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"North Ossetian State Medical Academy"
Ministry of Health of the Russian Federation**

**DEPARTMENT OF GENERAL HYGIENE
AND PHYSICAL CULTURE**

Methods of teaching sports games in medical universities

Methodological manual
on the organization of independent work and study of the
disciplines "Physical culture and sports" and "Elective course in
physical culture and sports" of the main professional educational
program of higher education – specialty program in the specialty
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Sport is an integral part of physical culture, a means and method of physical education based on the use of competitive activity and preparation for it, in the process of which the potential capabilities of a person are compared and evaluated. The manual contains the necessary information on the theoretical foundations of the methodical section of the program on physical culture, reveals the basic concepts of the theory and methodology of sports games that will be useful for students.

The methodological guide for students "Methods of teaching sports games in medical Universities" is recommended for students studying in the specialty "Medical care", "Dentistry", "Pediatrics", "Medical and preventive care", "Pharmacy".

The manual is prepared in accordance with the Federal state educational standard of higher education.

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Topic 1. Volleyball in the system of physical education at the University

PURPOSE OF THE LESSON: teaching students the technique and tactics of playing volleyball

THE STUDENT SHOULD KNOW:

- rules of the game;
- basic techniques and tactics of playing volleyball.

THE STUDENT MUST BE ABLE TO:

- apply motor skills and abilities in the educational process at the proper technical and tactical level.

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1. INTRODUCTION

Volleyball at the University is an integral part of classes in educational departments and one of the main forms of organization of physical education in higher education. Therefore, special attention should be paid to the optimization of the educational process in volleyball in groups of General physical training (OFP) for more effective development of physical qualities of students and mastering the technique of playing volleyball.

Conducting volleyball classes should be based on the principle of an integrated approach. Classes in the direction should be combined, so that they include the material of two or three types of training (physical, technical, tactical), in various combinations. Such classes allow you to solve the main task of mastering the technique of game techniques (initial training in game techniques) at the optimal level of development of the physical abilities necessary for this. All subsequent classes are built on the basis of the previous ones with the obligatory repetition of previously studied actions and with the inclusion of new techniques.

2. HISTORICAL BACKGROUND

Volleyball is a popular game in many countries around the world. For the first time to play volleyball started in the United States of America. In 1895, William Morgan, a College physical education teacher from Helioc, Massachusetts, offered students a new entertainment game, the main idea of which was that the players hit the ball with their hands, forcing it to fly over the net. The game was called "volleyball", which means flying ball in English.

In 1897, the sports rules of this game were developed, which were repeatedly changed and supplemented. A simple game that does not require expensive equipment, very quickly spread to Japan, China, the Philippines, and later - in Europe. In our country, volleyball began to develop after the Great October. Having gained great popularity in Moscow, it is distributed in the RSFSR, Ukraine, Belarus, and Transcaucasia.

In 1947, the international volleyball Federation (FIVB) was established, and volleyball receives official international recognition. Volleyball was included in the program of the Olympic games only in 1964 in Tokyo. The Soviet national team became the first mens volleyball champion in the history of the Olympic games. Once every two years, European Championships, school sports Competitions (under 18 years), European Championships among youth teams (under 19 years) are held. The European Champions and Cup winners Cups are held annually.

3. CONTENT AND RULES OF THE GAME

Volleyball is played on a 9x18 meter court. The whole area is divided into two equal halves by a middle line, over which the net is suspended. The height of the grid depends on the age and gender of the players. The game involves 12 players (6 players on each side), and it is played with a ball weighing 250 grams and a circumference of 65-68 centimeters.

The point of the game is to prevent the ball from falling on your court, making an effort to drop it on the side of the opposite team. The actions of the players, limited by the rules, are performed by game techniques: serving, passing, attacking with a blow and blocking. The starting positions for game techniques will be racks (for actions on the spot) and moves (for actions in motion).

The game consists of three or five games, each with a score of up to 15 points. The winner is the team that wins two games out of three or three out of five. If the first game is won by one team, and the second by another, then the third, decisive game is held. The same conditions and with the play of the five parties. After each game, the teams change venues.

The location of the players on the court is as follows. Three players take a place on the front line at the net, the rest on the back line, but so that you can control the entire court. Volleyball players on the front line participate in receiving and passing the ball, attack, block, and secure each other. Players of the back line serve, receive and pass the ball, secure, but do not have the right to go to the front line to attack and block.

The game begins with the ball being served by one of the teams. The right to first serve is determined by a draw held by the referee with the team captains. Moreover, the team captain who wins the draw gets the right to choose the site or the first pitch. When the players take their places on the court, the referee gives the command to start the game. No more than 5 seconds are allowed for submission. One player serves until his team makes a mistake. If this happens, the ball is passed to the opponent. In this case, the team that played the serve moves the players from zone to zone in a clockwise direction.

Each team, taking the ball from the opponent's feed, has the right to three consecutive touches. If two players of the same team touch the ball at the same time, then two touches are counted. If the ball is held over the net between the hands of players of different teams, the game stops. A second serve is made to draw the disputed ball.

The ball is considered out of play if it has passed behind the restraining bands on the net, which are attached above the projection of the sidelines, or touched objects outside the court. Side and front lines (marking) are included in the area of the playing field.

The team loses the right to serve or the opponent wins a point if:

- ✓ *the ball falls on your court;*
- ✓ *the team makes more than three touches;*
- ✓ *the ball is thrown or delayed;*
- ✓ *the ball touched the players body below the waist;*
- ✓ *the player touches the net;*
- ✓ *the player made two consecutive touches;*
- ✓ *the players foot is completely on the opponent's side and does not touch the midline;*
- ✓ *the player makes an offensive strike on the opponents side;*
- ✓ *the backline player from the attack area interrupts to the side opponents ball that is above the top edge of the net;*
- ✓ *a backline player was involved in blocking and touched the ball;*
- ✓ *the team violates the placement at the time of submission;*
- ✓ *a player is supported by a teammate while hitting the ball;*
- ✓ *the player receives a personal comment;*
- ✓ *a player touches the ball or a player of the opposing team when the ball is on the opponents side;*
- ✓ *the game is deliberately delayed;*
- ✓ *the player was replaced incorrectly;*
- ✓ *a third rest break is required after the warning;*
- ✓ *used more than 30 seconds for the second rest break;*
- ✓ *a player leaves the court without the referees permission during breaks in the game;*
- ✓ *players take actions in order to prevent the opponent;*
- ✓ *the blocking rules have been violated.*

The game is considered won if one of the teams scored 15 points with an advantage of at least 2 = x points. When the score is 14: 14, the game continues until one of the teams achieves a 2-point advantage (16: 14; 17: 15, etc.) The team has the right to two breaks of 30 seconds in each game. Replacement of players is allowed, but no more than six in each game.

Preparatory part (25 minutes). The training material of the preparatory part should be organically connected with the material of the main part. The means of the preparatory part are: drill exercises, attention exercises, various types of walking, running, jumping, 3-4 exercises of a General developing nature for strength, flexibility, dexterity and strengthening the muscles of the shoulder girdle and hands; 2-3 exercises for the development of jumping ability and speed; it is desirable to add a mobile game or relay race to this complex.

The main part (60 minutes) performs the following tasks:

Training in the technique and tactics of playing volleyball:

Technical training is aimed at teaching the technique of movements and its improvement, which serves as a means of conducting competitive wrestling. To create the most favorable conditions for learning the techniques of the game, training should be built on such a plan:

- ✓ general introduction to the game technique;
- ✓ the performance of reception in simplified terms;
- ✓ the performance of reception in conditions close to the game;
- ✓ improving the reception in a game situation.

Technique of the game in attack. Stand and move (side, double step and jump). Jumping with a push with two legs up from a place and from a run.

Ball feeds: lower straight and sideways, upper straight.

Passing the ball: from above with two hands, in front of you, forward, backward, on the spot and after moving, passing the ball in a jump (introduction).

Forward kicks: direct forward kick, right, left kick (introduction).

Technique of the game in defense. Stand and move (side step, cross step, lunges, jumps). Receiving the ball from above and below with two hands on the spot and after moving, receiving the ball from the serve and attacking strikes.

Blocking: single, group (familiarization).

Tactics of the game in attack. Individual actions: the choice of the players position and the appropriate use of technical techniques depending on the actions of the opponent and their partners when serving, attacking and deceptive strikes. Group action: the interaction of players in the attacking third, players of the back line with the players line of attack. Command actions. The system of playing with the second transfer of the player in the front line.

Tactical actions in defense. Individual actions: the choice of place and appropriate actions when performing technical techniques of the game, receiving serves, attacking strikes. Group actions: interaction of players when receiving serves and attacking strikes.

Recommendations for conducting the main part of volleyball classes are as follows:

when organizing the main part of the classes, it is necessary to strive to use the maximum number of balls, widely apply the flow and game methods of conducting exercises;

when teaching elements of technique and tactics, observe the sequence of training stages, namely: familiarization with the learned technical technique, learning techniques and tactical actions in simplified conditions, studying in complicated conditions and fixing the reception and tactical action in the game.

Training games should have a targeted game orientation, strictly regulate the actions of the players.

When teaching the technique and tactics of playing volleyball, the following methods are used: verbal-visual, integral (basic), dissected, the method of conjugate effects, the method of motor activity, the method of information, game, competitive method

The final part (5 minutes) is designed to complete the work, bring the body to the optimal state for subsequent activities. The most typical tasks of the final part of the lesson are: reducing the overall excitement of the cardiovascular, respiratory and nervous systems, removing excessive tension of individual muscle groups, adjusting emotional States, summing up the lesson. The final part of the class usually includes: sedentary attention games, walking, slow running, breathing exercises and relaxation. It is not recommended to ignore the final part of the lesson.

4. FUNDAMENTALS OF TECHNICAL AND TACTICAL TRAINING

The volleyball technique is a means of conducting sports wrestling with the solution of specific technical problems. Mastering sports equipment in the course of training is carried out according to the following scheme:

- the athlete creates a motor representation;
- attempts are made to implement it in practice;
- as the studied movement is repeated, a skill is acquired, which later turns into a motor skill.

According to the target feature of the organization of actions, the technique of the game is divided into the technique of attack and the technique of defense.

The technique of attack includes the technique of movement (stands and varieties of movement) and the technique of possession of the ball (serving, passing for an attacking strike, attacking strikes and interrupting).

Racks - acquisition of readiness to move and exit to the starting position for performing technical reception. Types of racks: stable and unstable. Depending on the upcoming actions, the player performs a stand that is rational for a certain type of activity. For racks, the following position is characteristic: one leg in front, the second slightly behind, the trunk is slightly tilted forward, the forearms are bent at the elbow joints, the palms of the hands are at waist level, the legs are crossed.

Moving – selecting a place to perform a technical reception. Types of movements: step (normal, forward, backward, sideways), jump (push with two or one leg, with a run, from a place, without turning – with a turn of the trunk), run (normal, forward, backward, sideways); jump, fall, lunge, their variants and various combinations. All types of movements are United by the smoothness and softness of their execution, which is achieved due to the incomplete straightening of the legs in the knee joints and the absence of swing movements with the hands.

Serve – a means of introducing the ball into the game and a means of attack. According to research, the "net" gain from serves is 7-10 %, while difficulty in receiving the ball from the serve occurs in 35-60 % of cases.

Performing any submission, you should:

- take the starting position;
- throw the ball (with one or two hands);
- coordinate the work of all parts of the body in a certain sequence;
- hit the ball accurately.

Despite the differences in the technique of individual methods of serving, the movements when they are performed have a number of common patterns. Before serving, the player takes a stable stance: the left foot in front of the right one at a step distance. The legs, bent at the knees, are located about shoulder width apart. With the lower serves, the body is slightly tilted forward, with the upper ones-it is located vertically. The weight of the body is evenly distributed on both legs, the overall center of gravity of the player's body is projected onto the middle of the support area. The left arm is bent at the elbow joint and brought forward so that the elbow is removed from the torso, and the hand is at the level of the toe of the left leg. The ball is in the palm of your hand. The right hand is preparing to swing. The most important part of the pitching technique is throwing the ball.

To ensure the best execution of the strike, the following conditions must be met:

- ✓ *the trajectory of the ball movement from the bottom to the top should be closer to the vertical, for this purpose, the brush is parallel to the support when throwing in all positions;*
- ✓ *tossing the ball should be performed with a smooth movement of the hand with a gradual increase in speed – this contributes to optimal control of the shape of the trajectory and height of the ball toss.*

The swing is carried out with the hand back in the plane of the future impact movement, while the right shoulder is taken even further back. At the same time, the General center of gravity of the body shifts to the rear border of the support, the legs bend even more at the knee joints.

In the main phase, the player performs a counter-impact movement, which begins with turning the body around a vertical axis and bringing the right shoulder forward. A little later, the legs are included in the work: unbending at the knees, they lift the player's body up, slightly move it forward and, together with the movement of the turn, create the initial speed of movement of the striking hand. The hand is flung out to the meeting point with the ball, and the General center of gravity of the body is shifted to the front border of the support (the weight of the body is transferred to the foot in front). Hit the ball with a tense brush so that the ball moves further forward and up.

The movements of throwing the ball, swinging and hitting are combined in a certain way according to the execution time. There are three possible combinations.

1. The player first throws the ball, then makes a swing and performs a kick on the ball. This combination is typical for novice players and is not optimal.
2. The player first makes a swing, then throws the ball and makes a kick. This combination is typical for the execution of the innings for the precision and planning of certain types of flows.
3. Simultaneously perform a ball toss and swing, followed by kick the ball. This combination is somewhat more complex in terms of coordination, but more perfect in its organization.

After the ball leaves, the hand continues to move and stretches in the direction of the feed, while the legs straighten. In the final phase, along with lowering your hands, you can take a step on the platform to quickly move on to new actions. There are five ways to perform a feed. Take a look at three of them.

