

Some Aspects of the Technique for Performing a Power Service in Volleyball

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<p>Received 22-06-2022</p> <p>Accepted 06-07-2022</p> <p>Published 17-07-2022</p>	<p>Abstract: The relevance of this work is dictated by the low technical indicators of receiving an opponent's serve, which negatively affects the overall effectiveness of the game activity of volleyball players. The goal is to identify the criteria for receiving the opponent's power feed using the two-handed bottom method, which ensures high efficiency of receiving the ball. The study studied the features of the performance of the reception of a power serve performed by an opponent in a jump. When receiving a power serve, a volleyball player should be at a distance of 7-8 m from the net (depending on the anthropometric data and speed capabilities of the players). The following methods were used in the study: 1) theoretical analysis and generalization of data presented in the specialized literature; 2) pedagogical observations of the competitive and training activities of volleyball players of various qualifications. The results of the study of special literary sources showed insufficient theoretical development of the research problem. Most volleyball experts pay attention to the improvement of group and team tactical and technical actions of players. Much less time is devoted to improving individual tactical and technical actions, although they are basic and determine the success of group and team tactical and technical actions. It has been established: 1) the main way to receive the opponent's power serves is to receive the ball with two hands from below; 2) when teaching and improving the technique of receiving (transferring) the ball with two hands from below, it is necessary to focus on those involved in the coordinated work of the legs, torso and arms elbow and wrist joints, while forming a flat "platform" for contact with the ball.</p>	<p>Keywords: Serving, Receiving The Ball With Two Hands From Below, Technique, Biomechanical Features</p>
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INTRODUCTION

It is known that the reception of an opponent's serve in modern volleyball is an important component of the game process, which determines, in most cases, success in a volleyball competition. Even minor mistakes made by the team at the reception of the serve significantly reduce the possibility of active, high-speed, combinational play in the attack, impoverish the tactical pattern of the gameplay. Serve blunders lead, at best, to a non-aggressive overturning of the ball to the opponent's side, which is a potential point loss, and in some cases the attacking team wins clean points ("aces") on the serve. In addition, it should be noted that serial non-receptions of the opponent's serve bring psychological discomfort, increasing the psychological burden on the volleyball players receiving the serve, which also negatively affects the quality of the team's game actions as a whole.

The above provisions and the discrepancy observed in the practice of volleyball in terms of the efficiency of receiving a serve in competition conditions with the model characteristics of high-class players (60 and 80%, respectively) determined the relevance of this study. The purpose of the study is to identify the criteria for receiving the opponent's power feed using the two-handed bottom method, which ensures high efficiency of receiving the ball. In the process of research, the problem of determining the features of the rational

technique of receiving the ball with two hands from below was solved. The material of the study was obtained on the basis of studying the results of pedagogical observations of the competitive and training activities of volleyball players of various qualifications. The following methods were used: 1) theoretical analysis and generalization of the data presented in the specialized literature; 2) pedagogical observations with elements of video filming.

RESULTS AND ITS DISCUSSION

In this paper, the authors consider the features of receiving the opponent's power serve, performed in a jump, as the most aggressive means of attack and representing the greatest difficulty for receiving the defending team by volleyball players. The results of the study of special literary sources showed insufficient theoretical development of the research problem. Most volleyball experts pay attention to the tactical component of receiving the ball from the serve, associated with the use of rational arrangements of volleyball players who receive the serve in the game, that is, the improvement of group and team tactical interactions of players. Without belittling the merits of this method of training volleyball players, in our opinion, it is not fully justified. Even the most perfect tactical formations of players on receiving the serve will not bring the desired result if they are not supported by a sufficient level of tactical and technical preparedness of specific players who

receive the ball from the serve. This is confirmed by the cases of inconsistency of high-quality handling of the ball encountered in the practice of competitive activity, directed by the volleyball player performing the serve directly into the hands of the player receiving the ball and, moreover, its exact addressing to the connecting player.

The solution to the problem of accurate "finishing" of the ball flying after the opponent has served to the area where the connecting player exits is possible by improving the quality of the ball handling by the defending player, that is, by improving the technique of receiving the ball with two hands from below. Consider the biomechanical features of the performance of this technical element of the game, as the most common in the practice of receiving a power feed. Initially, we note that the main task of receiving the opponent's serve is the exact "finishing" of the ball to the connecting player. When solving this problem, the volleyball player who receives the serve must complete the following: minimum program - cushioning the ball hit by the defender's hands within the limits allowed by the rules of the competition, and leaving it within the playing field; the maximum program is to accurately direct the ball to the goal (connecting player) after receiving the serve. The target accuracy of addressing the ball is achieved by complex processes of muscular coordination, namely: a clear coordination of the work of the legs, torso, shoulders and forearms in the working phase of receiving the ball when performing a shock movement on the ball.

The main attention when performing the reception of the ball from the serve with two hands from below should be given to the correct position and work of the hands. Of course, this statement is true only in the case of a timely exit of the volleyball player to a rational place on the volleyball court to receive the ball. Let's provide the general biomechanical features of receiving the ball with two hands from below:

- the shoulders and forearms at the moment of contact of the hands with the ball must represent a single whole (the so-called "platform"); arms should be fully extended at the elbow joints, brought together and supinated as much as possible;
- to improve supination and extension of the arms in the elbow joints, as well as to significantly stretch the muscles of the working surface ("platform"), the hands should be maximally extended in the wrist joints;

- the counter movement of the arms in the elbow and shoulder joints, as well as the counter movement of the torso towards the ball due to the extension of the legs should be minimal;
- the ball must be received by the middle part of the forearms ("platform")
- forward inclination of the player's torso must correspond to the position of the ball receiving point relative to the net and the location of the connecting player (the closer to the net, the more vertical the back and the more horizontal, in relation to the floor, the arms);
- the angles of flexion of the legs in the hip and knee joints and of the arms in the shoulder joints, as well as the height of the point of contact of the ball from the floor, are, to a large extent, individual and situational;
- the player's attention should be focused on the flying ball.

CONCLUSIONS

- the main way to receive the opponent's power serves is to receive the ball with two hands from below;
- when teaching and improving the technique of receiving (transferring) the ball with two hands from below, it is necessary to focus the attention of those involved in the coordinated work of the legs, torso and arms;
- high-quality reception of the ball with two hands from below is largely ensured by the correct positioning of the hands, which should be maximally extended and supinated in the elbow and wrist joints, while forming a flat "platform" for contact with the ball.

In our opinion, taking into account the information provided in the article in the practice of training activities of volleyball players will have a positive impact on the quality of receiving the opponent's serve.

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