

Improving the Low Gear in Volleyball

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Received 12-03-2022	Abstract: The article deals with the organization of the educational and training process in volleyball. The concept of lower gear technique is considered. Recommendations are given on the construction of a lesson, for training and improving the lower gear among students of the elective group in volleyball at Petrozavodsk State University.	Keywords: Sport, Volleyball, Lower Gear.
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INTRODUCTION

The physical training of a volleyball player, both general and special, is the foundation of sports equipment and tactics of the game. Along with physical training, in elective volleyball groups at KSU, a significant place is given to the study of new and the improvement of already studied technical and tactical techniques successfully used in the game.

One of the most difficult, but at the same time often used elements of the game in volleyball is receiving the ball with two hands from below. In volleyball, receiving the ball with two hands from below is used when receiving a serve, when playing defense, including when insuring and interrupting balls flying far outside the area through the net. The technique for doing it is as follows.

The player takes a low stance with legs shoulder-width or wider, one slightly in front of the other, bent at the knees, arms straightened and directed forward and down, elbows close to each other, forearms tense, hands connected, lowered down, torso slightly tilted forward. When receiving, the player is positioned so that the ball is in front of him. The ball is taken on the forearms, closer to the hands. Movement with straight arms forward and upward is performed only in the shoulder joints. The trunk is straightened, the legs are actively unbent. The movement that accompanies the ball is performed by further extension of the legs and torso, as well as a smooth movement of the arms forward and upward after the ball.

The technique for performing the lower pass is different depending on the speed of the ball and the height of its trajectory in relation to the

player. When the ball flies above the level of the belt with an insignificant speed, the player receives it with both hands from below, being in a stable position of the middle stance, with a smooth counter movement of the arms straightened forward and upward, straightening the torso and the final active extension of the legs. The technique of receiving the ball with two hands from below, flying at high speed below the level of the belt, is distinguished by a lower initial position of the volleyball player. Tilt the body forward a little more; the oncoming movement of the hands is not active, but with a strong blow - extinguishing. In the phase of depreciation and rebound of the ball from the hands, the player's torso slightly shifts back and up, the body's center of gravity is behind the support area. The speed of hand movement becomes minimal, which helps to soften the impact and reduce the speed of the ball after it touches the hands. At the moment of receiving the ball, the speed of the movement of the hands increases, and their movement is directed upwards. In this case, this is due not to active movement in the joints of the arms, but to the extension of the legs, their subsequent repulsion from the floor, the straightening of the torso and the movement of the player's center of gravity back and up.

Guidelines for the correct performance of the lower pass of the ball, for beginners:

- When performing the transfer, it is necessary to move so that at the moment of transferring the ball to take the volleyball player in the correct stance;
- The ball is taken on the forearms, closer to the hands; if the forearms are not evenly located, one is higher than the other, then the ball does not fly exactly;

- Before receiving the ball, it is necessary to correctly position the arms of the forearm are tense and at the same level, the hands are connected;
- It is necessary to quickly move forward, backward, to the sides by 5-6 m and after moving take a low stance;
- When receiving a ball flying at a low speed, the legs and torso are actively unbent; hands smoothly accompany the ball forward and upward towards the partner;
- The movement of the hands forward and upward at the moment of receiving the ball is the more active, the lower the speed of the ball, and vice versa;
- At the moment of transfer, the movement of the arms, torso and legs should be performed simultaneously;
- After the pass, you must immediately take a low stance of the volleyball player to receive the ball from below.

Receiving the ball with two hands from below is advisable to include in each lesson in the form of relay races against the wall, oncoming passes in order to constantly consolidate the skills of the players. When improving this technique, one should not forget about passing the ball with two hands from above. It must be applied depending on the situation. Typical mistakes that occur when passing the ball with two hands from below:

- ❖ The first movement is made by the arms, only then by the legs (the player "reaches" for the ball).
- ❖ Untimely access to the ball.
- ❖ The ball is taken not on the forearms, but on the hands.
- ❖ Incorrect position and movement of the hands:
- ❖ hands are not symmetrical;
 - the forearms are not sufficiently brought together;
 - arms are bent at the elbow joints.
- ❖ Discrepancy between the speed of movement of the hands and the speed of the ball.
- ❖ The movement of the arms, torso and legs are not coordinated.
- ❖ The ball is accepted only with the hands, the legs do not work (the player "waves" his arms).