Lower direct feed (NPP)

In this case, the ball is hit below the axis of the shoulder joint, when the player is facing (straight) to the net. Throw the ball to a height of 0.5 meters in front of your head. The swing is performed backwards and slightly upwards in a plane perpendicular to the support. The blow is carried out by a swing movement of the right hand from behind-down-forward at the level of the belt and it is applied to the ball from below-behind.

Lower side feed (NBP)

The ball is struck below the axis of the shoulder joint, standing sideways to the net. The swing is made in the direction of down-back in the plane inclined to the support, approximately at an angle of 45 degrees. The right shoulder is pulled back and lowered. The blow is carried out with a swinging movement of the right hand from behind-to the right-forward, it is brought under the ball so that the place of impact is approximately at the level of the belt. Hit the ball with a tense bent hand from the bottom-side.

Top straight feed (runway)

The ball is struck above the axis of the shoulder joint, facing the net. The ball is thrown almost over the head and slightly ahead to a height of up to 1.5 meters. The swing is performed up and back, the arm is raised and withdrawn bent at the elbow behind the head. The angle of flexion in the elbow joint (shoulder – forearm) should not be less than 90 degrees. Simultaneously with the swing, they bend in the thoracic and lumbar regions, the right shoulder is pulled back. With a shock movement, the right arm is extended at the elbow joint. Continuing the swing

movement, the player brings his hand to the meeting point with the ball slightly in front of him. The kick is performed from behind and somewhat from below, so that the ball moves forward and up

The two types of serves that have not been considered (upper side and upper straight serves in the jump) require a certain level of technical readiness of players, so their study is advisable among players specializing in volleyball.

Errors when performing innings:

- ✓ incorrect starting position;
- ✓ ball toss too high (low) ;
- ✓ enslaved or poorly structured movement of different parts of the body;
- ✓ inaccurate kick on the ball;
- ✓ at the moment of hitting the ball, the arm is bent at the elbow joint.

The upper transfer ball

A *pass* (when tactically implemented as a second pass) is a technical technique by which the ball is directed above the upper edge of the net to perform an offensive strike. There are two ways to perform the transfer (two hands on top and one hand on top) and several varieties. Consider the main method of transmission-two hands on top. Before performing the transfer, the player must timely perform an accurate "exit under the ball" (move to the intended meeting point with the ball in a step or run) and take a stable position, for this the last step is performed as a stop, legs bent at the knees, one leg in front of the other. The arms are bent at the elbows and raised, the hands are placed in front of the face so that the thumbs are approximately at the level of the eyebrows. The index and thumbs of both hands form a triangle through which the player watches the ball approach. The hands are supinated, at optimal tension they have the shape of an oval, forming a kind of bucket.

When the ball approaches, the legs begin to counter-move – they are unbent at the knees. A little later, the hands are included in the movement: unbending at the elbow joints, they set the General direction of the ball's flight during transmission. When performing a counter-impact movement, the legs and arms are flexed quickly and energetically and relatively slowly.

The hands, adjusting the direction of flight of the ball during transmission, maintain the extension position, in which the palms are perpendicular to the direction of movement of the ball during transmission. When performing a percussive movement, the hands are penetrated. The fingers in this case perform various functions: the thumbs take on the main load of cushioning and holding the ball in the direction of its movement; the index and to a lesser extent the middle fingers are the main striking part of the hand; the ring fingers and little fingers hold the ball laterally, adjusting the direction of its flight.

After the departure of the ball, the legs and arms continue to unbend until they are fully straightened, in this position, the hands should be fixed after the accompanying movement.

There are variations of top gear: jump gear, one-handed gear, reverse gear; and their execution options: slow (up to 10 m / s), accelerated (up to 16 m/s) and high-speed (more than 16 m/s); long, short, shortened transfers; transfers with distracting actions

Typical errors when performing top gear:

- ✓ straight legs, unstable position;
- ✓ the elbows are very far apart;
- ✓ the elbows are very far apart;
- ✓ the ball meets with straight hands.

Sample exercises for training and improving serves

1. Simulation of movement in the lower, straight serve without the ball. The players line up at the feed point in a column one at a time. The teacher slowly performs all the movements without the ball at the bottom, straight feed. Players, taking turns approaching the place of submission, imitate the movement.
2. Training to throw the ball at the bottom, straight serve. To perform the exercise, the participants are divided into two groups, and each of them is located on opposite sides of the court, behind the front line in a column, one at a time, so that the forward players are at the place of submission. The next player is located behind the front line at the place of submission facing the net; the left leg is in a small lunge (for a right-handed person), the torso is slightly tilted forward. The player throws the ball 5-6 times. He does not swing or hit the ball. After the first player standing in the column performs the exercise, the second player does the same, and so on. The other players determine the errors in the ball tossing technique that the player performing the exercise made.
3. Training to throw the ball with the movement of the swing of the hand at the bottom, straight serve. At the moment of tossing, the right hand of the person performing the exercise is pulled back and down, the center of gravity is transferred to the right leg, which is bent at the knee joint. When the ball from the top position begins to fall down, the right leg straightens, the torso moves forward and the right movement from the bottom up strikes the back-bottom of the ball. At the moment of impact, the player puts his left hand on the opposite side of the ball, and the ball remains in the hands of the pitcher.
4. Learning the whole movement (with the ball feed) with a lower, straight feed. The player simultaneously, but slowly, performs all the movements when serving (starting position-throwing the ball-swing-striking movement).

5. The Ball is served close to the net. (the shock movement is abrupt, clear, "with a firm palm").
6. To the very front line.
7. Alternately close to the grid and to the front line.
8. Changing the trajectory of the ball: the trajectory passes at the height of the shoulders of the receiving player, standing 4-5m from the net.
9. The trajectory passes above the head of the player standing 7-8 m from the net, the ball falls near the front line.

In the process of training, beginners should be given the task-be sure to learn how to take serves both with two hands from below and with two hands from above; choose the right place on the court and move to the flying ball in a timely manner; perform a safety net for the player taking the serve.

It is important that students learn the immutable laws of the game: if you rush to receive the ball first, be sure to accept it; if you accept the serve, try to pass the ball to a predetermined zone.

Attacking strike (NU) is the main tactical means of fighting the enemy. The main and most common way to perform it is a direct forward strike on the move, i.e. when the direction of flight of the ball after the strike coincides with the direction of the volleyball player's run-up before the jump.

In addition to the direct striker on the move, there are side striker strikes, with translation and deceptive strikes.

Technique the most common direct striker strike (during running) is the following: volleyball player while in high counter, determines the possible direction of the ball and gradually accelerating run-up, rushes to the place of repulsion to execute a forward strike. The start of the run-up and its speed depend on the distance and trajectory of the ball. At the last step of the run-up, the hands move down and back, the player performs a jump on the right leg exposed forward and, putting the left one, lands on the parallel feet, bending the legs. The volleyball player performs an upward jump by swinging his arms forward and extending his legs. The right hand, carrying out a swing, bends in the elbow joint, the shoulder pulls back, the trunk bends, the legs bend in the knee joints. The ball is hit by bending the torso and extending the right arm, which moves towards the ball, the left arm is lowered down, the legs are extended. The right hand, accompanying the ball (the hand is bent), falls down. The volleyball player lands on his half-bent legs.

The most successful training is given to the attacking strike when it is performed first from a place or from a step on a vertically thrown ball, and then after a small run-up on the ball directed to the partner along an average trajectory from a short distance.

At the beginning of classes, it is advisable to use a dismembered method of teaching. To do this, it is recommended to train the student to hit the ball on the spot, then in the jump and only then in the jump after the run-up.

The initial run-up should be no more than 3 m at an angle of 45-50 degrees. It is appropriate to remind students about landing: you need to avoid landing on the heels of almost straight legs (hard landing), which leads to frequent injuries.

Hitting the ball should not be strong. As the attacker masters the blow, it is advisable to alternate strong and weak blows with both the right and left hands.

The choice of offensive strike tactics depends on whether the attacker engages in single combat with the opponent's blockers or has to choose other means and methods to complete the actions. Success depends not so much on the force of the blow, but on the surprise in the application of the method of impact and its direction.

Errors when performing an offensive strike:

- ✓ stopping the step on the toe;
- ✓ stop before pushing off;
- ✓ there is no forward swing with an unbreakable hand;
- ✓ blow with the arm bent at the elbow;
- ✓ at the moment of impact, lowering the elbow down;
- ✓ landing after hitting on straight legs;
- ✓ early or late run-up.

Sample exercises for training and improving the offensive strike

1. Getting a basketball Hoop. At a distance of 30-40 cm from the perpendicular, lowered from the edge of the ring, a line is drawn on the floor - the place of the push of the players. This location is similar to the push location for direct attacking strikes (the ball is hit in front of the player's line). Players take turns pulling out the ring, simulating a straight forward right-handed strike. Then the same exercise is performed with the left hand. Methodological guidelines. Make sure that the players perform the push from the designated place and the hands take an active part in the jump (the hands make a swing movement at the moment of bending the legs before the push and tilting the torso forward).
2. Attacking blow at the wall. Players are placed facing a smooth wall, at a distance of 5-6 m from it. One ball per player. Students perform direct hits on the ball without jumping, directing the ball into the wall so that after Bouncing off the floor, they can again make the same hit. Exercise to perform first with the right then with the left hand . If there are not enough balls and the exercise is performed in pairs or in threes, the players strike in turn.

3. Attacking strike in pairs, players are placed in pairs facing each other at a distance of 5-6m. One player performs high passes to the second player so that he can perform straight punches without jumping. Task for the players: the attackers must strike accurately, not higher than the chest level of their partner, who takes the blow with the upper gear and makes passes for the blow. After 8-10 strikes, the players switch roles.

Protection technique

Defensive actions of volleyball players consist of the technique of movement, stands and techniques of possession of the ball (receiving the ball after serving, from attacking blows and blocking).

Racks-for defensive actions dynamic with significant flexion of the legs in the knee joints. The arms, bent at the elbows, are at waist level, the legs are crossed. For blocking, leg flexion is insignificant, but stepping is mandatory. Movements are performed by walking, running, jumping, lunging and falling..

Receiving the ball from below with two hands:

- a) the ball flies at a low speed – in the final, after moving, starting position, the legs are bent at the knee and ankle joints, step over, the torso is slightly tilted forward, the arms in the elbow and wrist joints are straightened, the hands are connected. Before meeting the ball, the flexion of the legs increases, as a result of which the arms fall down. From this position begins the extension of the legs, the straightening of the trunk, the movement of the hands forward and up. The counter speed of movement of hands to the ball is higher, the lower the speed of flight of the ball;
- b) the speed of the ball is significant – at the moment of contact of the hands with the ball, their movement in space does not occur, depreciation is provided by a slight lowering of the straight arms and the raised position of the torso at the time of receiving the ball.

When receiving balls flying from the side of the player, a lunge is made towards the nearest foot to the ball and the plane of the hands should be directed at an angle to the court.

Errors when receiving the ball from below:

- ✓ at the time of reception, the arms are bent at the elbows;
- ✓ руки the arms are almost parallel to the floor;
- ✓ резкое sharp counter movement of hands to the ball;
- ✓ when receiving the ball from the side, the plane of the hands is not at an angle to the floor;
- ✓ static stand in front of the reception and hand in the castle.

Blocking

Block a technical defense technique that blocks the path of the ball flying after the attacking actions of the opponent, with the help of raised hands (hands) over the upper edge of the net.

Individual blocking. Stand ready-legs slightly bent, arms at chest (or face) level, bent in the elbow joint position, eyes focused on the trajectory of the ball and the actions of the players performing the first and second passes. After determining the attack zone, the player moves there in any way.

The quality of the block depends on the timing of the jump. When hitting with medium and high gears, the blocker jumps after the attacker's jump (jump at the moment of the attacker's swing). When hitting low and fast passes, the blocker must jump with the attacker. When hitting on the move, the blocker places his hands exactly against the ball. When blocking oblique strikes, two hands are taken out to the left (to the right) from the ball and the left (right) palm is turned towards the ball.

Players of high stature do not make swinging movements, their hands are raised up. Such players move to block with their hands up. When setting the block, the hands are tense, the fingers are separated and tense.

Group blocking. The technique of blocking by two and three players assumes, first of all, the consistency of the actions of the blocking players. The main blocker determines the type of block – zone or catching. The auxiliary, having determined the actions of the main player, closely joins his hands to his hands in the unsupported phase.

The transfer of hands through the net is advisable when attacking a shot from close to the net passes. When blocking an offensive kick from the edges of the net, one palm (right or left) of the outfield blocker is turned around, blocking the direction of the ball's rebound to the out.

Errors when performing the blocking technique:

- ✓ large swinging motion of the hands before jumping;
- ✓ lowering the hands after the block through the sides;
- ✓ the fingers and wrists of the hands are not tense when blocking;
- ✓ static stance before jumping.

It is known from practice that vestibular stability plays an important role in blocking. It was found that players with good vestibular stability almost do not allow such mistakes as crossing the middle line, touching the net, or colliding with partners when blocking.

6. PHYSICAL TRAINING AND DEVELOPMENT METHODS

SPECIAL PHYSICAL QUALITIES

Volleyball places high demands on the functionality of the participants. The game of volleyball includes sudden and fast movements, jumps, falls and other actions. In this regard, the volleyball player must have an instant reaction, speed of movement on the court, high speed of muscle contraction, jumping ability and other qualities in certain combinations. Systematic development of physical qualities contributes to the successful mastery of game techniques and tactical interactions.

Development of high-speed qualities, speed of respons

1. Alternation of movements: running face and back forward, on bent legs; side steps right, left side forward, face and back forward; double steps, jumps. Acceleration in certain areas. The same, in combination with throwing and catching stuffed balls.
2. Competition in running for 20-30 m, in moving in other ways. Special relay races.
3. At the signal (mainly visual) running for 5, 10, 15 m from the starting positions: the volleyball players stand (face, sideways and back to the starting line), sitting, lying on his back and on his stomach in different positions relative to the starting line; the same, but moving with side steps.
4. Running with stops and changing direction. "Shuttle" run on 5 and 10m.

