

**MODERN METHODS OF TEACHING VOLLEYBALL
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Abstract. *This article presents the theoretical and methodological aspects of teaching volleyball technique to university students. It explores the role of volleyball as an important means of physical education, promoting the comprehensive development of physical qualities and the development of technical skills in students. The article describes the main groups of techniques characteristic of modern volleyball, such as movements, serves, passes, attacking hits, blocking, and defensive actions. Particular attention is paid to innovative teaching approaches, including the varied use of serves and attacks, the development of agility, strength, jumping ability, and coordination, as well as the refinement of tactical thinking and the use of feints.*

Keywords: *volleyball, technique, students, training process, serve, pass, attacking hit, defense, physical qualities, innovative methods.*

Introduction. Current trends in the development of physical education in higher education require the implementation of innovative pedagogical technologies aimed at improving the effectiveness of teaching motor skills in team sports. Volleyball occupies a leading position in the athletic training of student youth, as it promotes the development of physical qualities, coordination abilities, tactical thinking, communication, and leadership skills [5, 7].

However, an analysis of physical education practices shows that traditional methods of teaching volleyball technique do not always meet the modern requirements of an educational process characterized by high dynamism and individualization. This necessitates the search for and implementation of modern

teaching methods based on the principles of scientific approach, digitalization, variability, and a practice-oriented approach [1, 2, 4].

Volleyball technique is characterized by a variety of techniques performed while constantly moving around the playing court [3]. Therefore, volleyball players must be able to receive the ball, attack, block, and pass the ball [3, 4].

Considering existing research that confirms a direct, proportional relationship between physical development, the body's morphofunctional state, and overall physical fitness, it can be argued that it is possible to influence the technical fitness of students participating in volleyball sports sections by improving certain physical qualities [1, 5, 6].

With proper organization of training, volleyball helps strengthen the musculoskeletal system and improve all bodily functions [7, 8, 10]. The variety of motor skills and actions, varying in coordination structure and intensity, as well as the spectacular nature of the game, make volleyball particularly attractive to young students [9].

Volleyball competitions require athletes to demonstrate courage, determination, endurance, and the ability to overcome difficulties, while strict adherence to the rules fosters organization and discipline.

Volleyball technique includes a set of techniques used to conduct the game. Perfect technique creates favorable conditions for successfully solving game problems in defense and attack and is based on natural human coordination. Only then can highly effective game actions and economical expenditure of energy be ensured throughout the entire match [2, 7, 11].

Given the specific nature of volleyball, mastering impeccable technique is crucial for achieving high athletic results. Volleyball technique encompasses the fundamental game moves and the interactions necessary for playing the game. The various combinations of movements a volleyball player masters characterize their technical preparedness.

Structurally, technique is divided into defensive and offensive techniques. Offensive techniques include: movement, serving, passing the ball, and attacking hits.

Movement is the player's movement, including walking, jumping, or running, to find the optimal location to perform a specific technique. The player can approach the ball with normal or shortened steps. If the distance to the ball is great or the ball is moving very quickly, the volleyball player runs, jumps, or reaches the ball while falling.

In modern volleyball, the serve is used not only to initiate a rally but also as an effective attacking tool, making it difficult for the opponent to organize combinations. Using serves that utilize the ball's speed (power serve), precise direction (target serve), and variation in trajectory and flight (gliding serve) has been proven to improve a team's offensive effectiveness. There is scientific evidence that teams with more aggressive serves achieve better results.

An attack hit is an offensive technique in which a player throws the ball with one hand to the opponent's court above the top of the net. An attack hit is executed in the following sequence: a standing or running jump, a hit, and a landing. A running jump requires a push-off with one or both feet, while a standing jump requires only two feet. When performing a jump with a push-off with both feet while running, the player gains the necessary speed to execute a high jump [4, 11].

Depending on the game situation (the direction and nature of the serve, the actions of the opposing blockers), the attacker aims to execute the hit in a way that sends the ball past the blockers' hands. Attacking moves will be effective if the player has mastered not just one, but a whole arsenal of attacking techniques.

Attack hits are divided into direct and side hits. Direct hits are executed from a position facing the net, while side hits are executed with the shoulder. Both direct and side kicks can be executed by transferring the ball to different zones of the court [2, 7].

Passing the ball is a technique used to direct the ball above the top of the net for subsequent attacking shots [4, 12]. A prerequisite for passing is arriving at the ball in a timely manner and assuming the correct starting position.

Passes can be short (within one zone), medium (from zone 2 to zone 3), and long (from zone 2 to zone 4). Passes can be low (up to 1 m), medium (up to 2 m), and high (over 2 m) in height. High and long passes require more active footwork. Short passes are best executed while jumping-this is a complex technique, as it occurs in a neutral position.

In recent years, volleyball has increasingly used passes to the second line, which significantly increases the effectiveness of attacking actions. Teamwork in defense is crucial. All team efforts will be wasted if players make mistakes in defensive actions.

Defensive actions include movement, receiving the ball, blocking, and receiving after an attacking hit. In modern volleyball, the following methods of receiving the ball are used: with two hands underhand, with two hands overhand, and with one hand underhand while falling. The reception of the serve largely determines the effectiveness of a team's attacking actions. The accuracy of the first pass is an indicator of the quality of the first ball reception [1, 7, 9].

Blocking is the main method of countering an opponent's actions above the net. In volleyball, blocking is used for effective defense. Blocking involves movement, jumping, extending and placing the hands above the net, and landing. The moment of the blocker's jump is determined by the actions of the attacker. Movement, starting positions, dashes, and mutual protection are the most important elements of defensive technique. Movements can be forward, backward, or sideways. A volleyball player's movements prepare them for the main actions of the game. After the initial sprint, the player must position themselves to be ready for the next actions on the court.

Successful defensive play requires developing agility and paying special attention to motor coordination, as it determines the precision of technical actions. The development of agility in volleyball players is primarily associated with the symmetry of movements and the uniformity of effort when receiving and passing the ball. Agility is also determined by the ability to control one's body during various falls, rolls, attacking hits, and blocking.

Streamlining the training process and precise coordination of players' actions during defense or attack ensure the improvement of volleyball technique, along with improved speed and strength readiness.

It should be noted that, in their search for innovative approaches to the training process, coaches are increasingly using various serving and attacking options during the game, which contributes to an improved level of play while ensuring effective attack and reliable defense [3, 11, 12].

Another innovative component of volleyball players' technical training is the optimal use of feints. All innovative approaches to athletic training are aimed at achieving the most positive results. Attacks from the back row are increasingly used in attack - not only from the first zone, but also from the fifth, and especially from the sixth. Back row players often join in when the setter is also in the back row, effectively making the team play with four attackers. In defense, players often back up the blockers - the front row player not involved in the block, as well as the players in the first and fifth zones, provide assistance [5, 13, 14].

Conclusions. A qualitatively new level of volleyball play depends on the rational use of innovative approaches to technical training in training. To achieve positive results in rapidly changing game situations, a volleyball player must master a wide range of technical techniques and playing methods. The level of technical skill of an individual player largely determines the success of a team.

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