Lead Up Exercises

- Imitation of receiving the ball - being in the starting position, the volleyball player performs a series of movements that imitate

the reception of the ball. The main attention should be paid to the consistency in the work of the arms, torso and legs, to the correct position of the forearms (parallelism and tension).

- Individually passing the ball against the wall from the correct stance.
- Individually passing the ball over oneself (by 0.5-1 m) with correct footwork.
- Individually pass the ball above you (3-6 m) with the correct work of the legs from a low stance, while the ball is flying, sit down in a low squat and touch the floor with your hand.
- In pairs. One student throws the ball, the other, having taken the starting position, brings his hands under the ball from below and passes it.
- Same as ex. 5, but after lunging forward.
- Same as ex. 5, but after moving left and right one step.

SPECIAL EXERCISES

- ❖ Receiving the ball from a partner. The distance between the students is about 4 m. The partner throws the ball to the passing player so that it is convenient for him to take it with two hands from below. The sender, having received the ball, directs from the starting position his partner.
- ❖ In pairs. The partner throws the ball 1-1.5 m to the left, to the right, closer to the receiver. The player takes the ball with a lunge to the sides, forward, backward. Pay attention to those involved in the timely execution of the lunge.
- ❖ In pairs. Those involved are located at a distance of 5-6 m from each other. Alternate ball passes along a low, medium and high trajectory. Pay attention to those involved in changing the angle of inclination of the hands when receiving, depending on the trajectory of the ball: the lower the trajectory, the greater the angle of inclination of the hands.
- ❖ In pairs. Students are located at a distance of 5-6 m from each other. Alternate transfers of balls flying at different speeds. Draw the attention of students to the need to perform a quick counter movement with their hands towards the ball flying at low speed, and relatively slowly move them forward and upward with an increase in the speed of the ball. In the case when the ball flies at high speed, i.e. after hitting the student, the speed of the ball should be reduced - at the moment of receiving the body should be slightly raised,

and the arms should be slightly shifted up and back.

- ❖ Those involved are located at a distance of 2-3 m from the wall. Passing the ball with a hit against the wall with two hands from below for the maximum number of times.
- ❖ Individual exercise. Transfer above yourself to a height of 1-3 m. Pay attention to the work of the legs - straighten in the knee joints at the time of the transfer, the arms are parallel to the floor.
- ❖ Three students are located in a triangle at a distance of 3 m from each other. Passing the ball from left to right in the middle stance. Draw the attention of those involved in the need to move their hands in the direction forward-up-right. After contact with the ball, the left leg is actively extended, the weight of the body is transferred to the right leg.
The plane of contact of the hands with the ball is directed towards the pass. The same on the other side. Hands after contact with the ball move in the direction forward-up-left, the right leg is actively unbent, the weight of the body is transferred to the left leg
- ❖ Those involved one by one are located in zones 4 and 3, and the column is in zone 5. Passing the ball from zone 4 to zone 5, and from there receiving it from below to zone 3 and returning to zone 4 with a blow from above. The focus should be on the accuracy of passing the ball from zone 5 to zone 3
- ❖ Those involved one by one are located in zones 2 and 3, and the column is in zone 1. Passing the ball from zone 2 to zone 1, and from there receiving from below to zone 3 and passing to zone 2 with two hands from above. Focus on the accuracy of directing the ball from zone 1 to zone 3
- ❖ Those engaged in columns are located in zones 4 and one player each in zones 6 and 3. By receiving from below the ball is directed from zone 6 to zone 3, from there to zone 4, from zone 4 through the net to zone 6. The player who sent the ball over the net, moves to the zone 6, and the player who received the ball in zone 6 moves to the end of the column to the end of the column.
- ❖ Same as ex. 10, but the columns are located in zones 6, 3, 2.
- ❖ In pairs. Participants are located at a distance of 4 m from each other. One player with a light

blow sends the ball to a partner one meter closer, to the left or to the right of him.

- ❖ Students in the column are located in zone 6, the teacher with the ball is in zone 3. With a light blow, the teacher directs the ball either to zone 5 or to zone 1.
- ❖ Players, moving left and right, take the ball in turn and send it to zone 3.
- ❖ Students line up in zone 6. The teacher with the ball stands on a chair in zone 3 on the opposite side of the court. With a light kick, he sends the ball over the net; players, alternately going under the ball, take it and send it to zones 2, 3.

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