Exercises for the development of jumping ability

Effective means for the development of jumping are: speed and strength exercises with weights; jumping over obstacles.

1. Lying face down on the stand, the torso is tilted forward, the legs are held by the partner, the hands behind the head-bending and lowering the body. The same with the weight. The same thing, throw a stuffed ball. The same, lying face up-bending back and bending. Exercises with weights (barbell).
2. Jumping on one and both legs in place and moving face forward, sideways and back forward; the same with weights.
3. Jumping rope. Alternately on one and two legs.
4. Standing on the gym benches, hold a 16 kg kettlebell in your hands between the benches. Deep squat, jump with a push of two legs from the place up. Make sure that the back and arms (in the elbow joints) do not bend.

Volleyball is one of the most popular games in Russia. The mass, truly popular character of volleyball is explained by its high emotionality and accessibility, based on the simplicity of the rules of the game and the simplicity of the equipment. A special advantage of volleyball as a means of physical education is its specific quality-the ability to self-load, i.e. the correspondence between the player's fitness and the load that he receives. This makes volleyball a game accessible to people of all ages.

Topic 2. Basketball in the system physical education at the University

PURPOSE OF THE LESSON: teaching students the technique and tactics of playing basketball.

THE STUDENT SHOULD KNOW:

- rules of the game;
- basic techniques and tactics of playing basketball.

THE STUDENT MUST BE ABLE TO:

- apply motor skills and abilities in the educational process at the proper technical and tactical level.

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A SET OF CONTROL TESTS FOR BASKETBALL PLAYERS.

1. CHARACTERISTICS OF THE GAME. HISTORICAL DEVELOPMENT

The idea of throwing the ball into the ring or basket was born a long time ago. Such games were familiar to the Normans, who lived more than 1000 years ago, as well as to the peoples of Central and South America (Mayans, Aztecs, Incas, residents of Florida).

The rules of the game of basketball were first recorded in the United States by Dr. J. Naismith (1861-1939) in 1891. These rules were published in 1894, which is considered the year of birth of basketball.

Basketball began to spread in Europe in 1920, when the game was adopted by the French, Russians, poles, Czechs and later – residents of the Baltic republics. In the 30-ies of basketball has spread all over Europe.

After the second world war, basketball received great development in the USSR and the countries of socialism, which reached world heights in this sport. International Amateur basketball Federation (FIBA) was organized in 1932, the world Championships of basketball held every 4 years since 1950 for men and in 1953 for women; European Championships-every 2 years from 1935 for males and 1938 for females.

Basketball has been an Olympic sport for men since 1936 and for women since 1976.

Since 1958, the European Cup basketball competition has been held annually for men and since 1959 for women. In addition, since 1967, men's Cup winners Cup competitions have been held.

The end result of playing basketball is very specific:

- ✓ a large quantitative indicator of the final result (an average of 80-85 points per game);
- ✓ frequency of changing intermediate results (on average, the score changes every 30 seconds);
- ✓ the absence of a draw, i.e. the impossibility of a compromise solution to the struggle. To achieve success, it is necessary to coordinate the actions of all teams, subordinating their actions to a common task. The actions of each player of the team have a specific focus, according to which basketball players are distinguished by their *roles*:

The center player must be tall, athletic, have excellent endurance and jumping ability;

The extreme striker is first of all high growth, speed and jumping ability, a well-developed sense of time and space, sniper abilities, the ability to assess the game environment and attack boldly and decisively;

The defender must be as fast, agile and agile as possible, reasonable and attentive.

The distribution of players by function is one of the main principles of game activity. Players are distinguished by their roles not only by playing techniques and location on the court, but also by their psychophysiological features.

The effectiveness of game actions is closely related to the indicators of sensorimotor response. The most integrative sensorimotor indicator is the "sense of time", which can be considered as a component of the special abilities of basketball players. The development of the "sense of time" is based on the activity of a complex of analyzers, since the perception of time is associated with spatial perception. Basketball players of various roles need to have a specialized perception of time intervals. Players of the back line should be guided well in intervals of 5-10 s, which is organizacia game center - in interval of 3 seconds set by the rules of the game in the penalty area; the front line – for 1C is the most stable interval of the throw.

Teams strive to gain an advantage over their opponents by masking their intentions and simultaneously trying to uncover the enemy. The game takes place with the interaction of the players of the entire team and the resistance of the opposing players, who are making every effort to take the ball away and organize an offensive. In this regard, the requirements for the operational thinking of the player come to the fore. It is proved that representatives of sports games have a significant advantage in the speed of decision-making compared to representatives of many other sports. Quick thinking is especially important when you need to take into account the likelihood of a change in the situation, as well as when making decisions in emotionally stressful conditions. To assess the psychophysiological functions that determine the success of the game activity of basketball players, methods of studying the speed and accuracy of motor actions, as well as the volume, distribution and switching of attention, etc. are used.

In order to throw the ball into the basket, it is necessary to overcome the resistance of the opponent, and this is possible only if the players possess certain techniques and tactics, are able to move quickly, suddenly change the direction and speed of movement.

The activity of a basketball player in the game is not just the sum of individual defense and attack techniques, but a set of actions United by a common goal in a single dynamic system. Proper interaction of team players is the basis of collective activity, which should be aimed at achieving the common interests of the team and rely on the initiative and creative activity of each player.

2. Organization of basketball classes at the university

The organization of physical education in higher educational institutions is aimed at solving a number of problems.

The main ones are the following:

- health Promotion, physical development, improving the performance of students;
- education of the need for systematic and independent physical exercises;
- expansion of knowledge in the field of hygiene, acquisition of necessary;
- concepts and theoretical information on physical culture and sports;
- development of basic physical qualities;
- mastering technical techniques and tactical skills, you need to practice different sports.

All these tasks are implemented in physical education classes. The main form of organizing and conducting basketball classes is considered to be a lesson that is held with a permanent composition of students on a fixed schedule and under the guidance of a teacher. The solution of the tasks set is impossible without regular performance of various exercises of General and special physical training, independent work on tactics and techniques, participation in various competitions. A lesson devoted to any topic must necessarily be related to the previous ones and work for the next ones. The basketball training session has its own clear structure, in which there are three parts – preparatory, main, and final.

The purpose of the preparatory part is to organize and prepare students for the main activity in the lesson. We can distinguish two tasks of this part:

- organizing students for classes, mobilizing attention and raising awareness emotional mood of the students;
- preparation of the motor system to perform various actions, nervous, cardiovascular, respiratory systems.

To solve these tasks, the following types of exercises are usually used: drill, attention exercises, General development (various types of walking, running, jumping), previously studied exercises from the basketball technique. The preparatory part of the lesson lasts 10-15 minutes with a two-hour lesson (90 minutes).

When conducting the preparatory part, the following recommendations should be followed:

- prepare in advance the equipment and place for conducting classes;
- start the lesson with building and setting tasks. This makes the activity more purposeful. Clarity of tasks helps to increase the consciousness and activity of students; conduct the preparatory part without significant pause;
- when conducting drill and General developmental exercises to use generally accepted gymnastic terminology;

- alternate exercises to provide load on different parts bodies and muscle groups;
- perform exercises with a large amplitude and moderate intensity;
- alternate strength-based exercises with stretching and relaxation exercises, slow with fast ones, and also diversify the pace of execution. The selection of exercises and their dosage should provide a good preparation for the main part of the lesson and create interest in the students;
- use outdoor games that are preparatory to basketball.

If the lesson is of a training nature and the students are well prepared, then the preparatory part can be carried out in the form of a warm-up. In this case, the exercises will be more specialized. The warm-up begins with General developmental exercises, the purpose of which is to increase the body's readiness for subsequent activities and protect those involved from possible injuries. During a special warm-up, students perform exercises that echo the exercises of the main part. These can be exercises with the ball in passes, with hitting the target, etc.

The second part of the lesson will be its main part. Its goal is to teach students special knowledge and skills and improve them. This part has the following tasks:

- ✓ study and improve the technique of the game in attack and defense;
- ✓ mastering the elements of tactics in attack and defense;
- ✓ improving the physical fitness of students;
- ✓ education of special motor qualities in students;
- ✓ application of acquired skills and abilities by students in various conditions of game activity.

The main part uses special preparatory exercises, exercises in technical and tactical techniques and actions, outdoor games, training and two-way basketball games. The duration of this part is 65-75 minutes with a two-hour lesson.

When conducting the main part, the following recommendations should be followed:

- ✓ it is Necessary to strive to use the maximum number of balls;
- ✓ apply a flow-based game form of training, circular training;
- ✓ when teaching elements of the technique and tactics of playing basketball, observe the sequence of training stages, namely: familiarization with the reception, learning the reception in simplified conditions, studying in complicated conditions and fixing the reception in game conditions.

In the main part can distinguish two sections: study of individual technical and tactical receptions and actions and improving them (use exercises to facilitate the most rapid mastery of the techniques) and the application and consolidation of the studied techniques and tactics in the game (used game exercises and educational games).

The last part of the lesson is the final one. It lasts about 5-10 minutes and is designed to complete the work of the teacher, bringing the body of students to the optimal state for subsequent activities. Before the last part, as well as before the previous ones, a number of tasks are set. These include summing up the results of the lesson, gradually reducing the activity of the respiratory, muscular, nervous, and cardiovascular systems, and preparing for the activities that students will have to do after the end of the lesson. At this stage of the lesson, it is advisable to use slow walking, drill exercises, exercises for attention and relaxation, running at a moderate pace. Choose exercises in such a way that they contribute to reducing the load and bringing all the functional systems of the body to a calm state. During the final part of the teacher can conduct an analysis of the errors and to make comments during the classes. In basketball training classes, the work of students can take several forms: *individual, team and group.*

The individual form of organization of students is more often recommended to be used in the case when they do not assimilate the material equally. Students are given individual tasks that correspond to their physical abilities, and they perform them during the main classes or outside of them.

The group form of organization of the lesson is used in solving the problem of physical training, in the study of techniques and tactics of the game. Most often, this form is used in the initial stages of learning basketball.

The team form is used in cases where the teacher can form teams that correspond to each other in terms of capabilities. At the same time, all exercises are performed by players within the same team, which contributes to a better study of their partners, learning combinations, working out relationships between students in the game. When using this form of organization of students' work in the classroom, it becomes possible to conduct full-fledged bilateral games.

In close connection with classes and other forms of classes are competitions that continue the training work. Taking part in competitions, students improve their physical qualities, playing technique, and tactical skills. Examples of competitions can be competitions between study groups, the Academy championship. Competitions can be considered the highest form of organized basketball classes.

The focus of the game activity allows you to distinguish two sections: **the technique of attack and defense technique.** The nature of gaming activities in each section allocate two groups: technique attack technique and movement technique of ball possession and technique protection technique the movement and technique of the counter and get the ball. Each technique that is part of a particular group can be performed in one way or another, which has several varieties. And finally, any of them is reproduced under certain conditions.

3. GAME TECHNIQUE

In basketball, a variety of techniques are used, which, depending on the technique of execution, are classified into sections and groups based on similar characteristics.

Distinguish between the technique of the game in attack and in defense. Each of these sections consists of techniques, which, in turn, are divided into methods performed in different conditions (on the spot, in motion, in a jump).

Technique of performing individual methods of passing, throwing, leading, etc. is constantly changing with the development of the game. Currently, the speed is increasing, the accuracy of performing techniques is improving.

3.1. *Playing technique in the attack*

The following techniques are used in the attack: movement, jumps, stops and turns, catching and passing the ball, throws to the basket, keeping the ball and feints.

3.1.1. *Moving, jumping, stopping and turning.*

This group of techniques is of great importance for the conduct of the game. But, before revealing the methods of their implementation, it is necessary to stop at the starting position of the basketball player (stand), from which he begins to act.

Before performing any receiving player is the most stable position, in which legs are bent, feet placed parallel at shoulder width or one put forward, torso slightly tilted, the weight of the body distributed evenly on both feet, arms bent in front of torso.

Of great importance in the technique of execution of various techniques ball game is holding the ball (Fig. 1). When shooting with two hands should not touch the ball the entire area of the palms, the ball

you need to keep your fingertips (Fig. 2) allowing better control of the ball and achieve greater accuracy.

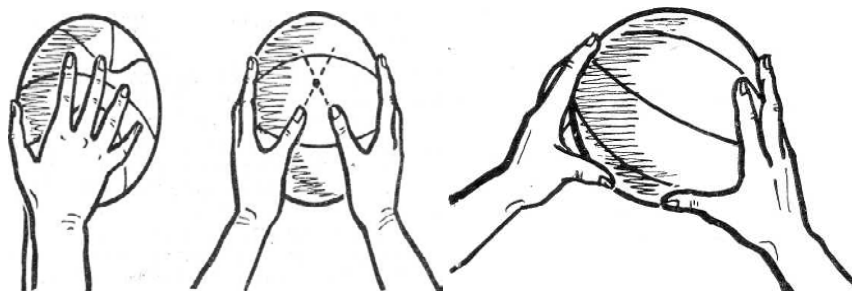


Figure 1. Ways of holding the sword.

Figure 2. the position of the fingers on the catch when throwing with two hands.

Movement is carried out, as a rule, by running on short segments. While running, the basketball player puts his foot on the whole foot or rolling from heel to toe, significantly bending both legs. When accelerating, the run is performed in a short step, the foot is placed on the front part of the foot.

Jumps are performed by pushing with two legs (from a place and in motion) and one (in motion). To perform jumps in motion, the basketball player makes the last step wider. When jumping with a push of one leg, he abruptly brings the fly leg bent at the knee up, and when jumping with a push of two legs, he puts the fly leg to the support leg and simultaneously pushes two legs up. Before pushing, the legs are always bent. It is important to push off quickly and energetically. Long jumps are used much less often.

