



## Application of Mobile Games in Preparing Young Volleyball Players

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**Annotation:** The article presents the results of research on the use of a complex of outdoor games in the training of young volleyball players. The hypothesis of the study was the assumption that the use of the complexes of outdoor games developed by us will more effectively provide the process of physical training of young athletes.

**Keywords:** outdoor games, volleyball, physical qualities, young athletes.

**Introduction.** The activity of volleyball players is based on a variety of motor activities (running, jumping, acrobatics, and strikes) and requires young athletes to develop their motor abilities in many ways: speed, speed-strength, coordination, endurance and dexterity [1].

The high complexity of technical elements in volleyball causes a long-term development of techniques [2]. The main and main place in the training of young athletes is physical training. Timely and rational development of physical qualities will have an impact on the successful mastering of the elements of volleyball technique [3].

When students cannot master basic techniques quickly, they lose interest in learning. Outdoor games aimed at developing physical qualities and improving the elements of technology activates children and increase interest in classes [4, 5].

In this regard, games and relay races are effective when conducting "uninteresting" exercises without a ball. The use of a game method with elements of competitiveness contributes to an increase in the emotional state and better assimilation of the studied material [6, 7]. When teaching the technique of stances and movements, game exercises and outdoor games are effective, developing special qualities that facilitate the assimilation of tasks with volleyball.

In the training process - outdoor games and relay races are used to develop the physical qualities of young athletes [8, 9]. Outdoor games activate the activity of students, improve their skills and abilities acquired in the classroom, form external and internal motivation for the activities of athletes, create a favorable psychological climate, a situation of success and emotional relaxation. Outdoor games are a transitional step to mastering technical and game actions in volleyball [10, 11].

The use of outdoor games, relay races, game exercises, sports games in the training process is a tool for effectively reducing negative consequences, increasing the level of physical activity, developing and improving physical qualities and motor abilities [12, 13].

The object of the research is the training process of young volleyball players. In accordance with the purpose of our study, the following tasks were set:

1. Based on the analysis of scientific and methodological literature, develop complexes of outdoor games aimed at developing physical qualities.
2. Check the effectiveness of the use of outdoor games developed by us.

To implement the tasks set, the following research methods were used:

1. Analysis of scientific and methodological literature.
2. Questioning.
3. Pedagogical testing.
4. Pedagogical experiment
5. Methods of mathematical statistics.

Based on the analysis of scientific and methodological literature, complexes were selected that include 30 outdoor games. Subsequently, they were divided into blocks [14, 15]:

- With a predominant focus on the development of endurance ("Talking with a rope", "Be able to catch up", "Race with elimination", "Jumping rod", "Talking in a circle") [16, 17];
- With a primary focus on the development of speed ("Runners", "Molecules", "Day and Night", "Challenge", "Polar Bears");
- With a predominant focus on the development of strength ("15 gears", "Riders", "Race of cars", "Hares and walruses", "Troikas");
- With a primary focus on the development of individual coordination abilities and game dexterity in general ("Hunters and ducks", "Fight for the ball", "Moving target", "Fortification defense", "Tumbles and rolls");
- With a predominant focus on the development of flexibility ("Stick behind the back", "Bridge and cat", "Ball race", "Who will reach further", "Bench above the head");
- With a predominant focus on jumping ability ("Fishing Rod", "Wolves and Hares", "Rocks", "Wolf in the Ditch", "Who is higher?") [18].

To determine the initial level of physical fitness, we conducted pedagogical testing.

After the testing stage, we included a block system of outdoor games in the training process of the experimental group. These blocks of games were used at each lesson at the end of the preparatory and main parts of the training session and took 5 and 10 minutes. The choice of the game was based on the tasks of the training session.

After analyzing the average indicators of the groups, we can testify that the level of a number of physical qualities of the subjects corresponds to the standards of this age.

A significant increase in speed qualities was achieved by the subjects of both the experimental and control groups.

The increase in the result of the long jump in the experimental group by stages was 6 - 10 - 11.9%; in the control - 1.5 - 4.6 - 4.45%.

In terms of endurance test in the experimental group, the increase in results by 26.2%.

**Conclusions.** Thus, the rate of increase in the physical abilities of the subjects of the experimental group exceeds the dynamics of the same indicators of the subjects of the control group. As can be seen from almost all indicators, a significant advantage of the experimental group. This confirms the productivity of the complexes of outdoor games used by us, aimed at developing the motor abilities of young volleyball players.

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