

THE ORGANIZATION AND MEANING OF THE BASIC TECHNIQUE TRAINING OF VOLLEYBALL UNDER THE PROGRAM "MINI VOLLEYBALL"**OKSANA KRAVTSOVA****Postgraduate of Belarusian State University of Physical Training, Minsk, Belarus****NIKOLAY POZDNYAK****High School coaches, Minsk, Belarus**

Pedagogy is constantly improving the means, methods, and forms to enhance the quality of the educational process increasing the interest of children and their performance. And in sports coaches accumulated experience, they create new, more effective methods of teaching beginners. However, the problem of stability in training and achieving superior results with every child remain.

Sports are one of the important areas that impact on health and the formation of a harmonious personality. The role of sports is unique. Sport has integrated development, especially in the younger generation: improved physical, moral and social qualities of a full personality.

Nowadays it is necessary to take into account high level of children's physical activity, that's why we need to look for new approaches in physical training and to develop new technologies of training. Modern children are able to be trained quickly, to take in new information easily, to process and transform received knowledge and skills.

The goals of child's sport and volleyball are not restricted to training professional athletes. These goals are much greater and include issues of harmonious physical and mental development of children, strengthening their health, improving resistance to various adverse effects of external environmental [1, 4].

The search for training systems that would fully meet all the physiological and hygienic requirements is particularly acute in primary school because it is at the age of 6–7 years old there is an intensive transformation of a child's body functions. At this age there occur changes in the energy exchange, a sharp increase in the length of the body, the development of respiratory function, an increase in the mass and volume of the heart, changes in numerous physiological indicators [3].

Mini volleyball is an excellent means of physical development and strengthening of a schoolchild's health. 6-8-year-old children can participate in official competitions. Children are successfully taught to control their body and movements, they have a certain level of coordination and dexterity. During the training they develop peripheral vision, spatial orientation, and reaction rate. Quick change of events on the volleyball court allows to develop creative thinking, ability to work in a team [2, 4].

According to a great number of research 6–7-year-old children can be involved in basic training of mini volleyball. In terms of physical and health aspects of child and youth development, there is an overwhelming amount of evidence that focuses on the effects of sport and exercise on physical health, growth and development. Taking into consideration the developed all-round program of physical development, its impact on motor skills development and performance, it is possible to begin building the basis for a child's further physical development and growth of sportsmanship.

The main training tasks for children involved in mini volleyball are:

- development of basic movement qualities, the improvement of physical fitness;
- formation of skills and abilities;
- development of basic physical qualities and abilities required for gaming techniques and tactics;
- formation of interest, need in systematic physical exercise and volleyball;
- organization of active leisure for children.

There is some appropriate equipment provided for primary school children. Among this equipment is a light ball (doesn't cause pain, reduces injuries); low net (possibility to pass the ball for all children, without reference to age and growth).

Mastering basic ball throws, catching, throwing, gymnastic and acrobatic exercises build new skills, which are necessary for mastering the various techniques of the game. In the program "Mini volleyball" there is a widely used method of gaming, active games, circuit training, races, athletics, gymnastic and acrobatic and other sport exercises. Active games corresponding to the tasks and the age of children are important part in mini volleyball.

Much attention is paid to the development of high-speed and power-speed, responsiveness, agility, coordination, and endurance.

The main means of training speed-strength qualities are relay and sprint, jumping, games, gymnastic and acrobatic exercises (somersaults, coups), exercise with a partner. It is advisable to develop a high-speed quality with the ball exercises.

Strength training is not pronounced. It aims to strengthen the musculoskeletal system. In strength training, you can use dynamic exercises with small weights (dumbbells, stuffed balls, expanders).

Agility as a physical quality is a prerequisite for mastering the complex movements necessary for the improvement and effective display of technique in competitive conditions. Educate agility via mobile games, relay races, acrobatic and gymnastic exercises, exercises with balls, jumping rope, and others. The main requirement for the education of mobility is a constant, but a gradual increase in the coordination difficulties during exercise [1].

Theoretical training is conducted in the form of conversations, lectures directly in training, organically linked with the physical, technical and tactical, moral and strong-willed preparation. Theoretical knowledge is necessary for developing the ability to use this knowledge in practice in terms of training sessions.

The program "Mini volleyball" accounts for the concept of modern technology teaching motor movements, data on motor development age patterns, physical qualities and functional and motor abilities, the presence of sensitive periods of children's motor activity development, the need for selective training orientation of pedagogical influences.

Thus, mini volleyball may bring the solution to the problem of low motor activity of schoolchildren. Regular exercise has a positive effect on the functional activity of the body, provide proper physical development, work out new motor skills, and form strong-willed character traits. In addition, mini volleyball classes are a tool for developing children's thinking, attention, memory, coordination, sense of collectivism.

Analysis of scientific and methodological literature, of foreign specialists practice shows that practicing mini-volleyball has diverse effects on the child's health, facilitates the solution of health, educational and training tasks, and also forms the basis of active abilities and skills needed in the process of child development.

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