Stops are performed with a jump and two steps. In the first case, before stopping, the player pushes off with one foot, makes a low jump forward, tilts the torso back and lands on both legs or on one. When stopping with two steps, the basketball player, extending the last two steps, strongly bends the support leg. The weight of the body he tries to move back, bringing forward at the second step almost straight leg. The ability to stop suddenly without taking more than two steps is determined by the rules of the game and tactical considerations.

Turns are performed with the ball and without the ball, in the support position and in the air. Turns with the ball according to the rules of the game can be performed standing on one leg and pushing off with the other. They allow the player with the ball to get out of control of the opponent, change the direction of attack or beat the defender. Turns are performed forward and backward from various starting positions in relation to the opponent, by any number of degrees, on the front and back of the standing leg.

The most commonly used turns are forward and backward on the rear-facing leg by 180° (figure 3), as well as forward and backward turns on the front-facing leg by 180° (figure 4).

Main errors when performing various types of stops

1. Before performing the reception, the player moves with lengthening steps, trying to "pick up" the right leg for an extended step or push-off: there is uncertainty and excessive tightness.
2. At the moment of stopping, there is no extended first step or "creeping" jump.
3. The first step of stopping or jumping is performed not forward, but exaggerated upwards, there are significant vertical fluctuations in the center of gravity of the body.
4. Stop reversal is Not used to dampen the speed; the stops are placed narrowly or on the same line in the direction of movement: the player assumes an unstable position.

5. There Is no flexion in the hip and knee joints, the student comes on straight legs: the movement can be continued forward by inertia, which will cause loss of balance or coming to an unstable position.
6. The Torso in the final phase of performing the reception leans forward, the back leg straightens, and the front leg bends: incorrect distribution of body weight, leading to loss of balance.

Basic errors when performing turns

1. Straighten the legs or perform rotations around the entire foot, and not on the toe of the support ("axial") leg.
2. Lifting the support leg from the court while performing a reception on the spot in the stand of the player who owns the ball – a run.
3. Irrational placement of stops after turning in place: on the same line, closed or excessively placed – an unstable position of the player.
4. Strongly anchored limbs – stiffness, lack of lightness and ease of movement.
5. Insufficient amplitude of rotations and steps– additional time spent for completing the turn.
6. Dismembered, rather than complete execution of a turn in motion: stopping when stepping over, slow ("lazy") implementation of movements – loss of rhythm.
7. No forward tilt of the torso when turning in motion – loss of balance or fall of the player.

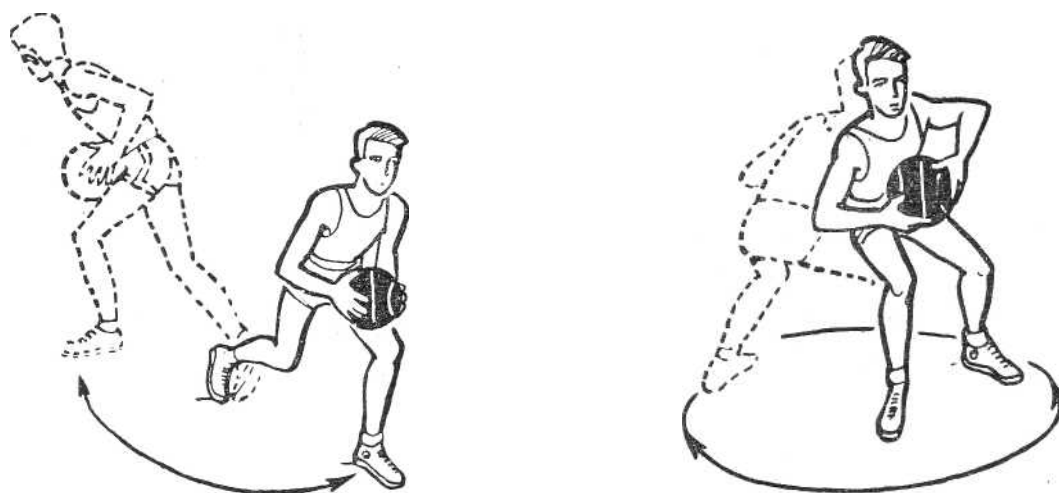
The main mistakes when performing varieties of running in attack

1. Straight legs or no forward tilt of the torso.
2. The same (symmetric) movement of the arms and legs while running.
3. Excessive tightening of the shoulder girdle and arms
4. During a specific run of the basketball excessively tilted body or lowered head; running on the toes or heel; stiff or relaxed formulation of the foot (severe paddling or running)
5. When moving backwards straight (without tilting forward) position of the torso and head may drop to the back running throughout the foot.
6. When starting acceleration, the absence of an accentuated tilt of the trunk forward; when switching to remote acceleration, untimely (late) straightening of the trunk; stopping the leg for the entire foot, low frequency of movements of the limbs.
7. Slow change of direction or speed of movement.

3.1.2. *Catching the ball*

Catching the ball is performed with one hand and two hands at different heights (above the head, at chest level, waist and below), in different conditions (on the spot, in motion, in a jump). In addition, the game has to catch the ball rolling on the court and bounced off it, without resistance and with the resistance of the opponent. The most reliable is catching the ball with two hands.

Catching a ball flying at an average height. This method of fishing is more common than others. His technique consists in the fact that the player exposes towards the flying ball straightened, slightly relaxed hands with hands opened in the form of a funnel. At the moment of contact of fingers with the ball, he bends his arms, grabs the ball from both sides and pulls it up to the ball.



the torso, taking the starting position for subsequent actions.

Catching a ball flying high. The technique of fishing depends on the altitude of the flight and the steepness of the trajectory. If the ball flies with a steep trajectory or falls from top to bottom (after Bouncing off the shield), then the arms are stretched up, the hands open and unbend. If the ball is flying in a more direct trajectory, then the hands are raised up-forward or forward-to the side (the ball is flying to the side), the hands are open, the palms are facing forward. In all cases, as soon as the ball touches the fingers, the hands for shock absorption are pulled back, grab the ball and fall down.

The most difficult thing is catching the ball with one hand. It is used when the ball is flying very high, away from the player or rolling on the court. The General principles of one-handed fishing are the same as those of two-handed fishing. There is a distinction between catching the ball with one hand with support (the ball is stopped with one hand, the other hand picks up from below) and without support.

3.1 3. *Passing the ball*

In basketball, different ways of passing the ball to a partner are used. They can be divided into two large groups: two-handed transfers and one-handed transfers.

Passing the ball are executed without rebound and bounce from site to site, place, moving, with jump, with a leap and twist in the air, with a head movement of the player moving ahead, with a low and high trajectory. The accuracy and timeliness of transfers is a necessary condition for their implementation. The active movement of the brush is crucial in the transmission technique.

Ball passes with two hands are performed from the chest, top and bottom.

Two-handed transmission from the chest (figure 5) is the main way to interact with a partner at a short and medium distance. To perform this transfer, the player, taking a stand for the game, holds the ball with both hands in front of his chest. In this case, the thumbs are directed to each other, the rest-up and forward. Arms bent, elbows facing down. To perform a swing, the hands with the ball describe a small circular movement down-back-up, the hands are unbent. Then the arms abruptly straighten, pushing the ball from the chest in the direction of the goal. The throw ends with active flexion of the hands and extension of the legs.

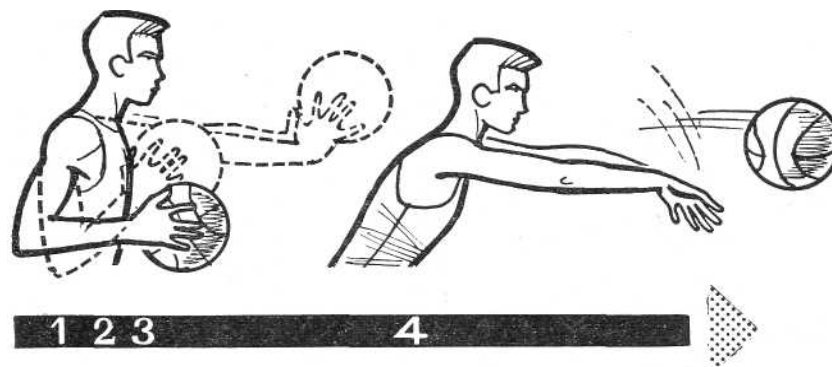


Figure 5. Passing the ball with both hands from

The two-handed transmission from above (Fig. 6) is used in cases where the opponent is close to the transmitter. In the starting position, the player holds the ball up, arms slightly bent, legs shoulder-width apart and bent parallel or one in front. To perform the transfer, the player makes a small swing back, then, unbending his legs, with an active movement of the hands forward with a sweeping movement of the hands, directs the ball to the partner.

A two-handed pass from below is used when the opponent is close and prevents a pass from being made from above, or when the attacker does not have time to use another method. In the starting position, the player holds the ball with both hands in front of him. As he swings, he pulls his hands away from the ball

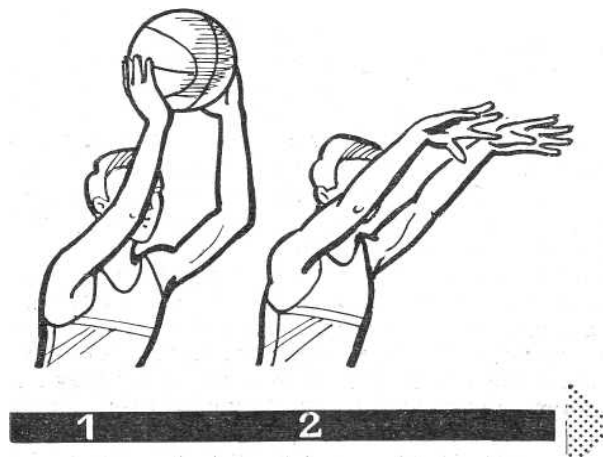


Figure 6. Passing the ball with two hands from above.

back to the hip behind the standing leg. Then swing your arms forward with a simultaneous step from behind while standing with the right foot, the player sends the ball in the right direction, making an active movement with the hands at the moment when the hands reach the level of the belt. In this way, the ball is passed for a short distance directly from hand to hand.

Ball transfers with one hand are performed: from the shoulder, from the top (hook), from the bottom, from the side.

Passing the ball with one hand from the shoulder is done quickly and at any distance. From the starting position, the player, supporting the ball with his left hand, transfers it to the open right palm (when passing from the right) to the right shoulder. At the same time, he turns his torso in the same direction and bends his legs. After finishing the swing, he releases his left arm and, straightening his right arm, directs the ball towards the goal with a sweeping movement of the hand and a turn of the torso. At the same time, he unbends his legs. If the ball needs to be passed to a long distance, then the hand with the ball when swinging is withdrawn over the shoulder further back, and the rear standing leg when releasing the ball from the hands is brought forward with a sharp push.

Passing the ball with one hand from above (hook) is applied when the opponent has come close and raised his hands. To perform this transfer the right hand of the player, turning his left side to the enemy, lowers his hands with the ball down the right, flexes the foot and takes the ball to the right hand, which is describing the circle continues to move down, towards-up. When the hand reaches a vertical position, the player, making a final movement with the brush, throws the ball and transfers the weight of the body to the left leg.

3.1.4. Throws to the basket

The final effort of the attacking team is aimed at creating conditions for one of the players to throw into the basket. The outcome of the game depends on the accuracy of the shots. In modern basketball, a team averages 65-70 times to throw the ball into the opponents basket.

Throws are made from short (up to 3 m), medium (3-7 m) and long (over 7 m) distances. If the player is in front of the basket or near the front line, it is advisable for him to throw the ball directly into the basket. If it is located in relation to the shield at an angle of 15-45°, it is better to throw the ball into the basket with a rebound from the shield.

Throws to the basket are made with one and two hands. Among the throws with two hands, a throw is distinguished from the chest, from above and from below (in motion). Throws with one hand - from the shoulder, top, hook and bottom. Recently, more and more often used throws from top to bottom and finishing the ball. All throws can be made from a place, in motion, in a jump, with a turn standing with your back to the basket and in a jump with a turn in the air. The accuracy depends on the correct holding of the ball and the hand movements (the hands), from the release of the ball at the highest point of activity and movement in the brush in the final phase of the throw.

The one-handed throw from the shoulder is often used in modern basketball when attacking the basket from long and close distances. When attacking from long distances, the throw is performed in the supporting position. Before throwing, the bent legs are placed parallel or one leg is put forward (right when throwing with the right hand), the ball is carried to the shoulder with both hands and, when it is over the shoulder, the supporting arm is lowered. Then the legs are unbent, the hand with the ball straightens up and the ball is sent to the basket with an active movement of the brush.

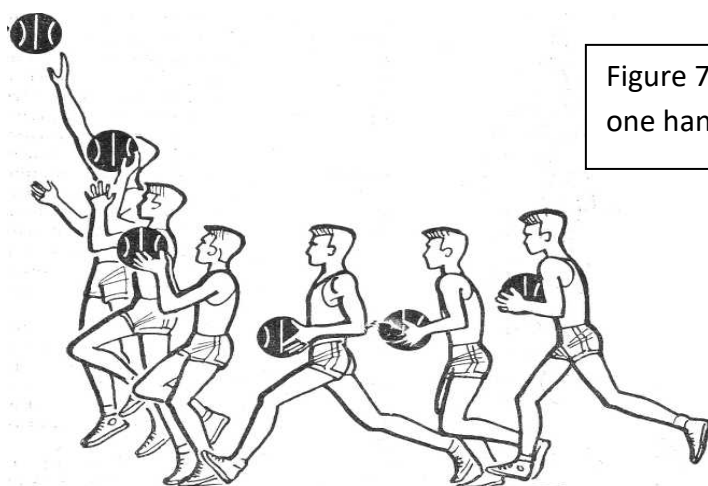


Figure 7. Throw into the basket with one hand from the shoulder in motion.

