



Application of Mobile Games for Mastering the Technique of the Game of Volleyball

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Annotation: It is known that during training, game techniques are better perceived when the fixation of technical errors is insignificant, and outdoor games with elements of volleyball and exercises that imitate game actions are used in the methodology.

Keywords: volleyball, outdoor games, game racks and tricks.

Introduction. 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, activate children and increase interest in classes [1, 2].

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. When teaching the techniques of stances and movements, game exercises and outdoor games are effective, developing special qualities that facilitate the assimilation of tasks with volleyball [3, 4].

Along with a complex impact on the development of the necessary qualities, they contribute to a significant increase in the interest and motivation of those involved. The most useful games here are: "Salki", "Seine", "Day and Night", "Moving Target", "Hunters and Ducks", "Relay of Football Players", "Challenge", "Try to Carry" and others [5, 6, 7].

When teaching ball passes, it is recommended to use the games "Precisely driving" (students stand in a circle, in the middle of which there are 1-3 drivers; moving with side steps, you need to stop and accurately return the ball by passing to the driver) and "Ball in the air" (students in two columns along 5-6 people are located on both sides of the net at a distance of 2 meters, the transfer is made through the net to the person in front of the column, the team that allowed the ball to fall less wins) [8, 9, 10].

It is also possible to use competitions in passes - two teams are located in the zones of the courts, the ball is put into play by the transfer of the player of zone 6 of one of the teams and is played for three touches, the team that won the right to serve changes the zones of the court [11].

The game "Volleyball without serves" is effective: two teams, 4-6 people each, stand on the court on both sides of the net; the teacher and 2-3 of his assistants collect all the balls to the place where the referee is; the ball is thrown into one side of the court, where it is received, played and sent to the other side of the court, whose players do the same; after the loss of the ball by one of the teams, another ball is thrown into their side; the team that had fewer ball losses wins [12, 13, 14].

When studying serves, there are often errors associated with incorrect tossing of the ball and incorrect striking movement on it. To eliminate errors, outdoor games with throwing balls at a target are used: "Rolling a stuffed ball", "Crossing under fire" and others [15, 16].

The content of the game "Rolling a stuffed ball" is as follows. The players are built in two lines on the front lines of the volleyball court facing each other. Each line has 5-6 balls [17, 18]. On the middle line

in the center of the court - a stuffed ball weighing 4-5 kilograms. On a signal, both teams of the players try to hit the stuffed ball with volleyball so that it rolls back behind the line of attack of the opposite team. For each successful roll, the team receives a point. After each roll over the line, the stuffed ball is again placed in the center of the court, and the number of balls in both teams is equalized. The ball is thrown with a "striking motion". The team that scores more points in 5-7 minutes of the game wins.

The game "Crossing under fire" is as follows. 2 teams take part in the game: the first - hitting - is built in a line behind the front line of the site (each player has a volleyball), the second - crossing - 7-8 meters from it behind the sideline and built in one column in front of the "bridge" (two gymnastic benches placed in one row across the platform). On a signal, the players of the second team begin to "cross the bridge" in turn, and the players of the first team "fire" those crossing, trying to hit the player with the ball. For each hit, the team receives one point. 2-3 players of the kicking team are 4-5 meters behind the "bridge" to return the balls to their team. When all the players of the second team have completed the crossing, the teams switch roles. The team with the most points wins. The ball is thrown with a kick.

Of interest is the game "Shootout" - two teams of 6-10 people is located on the site; each team has one or two balls. Task: using any method, throw it over the net to the opposing team. The team that has no balls on the court wins.

Useful when learning to serve are preparatory games 3x3 using serves, receiving and hitting the ball over the net. When studying an attacking strike and its individual parts, you can use outdoor games with jumping, throwing balls at a target, and so on. Games are recommended here: "At the ground target" - two teams participate in the game: the first is located on one part of the volleyball court, and each player has a ball in his hands; the second - behind the platform on the bench. On the opposite side of the site, two circles with a diameter of 1-2 meters are drawn or 2 gymnastic mats are placed behind the attack line. The players of the first team alternately perform a run-up, jump up and throw the ball into any circle (mate) with a shock movement. For a successful hit, the team gets a point. When all the players on that team have completed their throws, the points are tallied and the other team enters the game. The team with the most points wins.

The Pioneerball game is a preparatory game for volleyball. Two teams are placed on either side of the net; one of them, on the whistle, puts the ball into play with a serve, the other beats it back to the opponent's side. It is possible to play the ball for an offensive hit or a jump shot over the net using no more than three touches and three hits of the ball on the floor. The team with 15 or 17 points wins. The most interesting version of the game is when each team has three or four players.

Outdoor games can be used in the selection of schoolchildren in the section, for the development of motor qualities, for the improvement of technical and tactical training. In the game, children behave at ease, and their abilities are revealed naturally and most fully.

Conclusions. When teaching technique, outdoor games are an auxiliary tool in which game techniques are consolidated and improved in conditions close to b-game conditions. They are selected taking into account the positive transfer of the skill, so that the motor content in structure corresponds to the movements of the volleyball player. Outdoor games allow you to create a motor basis for the successful improvement of coordination, on which success in learning largely depends.

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