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Monitoring The Physical Performance Of Volleyball Players

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Abstract- This article discusses the physical fitness of athletes (volleyball players), the types and methods of training, and the control over the physical performance of volleyball players.
Key words- Volleyball, tests, athletes, coaches, physical condition, control, work ability

The physical condition and performance of an athlete are constantly changing under the influence of the effects of training sessions, competitions, etc. A timely, accurate and effective assessment of his current condition allows us to judge,

firstly, the capabilities of the athlete, and therefore, to set realistic tasks for him;

secondly, about the level of training.

Therefore, modern training plans should include monitoring the athlete's achievements and evaluating his potential abilities. Based on the assessment of the condition of volleyball players, it is possible to rationally build a training process.

When assessing the current condition of volleyball players, the following conditions must be observed:

1. Testing should be carried out in the preparatory and competitive periods regularly at regular intervals.

2. There should be the same place and time of control tests for each period.

3. The testing is preceded by an intensive warm-up with 3-5 minutes of active rest before the start of the tests.

4. To more accurately determine the level of development of special physical qualities of volleyball players, perform adequate tests one at a time on the day of passing the standards,

5. Only healthy athletes should be allowed to participate in the tests.

Monitoring of the level of development of volleyball players' performance is carried out using numerous tests. Below are the most informative tests reflecting the level of development of special motor fitness and general performance of volleyball players.

1. Jump up from a place, pushing off with two legs. Jumping from a place with a push with both feet to the optimal height from the tensoplatform. The measurement is carried out with an accuracy of 1 cm.

2. Jumping endurance (serial jumps to the optimal height). A running attack from zone 2(4) for 3 minutes for men and 2 minutes for women with an intensity of 12 attacking strikes per minute for men and 10 for women (estimated hit of the ball into the target – a 3x3 m square). A run-up for an attacking kick from the 3-meter line with a quick return after an attacking kick to the starting position for a run-up. Two targets are set along the side lines behind the line of attack. Attacking blows are fired alternately at both targets. The loss of the ball is considered to be hitting the net, off the court, past the target.

3. A running jump with a push of both legs with a hand touching the metric marking is possible higher. Marks are made on the basketball board, calculated in metric units - see The athlete performs a jump, running up from a distance of three steps from the shield. After the run-up, the repulsion occurs with a push of two legs, the volleyball player tries to reach metric marks with his hand. The height of the jump is determined by the difference between the height of the touch point and the height of the athlete. The measurement is carried out with an accuracy of 1 cm.

4. Long jump from a place with a push of two legs. The athlete makes a jump from the control mark by pushing both legs and landing on two legs. The measurement is carried out using a tape measure with an accuracy of 1 cm.

5. Triple jump from a place. The volleyball player starts the jump from the control mark, while the starting position is the legs together. The first jump is performed by pushing off two legs, landing

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is performed on the push leg and pushing off the ground with the same foot and landing on the fly leg. Then the repulsion occurs due to the swing leg and the final landing is on two legs. The measurement is carried out using a tape measure with an accuracy of 1 cm.

6. A test to determine the level of development of endurance to high-speed repetitive loads — "herringbone".

Six balls are placed at the same distance from the center of the front line on the side lines of the volleyball court. Another ball is on the front line. At a signal, the athlete takes the start from the center of the front line of the volleyball court and runs to the first ball on the sideline, touches it, turns and runs to the starting point, touches the ball that is on the front line, turns and runs to the second ball standing on the other sideline, reaching it, touches the ball with his hand, turns and runs to the starting position, touches the ball with his hand, turns and goes to the ball standing on the three-meter line, touches the ball and runs to the front line, touches the ball standing on the front line, turns and runs to the ball standing at the intersection of the three-meter and side lines of the volleyball court, touches the ball with his hand, turns and runs to the ball standing on the front line, touches it and goes to the ball standing on the middle line of the volleyball court, touches it and runs to the starting position, touches the ball standing on the front turns and runs to another ball standing at the intersection of the side and middle lines of the volleyball court, touches the ball with his hand and heads to the starting place, where he finishes.

The end time of the test is at the moment of touching the ball located on the front line. The measurement is carried out using a stopwatch with an accuracy of 0.1 seconds.

7. A test to determine the speed of movement on the volleyball court (30 m – 9-3-6-3-9). At a signal, the athlete starts from the center of the front line of the volleyball court and runs to the middle line, touches it with his hand, turns and runs to the three-meter line, touches it, turns and heads to the three-meter line of the other side of the volleyball court, touches it and, turning, runs again to the middle line, then turns and makes a finishing dash from by touching the front line of the volleyball court with your hand. The measurement is carried out using a stopwatch with an accuracy of 0.1 seconds.

8. A test to determine the speed of movement on the volleyball court (running to 4 stuffed balls). Running to four stuffed balls alternately from the center of the court. Two stuffed balls are in the corners bounded by the front and side lines, the other two are in the corners bounded by the side and the offensive line. The athlete starts at the signal from the center of the front line, where the ball is located and runs to zone 4, touches the ball with his hand and runs to the starting point, touches it, turns and runs to the ball standing on the front line, touches it and runs to zone 2, touches it and runs to the starting position, touches the ball with his hand standing on the front line, turns and runs to another ball standing in zone 1, touches the ball with his hand and goes to the ball standing on the front line, turns and runs to the ball standing in zone 5, touches the ball with his hand and runs to the starting place, where he finishes. The travel time is estimated with an accuracy of 0.1 seconds.

There are several ways to evaluate test results. Let's say a group of 20 athletes is playing volleyball. All of them perform tests for volleyball players in the same conditions. Twenty points are awarded for the first place in each of them, nineteen for the second, etc. For the twentieth – one point. The points received by the athlete for each test are summed up. The one with the highest score is considered the most prepared.

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