When attacking the basket from close range, as a rule, a throw from the shoulder is used after catching the ball in motion or after leading. After catching the ball with the right foot (right hand throw), the player takes a step with the left and lifts the ball up, transferring it to the throwing hand. Then he pushes vigorously with his left foot up, straightens his hand with the ball and directs the ball into the basket with his brush. The fly leg, bent at the knee after the push movement, the player freely lowers down, landing on the push leg (Fig. 7).

Throw one-handed from the top in a jump into the infusion the current time has become the main way to attack the basket from various distances. It is performed from the spot and in motion. When performing a jump shot from a place, the player, standing in the starting position (feet shoulder width apart), raises the ball up, transfers it to the throwing hand, jumps up and, having reached the highest point of flight, directs the ball to the target with an active movement of the hand. The technique of performing this throw is complicated by the transition to the starting position after leading or catching the ball in motion, Catching the ball, the player makes a stop step with one foot, then puts the other foot and jumps up. It is very important to throw the ball quickly, release it at the highest point with an active movement of the hand, trying to bring the hand with the ball forward as little as possible. To beat a tall defender with this throw, you should strongly bend the torso back to make it difficult to block the ball.

Throwing a hook with one hand is difficult, but very effective against the active opposition of the opponent. The ball thrown in this way is difficult to intercept, as it is released at a high point and at a far distance from the defender.

There are two options for throwing:

a) being located sideways to the goal, the player lowers his hands with the ball down, shifts it to the throwing hand, which continues to move sideways-up. Simultaneously with the swing, he bends his right leg at the knee (when throwing from the right), brings it forward-up, pushes up with the left, and when the straight arm is over his head, releases the ball;

b) also, but before releasing the ball, the player turns the torso towards the goal, and the swing is performed with a straight hand down-back-up. Figure 8 shows a hook throw with a twist.

A one-handed throw from below is used from close range in a move against a defender blocking the ball from above. To do this, the player, having made the last step, jumps up and forward at the moment of reaching the highest point, releases the ball from the hand, which rises from the bottom to the top in the shortest way (Fig. 9). After that, he lands on the fly leg. This throw can be performed with a long jump with bent legs.



Figure 8. throw into the basket with a hook with a twist.

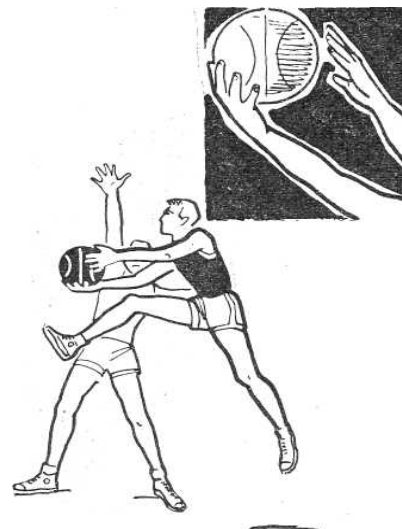


Figure 9. throw into the basket with one hand from the bottom.

A *two-handed throw from above* is performed similarly to a one-handed throw. The difference is that the ball is raised above the head with both hands bent at the elbow joints, the hands wrap around the ball so that the thumbs are directed towards each other, and the rest up.

Throwing with two hands from below during the game is most often performed with rapid passes under the shield. The technique of its execution does not differ from the technique of throwing with one hand from below, only the ball is released with two hands

Finishing the ball is performed with one (two) hands in a jump, after the ball bounces off the shield or flies near the basket. Jumping up, the player takes the ball on the open hand, slightly bent at the elbow, and pushes it into the basket. Throwing from top to bottom and finishing the ball are of great importance during an active fight with the enemy under the shield.

3.1.5. *Driving the ball*

Ball handling is a technique (the classification of ball handling is shown in figure 10) that allows the player to move the ball around the court with a large range of speeds and in any direction.

Leading allows you to get away from a tightly guarded defender, get the ball out from under the shield after a successful fight for the rebound and organize a rapid counterattack. With the help of leading, you can put a barrier to the partner or, finally, distract the opponent who is taking care of the partner for a while, so that you can then pass the ball to him for attack.

In all other cases, you should not abuse the lead, so as not to reduce the speed of counterattacks and not break the rhythm of the game. Leading is carried

out by successive soft pushes of the ball with one hand (or alternately right and left) down-forward slightly to the side of the feet.

The main movements are performed by the elbow and wrist joints. The legs must be bent to maintain the balance position and quickly change the direction of movement. The torso is slightly pushed forward; the shoulder and arm free of the ball should keep the opponent away from the ball (but not push it away!).

It is characterized by the synchronicity of alternating steps and movements of the hand that counterattacks with the ball. The player, advancing in this way, must at the same time monitor the location of partners and opponents and focus on the shield. It is advisable to periodically switch visual control from the ball to the field and back (Fig. 11). a basketball Player must be equally good with his right and left hand when conducting.

Stroke with a change in speed. Unexpected changes in the speed of the ball are resorted to in order to break away from the defender. The speed of driving depends primarily on the height of the ball's rebound from the court and the angle at which it is directed to the court. The higher the rebound and the smaller its angle (within rational limits), the greater the rate of advance. When the rebound is low and close to vertical, driving slows down and can generally be performed on the spot.

Stroke with a change of direction. It is used mainly for the outline of the opponent and passes to attack the ring. Change the direction in this way: the brush is applied to various points on the side surface of the ball and straighten the hand in the desired direction. They also use a stroke with a change in the height of the rebound and with turns and translations of the ball.

It is also widely used method of tracing the opponent with the transfer of the ball from one hand to the other, secretly, behind the back or under the foot (figure 12).

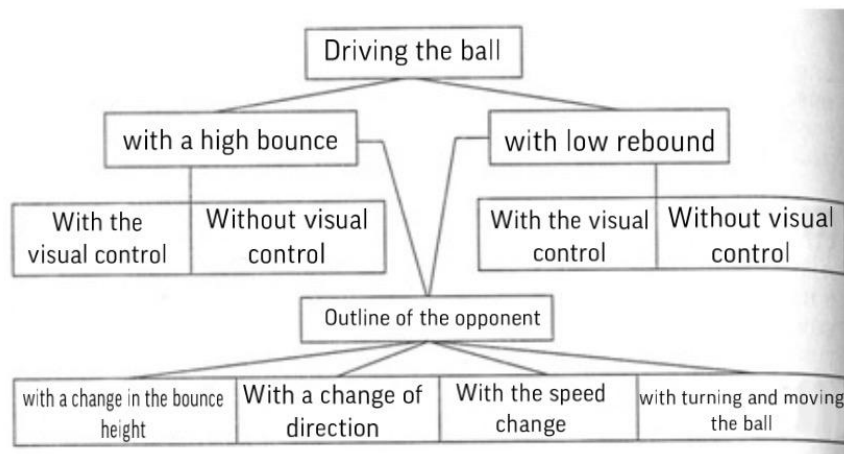


Figure 10. Classification of the ball.

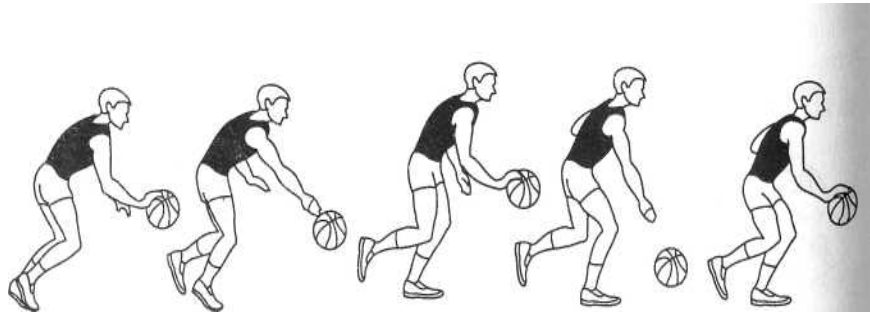


Figure 11. Keeping the ball.

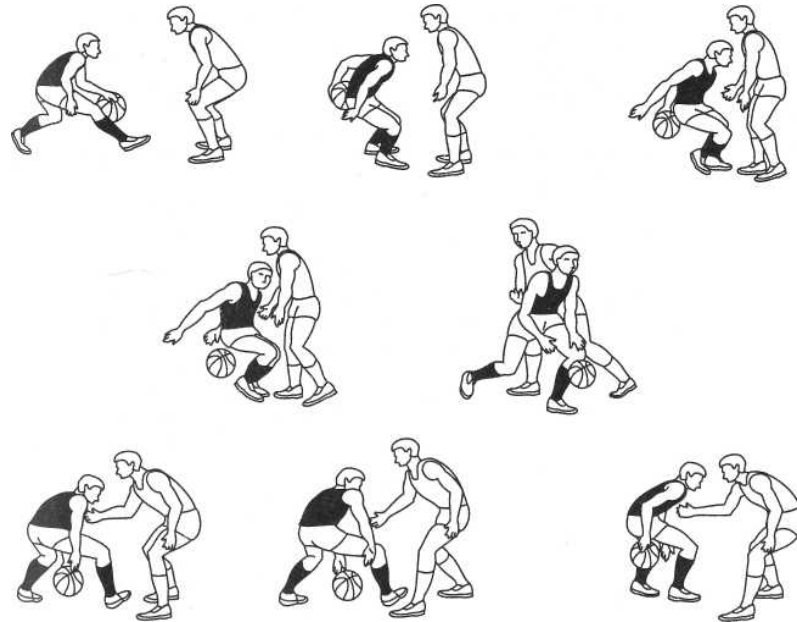


Figure 12. Ways to outline an opponent.

3.1 6. *Feints*

A feint is a complex action consisting of several techniques of the game. Using various techniques in a certain combination, the attacker seeks to get away from the defender or beat him in a single combat. Performing feints is a subtle art based on quickness of action, the ability to quickly switch from one movement to another, and a sense of balance.

In the technique of performing feints, there is a distinction between the initial-false – movement and the final-true. A false move must be performed in such a way that the opponent takes it for a true one and makes a corresponding defensive movement. The second part of the action should be performed in a different direction and significantly Feints are performed by complex movements of the arms, legs, torso and head, in place and in motion, without the ball and with the ball. Feints without the ball are used to free the defender from tight custody. To do this, the attacker suddenly changes the speed of movement, allegedly goes in

one direction and immediately makes a sharp acceleration in the opposite direction, suddenly stops after a fast run, turns, etc.

Feints with the ball are more diverse. They are used for unhindered execution of passes, throws to the basket and driving the ball.

The classification of feints is not yet sufficiently developed, the feints that are most common in the game are listed below.

The trick with the simulation of passing the ball. The striker performs a movement as if to pass to the left (right), but without finishing it, quickly passes the ball in the other direction. The first movement (false) is accompanied by appropriate facial expressions and gaze. A false pass can be followed by a throw to the basket, if the opportunity presents itself.

Feints with an imitation of a throw to the basket. The striker shows by the movement of his hands, head and facial expressions that he will throw the ball into the basket. When the defender raises his hands to block the ball, the attacker moves to lead under the opponent's hands. This feint can also be performed in a jump. For example: if the attacker decides to throw the ball in a jump, he passes the ball to his partner in the air; if he makes a jump throw with one hand from above, the attacker throws the ball with one hand from below, and so on.

Feints with an imitation of the transition to conducting. The attacker lunges forward-to the side, as if he is going to circle the defender in this direction. As soon as the latter transfers the weight of the body in this direction, the attacker abruptly pushes off with his foot outstretched forward and, changing the direction, moves to lead from the other side of the defender. After the first false move, you can pass the ball or throw it into the basket.

A repeated feint consists of several repetitions of the same type of movements. In figure 13, the player performs a feint with an imitation of the stroke on the right with a second pass in the same direction after a pause. More difficult than others are feints in motion, performed in combination with leading by changing direction, false movements of the trunk, changing hands, etc.



Figure 13. Double feint with the passage.

3. 2. Protection technique

The efforts of a team striving to win with all its might will be in vain if its players make serious mistakes in defensive actions.

The technical Arsenal of the striker is much richer than that of the defender.

Experience shows that defense techniques are more versatile and quite effective

when performed correctly and carefully.

Protection techniques are divided into two main groups:

- 1) the technique of movement;
- 2) the technique of mastering the ball and counteracting (figure 14).

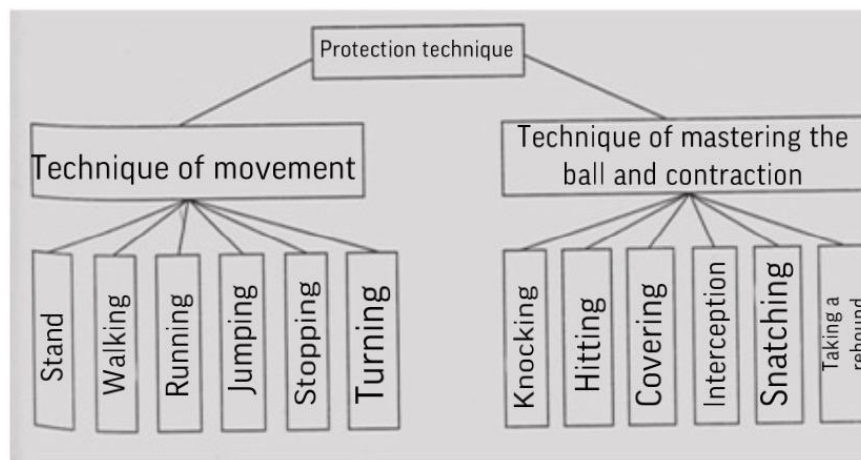


Figure 14. Classification of protection equipment

3.2.1. Movement techniques

The nature and features of the methods of movement on the site are determined by the specific situation and the target setting of the player for active, independent defensive actions and interaction with the partner.

