises aimed at developing jumping endurance were divided into two groups of exercises: the first was aimed at developing jumping endurance in defense, the second - in attack and when playing the ball under the net. It should be noted that the intensity and volume of the proposed exercises increased from the first to the third microcycles.

In the training of the experimental group, the following sets of exercises were implemented to improve the special endurance of volleyball players aged 12-13 years.

**A set of exercises for the development of special jumping ability № 1.**
1) Multiple jumps with a rope to different heights and at different paces.
2) Serial jumps over the gymnastic bench.
3) Jumping from a place up.
4) Jumping from a certain height, followed by imitation of an attacking blow (blocking).
5) Jumping from a certain height and then throwing a tennis ball into a basket attached to the top cable of a volleyball net.
6) Jumping from a certain height and then throwing a tennis ball over a volleyball net for accuracy.
7) Running jumps with one foot take-off and then throwing a tennis ball over a volleyball net.

**A set of exercises for the development of coordination abilities № 2.**
1) The player performs two somersaults back and forth and receives the ball thrown by a partner.
2) Falling forward on the hands - chest - stomach after receiving the ball from below with one hand (the ball is thrown by a partner).
3) Falling to the side with a somersault after receiving the ball thrown by a partner.
4) Falling with a somersault forward after receiving the ball thrown by a partner.
5) Passing in pairs, after passing the ball, one of the players makes a 360° turn and then passes to a teammate.
6) Jumping over various obstacles with a twist of the body.
7) Blocking, attacking blows from a place after turning the torso in the air by 90°, 180°.

**A set of exercises for the development of speed endurance № 3.**
1) Shuttle run 92 m touch the attack line and the front line with your hand.
2) The same as in exercise 1, but with a fall to the front line.
3) Defensive actions in pairs (multiple passes and hits on one player).
4) Imitation of movable blocking in zones 2, 3, 4.
5) Imitation of receiving the ball from below with multiple falls after moving in two or three steps.
6) Attack forward strike on the takeoff from zone 4 (2, 3) with an intensity of 10 strikes per 1 minute.
A set of exercises for the development of jumping endurance № 4.
1) Imitation of blocking after one or two steps.
2) Alternation of attacking blows and blocking (imitation).
3) Jumping over a barrier with a height of 80-90 cm until fatigue appears.
4) Blocking attacking blows in zone 2, 3, 4.
5) Jumps to the maximum height, touch the marked mark until the jump height decreases.

A set of exercises for the development of game endurance № 5.
1) Jumping with imitation of blocking.
2) Acceleration from the front line to the attack line, followed by a fall on the chest.
3) Throwing forward over the shoulder, accelerating from the front to the middle line, jumping with imitation of blocking at the net.
4) Shuttle run from the front line to the attack line, then from the middle line and back to the line with a throw to the chest.
5) Imitation of an attacking blow with a fall on the chest after landing.
6) Playing basketball.

Conclusion. When developing endurance in young volleyball players aged 12-13, it is advisable to use classes of a general orientation with a huge predominance of aerobic loads. It is advisable to use exercises for the development of special endurance with exercises aimed at the development of speed and strength qualities.

References: