

VOLLEYBALL

{ *Introduction*



- ▣ The specifics of volleyball are partly contained in its name: "will" - on the fly, "ball" - the ball. One of the important tasks in volleyball is the task of determining the trajectory and speed of the ball and the ability to timely "get on the ball" - to take a convenient starting position for receiving a pass, attacking a shot, blocking. The ability to quickly solve such problems can be developed by special exercises. The leading role is played by speed and strength in certain combinations. In this case, the speed of muscle contraction and movement speed regulation is of paramount importance. Special importance is attached to the spatial accuracy of movements, which is extremely necessary for the first and second passes of the ball, serves, attacking strikes.

Specifics of volleyball

- The speed of motor reaction and the ability to control the time of movements is important. Another distinctive feature of volleyball is the complexity and speed of solving motor problems in game situations. Volleyball must take into account the location of players on the court, anticipate the actions of partners and unravel the enemy's plan, quickly analyze the current situation, make a decision on the most appropriate action, and effectively perform this action. With a fast game, the degree and urgency of solving problems that depend on the speed of the players' actions are significantly increased.

□ THANKS FOR
YOUR
ATTENTION