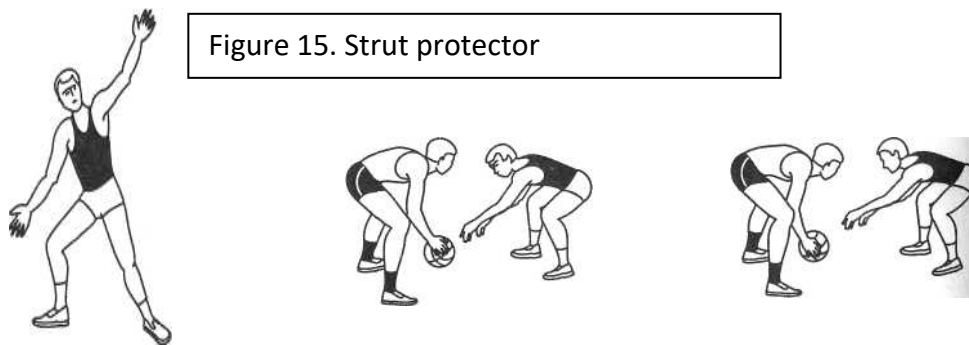
3.2.1.1. Stand

The defender should be in a stable position on slightly bent legs and be ready to make it difficult for the attacker to get into a comfortable position to attack the basket and receive the ball. Keeping a close eye on his opponent, the defending player must keep the ball and other opposing players in sight.

The stand with the foot forward is used when holding a player with the ball, when it is necessary to prevent him from making a throw or passing under the shield. The player is usually positioned between the attacker and the shield. He puts one foot forward, stretches the same hand up and forward, warning the expected throw, and puts the other hand to the side-down to prevent the ball from being driven in the direction most dangerous for the basket (Fig. 15).

Stand with feet on the same line(parallel stand). When the defender takes care of the attacker with the ball, preparing to throw a jump from a medium distance, he approaches a dangerous opponent in the so-called parallel stance and stretches his hand to the ball, trying to make it difficult for the attacker to take the ball up for aiming.

It should be borne in mind that the parallel stand, being less stable and balanced than the stand with the leg extended forward, at the same time allows the defender to react faster, begin active counteraction to the throw and to a certain extent close the opponent's passage both to the right and to the left side. This stance is used in a number of situations in the custody of a center player attacking with his back to the shield, as well as any opponent without the ball, located at a long distance from the ring. In active defense, the so-called "closed stand" is also used, when the defense player is located close to the attacker, facing the opponent



to him, trying to cut off the opponents path to the ball, not to give him the opportunity to get the ball.

The main mistakes in the execution of the strikers posts

1. legs fully straightened in the knee and hip joints – keeping balance and quick start of movement is difficult.
2. Unstable position of the feet: strongly closed or spread, the mass of the foot is transferred to the toes or heels – at any time, loss of balance is possible.
3. Bent back, head lowered forward, torso and head tilted back or to the side-an unstable position.
4. The Gaze is directed to the floor or taken to the side – loss of control over the game situation.
5. Excessively stiff upper limbs, lowered or strongly raised hands – excessive stiffness that prevents timely movement or reliable possession of the ball.
6. When holding the ball the fingers clasped, palms touch the ball, whether it is held by the fingertips, thumbs strong laid to the side (pointing towards each other), brushes violently ("wood"), elbows close to the body, the ball is raised too high or lowered the player is not ready for quick and effective implementation of the gaming action with the ball.
7. In the rack with the triple threat:
 - ✓ incorrect position of the ball – excessively removed from the torso or pressed against the shoulder, strongly lowered down or unnecessarily raised up, taken to the side or shifted in front of the chest;

- ✓ deviation from the vertical of one of the joints that determine the effectiveness of throwing movements: wrist, elbow, shoulder, hip, knee or ankle;
 - ✓ irrational position of the working hand on the ball – "not cocked" (there is no back flexion in the wrist joint), is located on the side surface of the ball (too "twisted" to the side), too fixed;
 - ✓ inappropriate aiming at the throw position of the legs-put forward opposite to the strongest hand leg.
8. Ineffective hiding of the ball from the defender: holding the ball in front of you, the absence of a covering turn of the torso, putting forward the elbow of the supporting arm or pacing with the foot closest to the defender – a threat of losing the ball is created.

3. 2. 1. 2. *Movements*

The direction and nature of movement of the defender, as a rule, depends on the actions of the attacker. Therefore, the defender must always maintain a balance position and be ready to move in any direction, constantly changing the direction of running to the sides, forward, backward (often backwards), control the speed of his movement at the time of opposition, as well as opponents, increasing speed in a short segment of the distance, providing a reduced braking distance and a sharpstop (Fig. 16).

The methods of running, snapping, stopping, jumping used by the defender are similar to the described methods used in the attack. However, in contrast to the attacker in a number of cases, the defender must move on slightly bent legs with a side step, the peculiarity of which is that the first step is made with the foot closest to the direction of movement, the second step (side step) must be sliding. At the same time, you can not cross your legs and move the push leg behind the support leg, so as not to reduce speed and maneuverability.

Specific moments in the movement of the defender:

- ✓ the constant change of the starting position;
- ✓ неполная incomplete information about the upcoming direction of movement up to the beginning of the opponent's attack;
- ✓ performing a jerk after previous accelerations, direction,
- ✓ method, other kinematic and dynamic moments, the characteristics of which are significantly different each time;
- ✓ the need to match the parameters of the initial movement to the parameters of the speed and trajectory of the ball, the movement of opponents

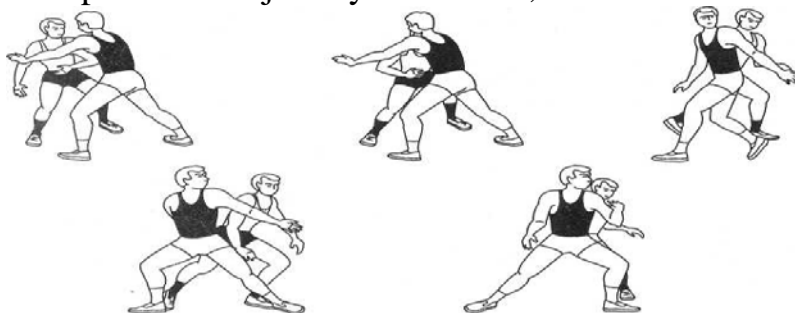


Figure 16. The movement of the

individual features of the technical reception;

- ✓ the variety and multidirection of "starting" signals (sounds, the direction of the opponents gaze, the beginning of the opponent's or partners movement, the coach's hint, etc.);
- ✓ the possibility of an active start from a preliminary jump with the help of explosive efforts.

3.2.2. *Technique of mastering the ball and counteracting it*

Snatching the ball. If the defender managed to grab the ball, then first of all you need to try to snatch it from the opponent's hands. To do this, you need to grab the ball as deep as possible with both hands, and then abruptly pull it towards you, making a simultaneous turn with your torso. The ball should be rotated around the horizontal axis, which makes it easier to overcome the opponent's resistance.

Knocking out the ball. At present, the rationality and efficiency of ball-knocking techniques have significantly increased due to the new interpretation of certain points of the rules of the game, which allow for the contact of the defender's hand with the ball at the same time – with the attacker's hand.

Knocking the ball out of the opponent's hands. The defender moves closer to the attacker, actively hindering his actions with the ball. To do this, he performs shallow lunges with his hand extended to the ball, then retreating to the starting position. At a convenient moment, knocking out is carried out with a sharp (top or bottom) short movement of the hand with tightly pressed fingers. It is recommended to knock out the ball at the moment of catching and mainly from below. Especially effective is knocking the ball out of the hands of a landing opponent who caught the ball in a high jump and did not take the necessary precautions. If the defender was forced to react to the opponent's feint and jump up, then at the moment of landing, he should knock out the ball and thereby prevent a throw or pass.

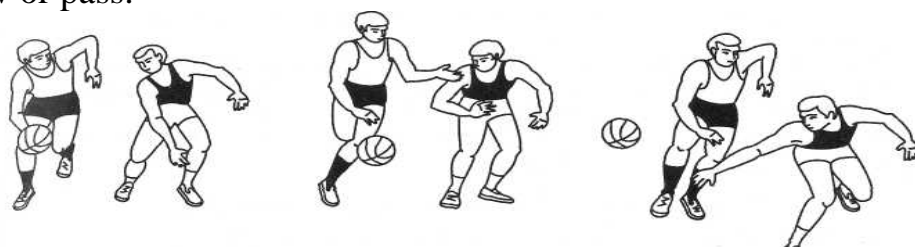


Figure 17. Knocking the ball out of the opponent when

Knocking out the ball when driving. At the moment of the beginning of the pass of the attacker with the lead, the defender retreats and slightly jumps back, leaving the opponent a direct path to the basket, and pursues him, pushing him to the sideline. Then the defender gains the same speed as the attacker, and, ahead of the rhythm of driving, knocks the ball out with the hand closest to the opponent at the moment of receiving the ball that bounced off the court (Fig. 17) you can also knock the ball out from behind the attacker at the initial moment of the pass.

Interception of the ball. Interception of the ball is carried out during the transfer. The success of this method of interception depends, first of all, on the timeliness and speed of the defender's actions. If the attacker is waiting for the ball on the spot, does not go out to meet him, then it is relatively easy to intercept it: you should catch the ball with one or two hands in a jump after a jerk.

Usually the striker goes to the ball. In this case, the defender needs to gain the maximum possible speed at a short distance and get ahead of the opponent on the way to the flying ball. With his shoulder and hands, he cuts off the opponent's direct path to the ball and takes possession of it (figure 18). In order not to collide with the attacker, the defender, passing close by him, slightly deviates to the side. After mastering the ball, it is better for him to immediately switch to driving to avoid running. Interception of the ball is carried out at the moment when the defender catches up with the attacker leading the ball. To do this, he needs to adjust to the rhythm and speed of the ball, and then, coming out from behind the attacker, take the Bouncing ball on the hand of the nearest hand a moment before him and continue to drive the ball himself, but in a different direction.

Covering the ball when throwing. The defender, who has some advantage over the attacker in height and height of the jump, should try to prevent the ball from flying out of his hands when throwing. At the moment of counteraction to the throw, the defender's hand should be directly at the ball. Then the bent brush is applied to the ball from the side on top, and the throw fails (Fig. 19).

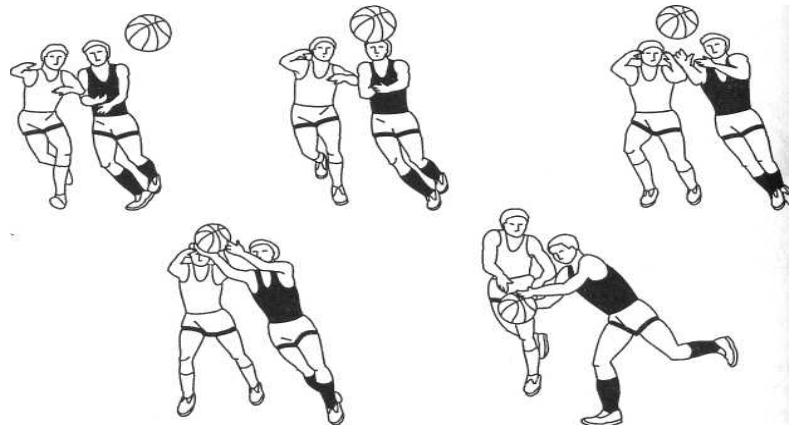
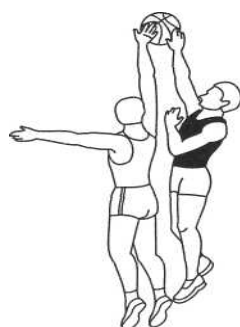


Figure 18. Interception of the ball

Covering the ball can be carried out in the course of the opponent's safety net. For example, the center receives the ball and immediately attacks the basket with a turn in the jump. However, the other defender, turning to him for safety, covers the ball from behind at the beginning of the main phase of the throw. When



covering the ball, it is necessary to avoid moving the hand (or hands) from top to bottom, especially when countering the throw with two or one hand from below (figure 20).

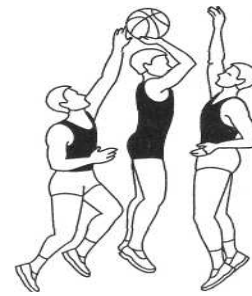


Figure 19. Covering the opponent's ball when throwing into the basket.

Figure 20. Covering the ball from behind when throwing into the basket.

Batting the ball when throwing in a jump. Effective counteraction to a jump shot is a very difficult task that requires the defender to mobilize all his strength, skill and attention. The best time to hit the ball is when it moves away from the tips of the fingers and is no longer controlled by the attacker (figure 21).

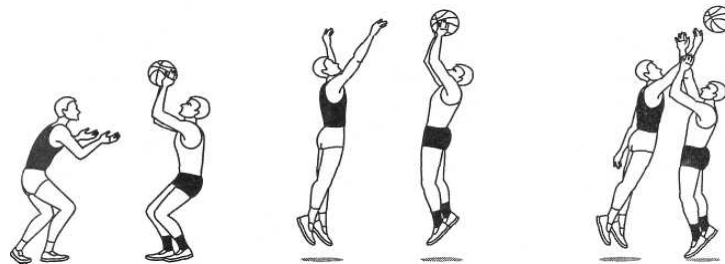


Figure 21. Batting the ball to the side when throwing the

Mastering the ball in the fight for the rebound at your shield. After the striker's throw, the defender must block the opponent's path to the shield, take a stable position, then fight for the rebound, quickly and timely jumping out to master the ball. The jump is performed with both one and two legs after a small run-up or from a place. Having jumped out high and taken possession of the ball, the player, when landing, spreads his legs wide and bends his torso in order to prevent the opponent from taking an advantageous position in relation to the shield and the ball in a power struggle (Fig. 22).



Figure 22. Mastering the ball while fighting for a rebound at your shield.

Basic errors when performing ball snatching

1. Poor ball circumference, carried out by one finger without the participation of the forearms.
2. No rotation of the ball around the horizontal axis after its girth.
3. Not enough active rotation of the torso to master the ball.
4. Slow transition to attacking actions after taking possession of the ball due to snatching.

The main mistakes in the execution of knocking the ball out of the opponent's hands

1. Passive I. p. of the defender: straight legs, lowered arms – no prerequisites for effective reproduction of the reception.
2. Slow actions of the defender: delay with the beginning of the movement to knock out – the attacker manages to cover the ball after catching it.
3. Insignificant activity of the defender or straightness (ingenuousness) of his movements preceding knocking out the ball – the attacker has enough time to choose a rational further action.
4. Slow and soft impact movement on the ball – the attacker retains control of the ball or has time to react to the knockout, and the defender's blow falls on the hands (foul).

The main mistakes in the execution of knocking out the ball when driving the ball

1. Irrational I. p.: straight legs in a defensive stance in place or when moving: the defender does not have time to adjust to the attacker; too close to the attacker: the defender misses the dribbler at the beginning of his pass with the lead.
2. Attempt to knock out the ball with the hand farthest from it.
3. Too slow and soft movement of the hand when knocking out: the game is not in the ball, but in the hand – a foul.

The main errors in the execution of the interception of the ball when passing the ball

1. Ineffective defender's stance: head and arms are lowered, legs are straightened, torso is strongly tilted forward.
2. Incorrect position taken by the defender: the player does not block the line of possible transmission when the attacker is in charge of the ball; the player is on the pass line, too far away from it, or outside the game's protective triangle when the player is on the far side of the ball.
3. Loss of control over the game situation: the defender turns the back of his head to the ball or to the attacker, i.e. loses sight of the ward or the ball.

4. Late start of the interception movement: early or late start to the ball.
5. No forward movement of the torso and straight arms to master the ball.
6. Slow transition to further actions in the attack after mastering the ball.

The main mistakes in the performance of covering and batting the ball when throwing

1. Irrational I. p.: the player is in a parallel defensive stance, on straightened legs or with lowered hands – it is difficult to start the reception in a timely manner.
2. The defender does not keep the opponents legs in view: there are difficulties in determining the moment of the start of the throw.
3. Slow or weak repulsion from the toes, rather than from the entire foot: there is not enough jump height to effectively perform the studied technique.
4. Incorrect movement of the hand: taking it out with a swing, incomplete straightening it up, lowering the hand forward with active pressure with the brush on the ball-a foul when throwing.
5. Slow transition from defensive actions to attackers (after effectively covering or beating the ball when throwing).

4. TRAINING

4.1. Physical training

The ability of the body to show greater efficiency, to postpone the moment of fatigue depends largely on physical fitness. Deficiencies in the development of speed, endurance, strength, dexterity, flexibility and education of strong-willed qualities can become a serious obstacle to mastering the skill of the game as a whole.

Physical training can be divided into General and special. General physical training involves comprehensive development. This means that every basketball player must become an athlete who has sports categories in the main sports: athletics, skiing, gymnastics, swimming, etc.

Special physical training is aimed at such development of motor qualities and all body systems that would correspond to the conditions of playing activity in the course of basketball competitions. To do this, it is necessary to know the content of the game activity of a basketball player, which is characterized by a large variety, is acyclic in nature and is associated with variable intensity, interspersed with periods of rest. It was found that active work during the game alternates with rest periods of approximately 3-4 seconds.

A basketball player plays fully 7-10 minutes, and then, there comes a period of decline, which lasts at least 5 minutes.

An important quality for a basketball player is strength. Good strength training of individual muscle groups allows you to achieve high speed of movement, speed of passing, stops, ball selection in the fight against the enemy and increases the player's jumping ability.

Endurance is no less important. The ability to quickly get involved in the game and actively act for as long as possible is a prerequisite for the activity of a modern basketball player.

Performing game techniques at high speed requires highly developed agility and flexibility from a basketball player.

The development of these qualities is carried out by specially selected exercises (in running, jumping, throwing), close in structure to the game, as well as exercises in technique, tactics and the game itself.

Exercises for strength development:

1. Lifting the bar to the level of the shoulders (the weight of the bar is 30% or more of its own weight).
2. Squat with a barbell on your shoulders at a fast and slow pace with a jump up.
3. Turns and tilts of the torso with a barbell on the shoulders.
4. Pressing the bar with your feet while lying on your back.
5. Pulling out and squeezing the bar.
6. Throwing and catching stuffed balls weighing 3-5 kg.
7. Pair exercises: pulling each other by the hands; flexing and extending the arms with resistance; squatting and straightening with resistance (the partner presses his hands on the shoulders); moving by jumping in a squat with support on each others back.
8. Jumping "in depth" without weights and with weights.
9. Jumping on a special (collapsible) support.
10. The relay with the transfer of various goods (medicine balls, partner).
11. Games: "beat the roosters", "tag" in the squat, the element of free-style wrestling and sambo.

Exercises for developing speed:

1. Jumps, squats, bends, etc. on cue.
2. Running with a high hip lift.
3. Running on the spot at the fastest possible pace with acceleration on the signal (forward, sideways, backward).
4. Acceleration by 10-20 m at a signal from different starting positions, standing with your back and face in the direction of movement, lying down, in a squat.
5. Stops at the signal after a fast run.
6. Movement in the defender's stance.

7. Running segments in 30, 50, 60 and 100m for a time.
8. Throws various items for speed.
9. Relay races and outdoor games with running.

Exercises for the development of dexterity:

1. Acrobatic exercises; somersaults and flips.
2. Gymnastic floor exercises.
3. Jumping over the gymnastic bench with catching and passing the ball in flight.
4. Throws the ball up with a turn of 180 and 360° during the flight of the ball.
5. Throws the ball up and back and catching with two hands behind your back.
6. Juggling two, three or more balls.
7. Complex exercises with the performance of various tasks and overcoming obstacles placed around the hall.
8. Outdoor games, relay races, sports games.

Exercises for developing flexibility:

1. Springy swaying in the lunge.
2. Bending the torso forward and backward with the hands reaching the floor, heels.
3. Mahi hands and feet.
4. Throwing a tennis ball, stones with active brush movements.
5. Lying on your back, lifting your legs with reaching the floor behind your head.

4. 2. Technical and tactical training

Training in offensive techniques begins with learning how to stand, run, stop, jump, and turn. First of all, you need to teach students to take the right stand. To do this, they are invited to take it on command or at a signal while walking or running. It is necessary to carefully check each student. In the future, for all exercises without the ball and with the ball, attention is paid to the correctness of the occupied stand and its preservation when moving, stopping, driving the ball, etc.

Running is studied in combination with stops. First, you learn to run in a straight line, and then with a change in direction and speed.

Stops begin to be studied in a "two-step" way.

When learning to jump, attention is focused on the correctness of the push, flight and landing. The first to learn is the one-leg push jump.

After several sessions, the students are introduced to the turns. Begin by performing turns in place on the back of the standing leg forward and backward.

The main attention is paid to the work of the push leg, which should not rise high from the support. At the same time, it is necessary to keep a sufficiently wide step.

Sample exercises:

1. Running at a slow pace with a stop at a signal.
2. Running, on the signal acceleration.
3. Running in a circle and between obstacles.
4. Starts from a standing position with running segments of 5, 10, 15, 20 m.
5. Running with stops to turns 4 times from the foul line to the center, from box to box, etc.
6. Relay running in a straight line or run at intervals.
7. Playing "tag" with a regular Jogging movement, in the half squat, squat, jumping on two (one) legs.
8. Turns back and forth from the rack leg in front at the command of the teacher.
9. Turns in combination with running and stopping at the signal.
10. Turns after driving the ball and stopping.
11. Turns with resistance: one tries to take the ball away, the second, using turns, tries to keep the ball.
12. Also, but against two opponents.
13. When studying jumps, it is important to achieve a vigorous push-off and vertical take-off (exercises are given in the section of special physical training).

4.2.1. Catching and passing the ball

Catching and passing the ball are studied simultaneously. First, students need to explain and show catching the ball with both hands, focusing their attention on the position of the hands (especially the hands) and the timeliness of the shock-absorbing movement. At the same time, the method of holding the ball with two hands and the technique of passing the ball with two hands from the chest are explained. After that, a variety of exercises are given, in which some pass, others catch the ball.

In the first classes, the ball is passed at an average height, with a small trajectory, directly to the catcher. Gradually, the conditions of catching become more complicated, the students are invited to catch the ball with a step forward, to the side, in a jump, when moving towards the transmitter, in parallel with him and in front of him. It is important to teach students to stop and pass the ball in motion without running. Improvement is carried out in more complex exercises with ball passes and in the game.

As they master fishing, the two-handed trainees learn to catch with one hand. Catching the ball from a half-bounce and the ball rolling on the court is studied later.

Learning to pass the ball begins with the method of two hands from the chest and one from the shoulder. Then the remaining methods are studied in this sequence: two and one hand from the bottom, two and one hand from the top, hook and hidden gears.

Initial transmission testing is performed on-site in two rows or in columns with one leader in front. Then exercises are given in catching and passing the ball when moving oncoming, in transfers with progress along the court, with movement in a circle, in transfers in combination with other techniques, outdoor games.

Sample exercises:

1. Counter pass of the ball. The group is divided into 3-4 subgroups, each of which is built in a column one by one, leading the shield is located in front of the column at a distance of 8-10 m. The ball is at the guide, who, after passing it to the outgoing player, goes to the left flank. The driver passes the ball to the next player, etc.

Complication:

- a) the guide after the transfer goes to the place of the driver;
- b) the passer of the ball goes in the direction of the pass when moving oncoming (each subgroup is divided into two parts and located facing each other at a distance of 12-15 m);
- c) the same, but the passer becomes the defender;
- d) the same, but the transfers are performed with a bounce off the floor or on a high trajectory!

Passing the ball in threes. The group is built in three columns, at a distance of 6-8 m from each other, facing the center. The ball is at one of the guides. At the command of the teacher, he passes the ball to the left (right) guide of the neighboring column and runs to the left flank in the same direction.

Complication:

- a) the ball is passed to the left, and the movement is performed to the right;
- b) the direction of transmission and movement is changed by a signal;
- c) the exercise is performed with two and three balls.

1. Passing the ball when moving in a circle on the opposite side. The group forms two circles; the inner circle is half the size of the outer one. On command, both circles begin to move in opposite directions, passing first one, and then 2 or 3 balls.

2. Passing the ball to the runner in front. The group forms a circle, keeping a

distance of 3-5 m; turning to the left (right), the students run in a circle and pass the ball forward.

Complication:

a) *the speed of movement changes;*

b) *the exercise is performed with two and three balls.*

Passing the ball in pairs along with the movement of the platform.

1. Passing the ball in threes. Two players each have a ball and pass it to the third one in turn.
2. Passing the ball with maximum speed in pairs or throwing the ball into squares drawn on the wall.
3. Games: "race balls in a circle", "pass the ball to the next", "defense of the fortress", "ball in a circle", "tag" ball with transfers between two, three, etc. partners, "ball to the captain", etc. Catching and passing the ball is improved in combination with other techniques and in a two-way game.

4.2.2. *Throw to the basket*

The technique of performing throws differs from transfers by a steeper flight path, accuracy and constancy of effort (when throwing from one distance). The ball must be thrown quickly, but with such an effort that when it reaches the basket, the speed of its flight is minimal.

The first ideas about the nature of the flight and the technique of performing the throw are created when studying the gears. To do this, the students pass the ball to each other along a steep flight path. You can use throws through a string or into a target painted on the wall.

At the initial stage of training, it is important to master the structure of movement and gradually increase the requirements for accuracy of hitting the target. Throws to the basket are first studied from a close distance, then move on to throws from medium, long distance and to finishing the ball.

The first is the throw to the basket with one hand from the shoulder from under the shield. After creating an idea of the technique of its implementation, the students are given an exercise in throws from 2-3 m, standing at an angle to the shield, indicating the aiming point.

After a few repetitions, you should go to the throw after catching the ball in motion at an angle to the shield. The main difficulty of mastering the throw in motion is the correct execution of two steps when catching the ball. As a rule, beginners cannot catch the ball without taking an extra step, or catch the ball by taking a step with the wrong foot.

To correct this shortcoming, the following summing exercises are used:

The teacher, standing at the free throw line, holds the ball at arms length. Working alternately run up to the ball and trying to take his hands, making a wide step with your right foot (roll right), then step left, jump, and throw into the basket.

1. The same thing, but the teacher throws the ball up.
2. The same, but after throwing forward-up by the defender.
3. on the platform (5-6 m from the shield), a corridor with a width of 1 -1.5 m is drawn; the student, moving forward, tries to overcome this corridor with a long step, pushing off with his left foot. In the flight phase, the ball is passed to him; landing on his right foot, he takes a step with his left, jumping up (but not forward) and throws the ball into the basket.

It is equally important to achieve a vertical take-off, straightening the torso, throwing the hand and releasing the ball at the dead point of flight. It is necessary to perform throws with the right and left hand.

After studying the throw with one hand from the shoulder in traffic, you have to go to the mastery of throws: two (one) arm in motion, two (or one) hands on top of seat (without a jump and jump), two (one) hands on the top of the movement with a jump hook.

Top-down throws and finishing are studied much later.

When learning to throw one and two hands from above in a jump, it is important to pay attention to the verticality of the push and the timely lifting of the hand with the ball up. The ball must be lifted up to repel from the support.

Improvement in throws is carried out by a large number of repetitions, as well as by performing throws (which is very important) with active resistance and in combination with tactical actions.

Sample exercises:

1. Throws to the basket from under the shield from the spot. The group is located in a circle of the free throw area, the guide from 2-3 m makes a throw, catches the ball and passes it to the next one.
Complication: a) a throw with a step and a jump up; b) a throw after two steps with a jump.
2. Throws to the basket from an oncoming pass. The group is built in a column facing the shield, one is under the shield. The guide runs out to the shield and, having received the ball, performs a throw, catches the ball, passes it to the column and takes a place under the shield. Passed the ball out to the left flank.
3. The same, but the shots are made after the ball is played.
4. The same, but the passing player is located further from the shield and passes the ball at an angle to the running out.
5. The same, but after passing the ball, the player becomes a defender and attacks

the player with the ball.

6. Throws to the basket with the transfer of the ball (right and left hand). After a throw to the right, the player catches the ball and passes it to the person coming out of the left column, and he goes to the side of the completed transfer. The same after driving the ball; after driving, stopping and turning; with resistance.
7. Throws to the basket from medium and long distances from the spot. It is best to perform them in pairs – one catches the ball under the shield and passes it to the batter, the second performs a certain number of throws, after which the players change roles. Throws are made from different points.
8. The same, but one player plays the role of protector.
9. Free throws.
10. Shots from medium (long) distances and free throws made during the competition (the number of hits for a certain time is taken into account).
11. 1x1 game with a throw to the basket.
12. Further improvement in throws is carried out in more complex exercises of a tactical nature and in a two-way game.

4.2 3. *Driving the ball*

Students need to be taught to play the ball equally well with their left and right hands without visual control. Training begins with high-level leadership.

After showing and explaining involved in doing maintenance without moving, paying attention to the hand on the ball, support the ball with your hand (need to get to the ball as long as possible in contact with the hand) and active arm movement at the elbow and wrist.

Then there are exercises with moving in a straight line, in an arc, in a circle, between the posts, with the resistance of the defender, relay races and games with driving the ball.

The main mistakes: jerky shots on the ball, weak forward movement and increased visual control of the ball. To correct the first and second errors, you need to further explain the maintenance and try it out at a slow pace. The last mistake can be corrected in the course of exercises in the conduct of the ball with the performance of special tasks: stops, changes in direction by visual signal, leading when oncoming movement or leading the ball for a partner running in front.

When tracing obstacles and defenders, you need to teach those involved to cover the ball with the body, leading it with the hand farthest from the obstacle.

Sample exercises:

1. Driving the ball in a straight line. The group is divided into subgroups of 3 people (if there are enough balls). Two are located on the same sideline (the first has the ball) and one on the opposite side. At the signal, the guide leads the ball, passes to teammate who is standing in front of me and gets on his

place.

2. Driving the ball along a narrow corridor bounded by posts, benches or lines.
3. Driving the ball in an arc and circle. To do this, you can use the layout of the basketball court.
4. Driving the ball with a change in the speed of movement.
5. Driving the ball with stop, turn and pass. The group is divided into 3-4 subgroups, built in columns one at a time; the guides have a ball. At the signal, the first one leads the ball to a certain place, performs a turn, passes the ball to the next one and goes to the left flank of his column. The exercise can be carried out in the form of a relay race.
6. Lead with a throw to the basket.
7. Keeping with the outline of obstacles (tables, racks, stuffed balls), which are placed in different order, at a break distance from each other.
8. Conducting with a stroke of one and two opponents.
9. Relay races and games with the management.

Further improvement is carried out in more complex game exercises and a two-way game of basketball.

4.2.4. Feints

Feints are learned after the basic techniques of the game are mastered. Attention is drawn to the ability to combine different techniques performed at different speeds and in different directions, while maintaining the necessary balance.

First learn feints without the ball (hands, torso and legs), then with the ball in place and finally move on to the study of feints in motion.

Sample exercises:

1. Running in column one, the signal involved in performing the moves with the torso to the side, with the motion simulation gear by hand.
2. Running between obstacles or practicing, first standing still, and then moving towards with an imitation of passing in one direction and leaving in the other.
3. All methods of feints in single combat with the defender and the subsequent attack of the basket.
4. Games: "tag", "third extra", "hen", bast shoes, etc.
5. The game of basketball.

5. A SET OF CONTROL TESTS FOR BASKETBALL PLAYERS

To assess the special readiness of basketball players, a set of control tests is used:

- ✓ running speed;
- ✓ jumping ability;
- ✓ serial jumpability;
- ✓ high-speed equipment;
- ✓ speed and agility of defensive movements;
- ✓ special endurance;
- ✓ stability of free throws;
- ✓ stability of medium and long throws;
- ✓ accuracy of long transmission in breakaway

1. Speed of running

The player performs a straight dash for 20 m, starting at a signal from behind the front line of the court in a basketball rack – 3 attempts at intervals of 15 seconds. The time is fixed to tenths of a second. The best time in three attempts is determined.

2. Jumping

The player reaches the highest point on the measuring bar mounted on the shield (if necessary, lowered by 20-30 cm below the edge of the shield), making 4 jumps in a row without pauses

- ✓ jump with a run-up push with one foot from any point of the trapeze;
- ✓ jump from a place with the work of hands;
- ✓ two jumps from a place with outstretched hands

3 attempts are made with an interval of 15 seconds. The best result of each jump achieved in any of these attempts is recorded with an accuracy of one centimeter.

3. Serial jumpability

The player overcomes obstacles located in a circle (for example, track and field barriers, stretched rubber bands, etc.) with a height of 50 cm. In total, overcoming 3 laps without pauses for a while (measured from the start signal to the moment of landing after the last jump). The player is given one attempt.

4. High-speed equipment

The player performs a snake stroke of three obstacles of size 0.5 X 0.5 and a height of at least 1 meter, located in a straight line along the court in the center of free throws and the middle line, ending with its throw to the basket. Leading starts

from behind the front line under the shield, circles obstacles, driving the ball with his right hand and throws it into the ring from under the shield in an arbitrary way, immediately takes another ball lying outside the court, at a distance of 0.5 m behind the front line under the shield and continues the test in the opposite direction, driving the ball with his left hand, ending with a throw from under the shield or ring (time is measured to an accuracy of one tenth of a second). The player is given two attempts with an interval of 30 seconds, the best time of one of them is fixed; in case of an inaccurate throw, the attempt is canceled (during the rest period, the next player can make another attempt).

5. Speed and agility of defensive movements

Player of basketball protective stand consistently without pauses executes the jerks from the source point 1, point 2, 3, 4, 5 and 6 definitely striking hand printed by the balls lying within these points, each time it returns to point 1, also hitting the padded ball,

and the jerks from point 1 to points 2, 3, 4 perform face forward, back to point 1 – back, forward, and from point 1 to point 5, 6 and back – side, side steps. The stopwatch stops when the player hits the ball at point 1 when returning from point 6. The player is given two attempts, with a rest interval of 30 seconds.

6. Special endurance

Shuttle run - five times along the site from shield to shield, each time always touching the ring or shield. At the moment of touch, the stopwatch turns on or off. 3 attempts are made at 30 second intervals.

7. Stability of free throws

The player performs thirty throws in a series of three throws in a row in full accordance with the rules of the game alternately in both shields, moving from shield to shield with the lead. After the first two throws, the ball is given to the player by the partner, after the third he picks it up himself. The total time limit for the test is 3 minutes. Given the total number of points, and for the first hit of three shots, two points are awarded, for the rest one at a time. If the time limit is exceeded, the test is canceled. The test can be conducted simultaneously by two players, starting it at opposite shields.

8. Stability of medium and long throws

The player consistently makes throws from ten different points in the range (4.5 and 6.25 m from the projection of the center of the ring). Basketball players must perform all throws in a jump. After each throw, the player goes to the shield,

picks up the ball, moves with the lead to the next point and performs the next throw. Points are placed symmetrically on both sides of the shield on a line parallel to the front and passing through the projection of the center of the ring, as well as on lines at an angle of 45 and 90 degrees. Throws are made within 4 minutes. With the task to optimize their speed and accuracy. Given the total number of points, and for each hit from 6.25 m (from points 2, 3, 6, 8, 10) three points are awarded, for the rest – two.

9. Accuracy of long-range ball passing in the breakaway

The player lying behind the line free throw, hits the ball in the shield goes to the shield, takes possession of the rebound and immediately sends the right (strongest) hand to a target size of 1.5 x 1.5 m at a height of one meter above the platform, are located at the end opposite the free throw line two meters from the right sideline, and son-in-law in the same target, located on the centerline of the platform two yards from the left sideline, left or weaker hand. The number of hits of the ball in the target of 10 right-handed and 10 left-handed passes is recorded.

Topic 3. Football in the system of physical education at the university

PURPOSE OF THE LESSON: teaching students the technique and tactics of playing football.

THE STUDENT SHOULD KNOW:

- the rules of the game of football;
- basic techniques and tactics of playing football.

THE STUDENT MUST BE ABLE TO:

- apply motor skills in the educational process and in practice at the proper technical and tactical level.

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1. General characteristics of the game.
2. Football-rules of the game.
3. Football-tactics of the game.
4. Football-the technique of the game.
5. Technical training.
6. Training football equipment.
7. General physical training. Exercises for the development of physical qualities.
8. The impact of playing football on the human body.
9. The types of control tests and regulatory requirements.

1. General characteristics of the game

Currently, football is one of the most accessible, popular and mass means of physical development and health promotion of the General population. About 1 million people play football in Russia. The game occupies a leading place in the General system of physical education.

In the process of playing activities, it is necessary to master complex techniques and tactics, develop physical qualities; overcome fatigue, pain; develop resistance to adverse environmental conditions; strictly observe the household and sports regime, etc. All this contributes to the education of strong-willed character traits: courage, perseverance, determination, endurance, courage.

Game and training activities have a complex and versatile effect on the body of students, develop basic physical qualities - speed, agility, endurance, strength, increase functional capabilities, form various motor skills. Year-round football activities in a variety of climatic and meteorological conditions contribute to physical hardening, increase resistance to diseases and enhance the adaptive capabilities of the body. At the same time, important habits are brought up to constantly observe household, labor, educational and sports regimes. This largely contributes to the formation of a healthy lifestyle, the achievement of creative longevity. Competitive nature, high emotionality, independence of actions make football an effective means of active recreation.

Thanks to a variety of motor activities, wide coordination and athletic opportunities, those who are engaged in football they learn vital motor skills, including labor skills, faster and more successfully. In training for other sports, football is often used as an additional tool. Playing football (or its elements) is a good tool not only for General physical fitness. The manifestation of maximum speed and strength capabilities and strong-willed efforts, broad tactical thinking allows you to improve many special qualities necessary in various sports.

2. Football-rules of the game

The team consists of 11 people: 1 goalkeeper and 10 field players, which in turn are divided into defenders, Midfielders and forwards. In point games and Cup games, 2 players from each team can be substituted during one match.

Duration of the match of men's and youth teams (from 16 to 18 years) is 90 min. The match consists of two halves of 45 minutes. After the break, the minimum duration of which is 5 minutes, the teams change the goal.

Hand play

Fielders can touch the ball with any part of their body other than their hands. For playing with the hand, the team is awarded a free kick or an 11-meter kick, which is performed by the player of the opposing team.

Throw-in

If the ball crosses the front line or sideline, it is considered out of play. If the ball crosses the sideline, it is considered out of play. If the ball has crossed the sideline after being hit by a player of one team, then the ball is thrown by the player of the opposing team from the place where the sideline is crossed. The throw-in stands facing the field, with his feet on or off the sideline, and throws the ball with both hands from behind his head.

Goal kick and corner kick

If the ball crosses the front line from the opponent's kick, the referee will award a goal kick, in which the ball is hit from the goalie's area. If the ball crosses the front line of his team after being hit by a player, the referee will award a corner kick. A goal is scored if the ball has crossed the goal line between the side posts and under the goal bar.

Free kick and free kick

According to the rules, there are two types of kicks: a free kick and a free kick. A free kick is awarded for foul play or for playing with your hand. A free kick is awarded for an unintentional violation of the rules or for incorrect game actions. When a free kick is made, a goal will be scored if the ball is touched by another player other than the pitcher.

A goal scored directly from a free kick is counted. At the time of the free kick, players of the opposing team must not approach the ball closer than 9.15 m. A free kick is taken from the place of violation of the rules. A free kick is also taken from the place of violation of the rules, and the players of the opposing team at the time of impact must not approach the ball closer than 9.15 m.

Penalty shootout

For playing with the hand or for violating the rules within their own penalty area, an 11-meter penalty kick is awarded. When a penalty is taken, only the goalkeeper and the player performing the kick are within the penalty area. Before the kick, the goalkeeper must stand motionless on the goal line.

"Offside position»

The "offside" rule prohibits players of the attacking team from being closer to the opponent's goal line than the opponent's defenders. If at the time of passing the ball there are less than two players of the opposing team, including the goalkeeper, between the player and the opponent's goal line, then such a player will be in the "offside" position.

In the offside position, a free kick is awarded. The "offside" position is not fixed in a similar situation in their own half of the field, when performing shots from the goal, corner kicks.

3. Football-tactics of the game

In attack and defense, the player uses so-called tactical means, which are collective and individual in nature.

Attack tactics

Passing the ball (pass) as a collective means of attack can be carried out in various ways. Passing the ball is the basis of the combination game.

Transmissions vary:

- ✓ by appointment: in the legs "on the move", on the blow, underdone, shot, " on fight", on the return ("wall»);
- ✓ distance: short – up to 10 m; medium-up to 25 m, long - up to 50 m;
- ✓ direction: longitudinal, transverse, diagonal (forward or backward ago);
- ✓ along the path described by the ball: bottom, top, swing;
- ✓ by time: timely, premature, late.

Double pass – direct transfer of the ball from one striker to another, the purpose of which is to circumvent the opponent's defense. The matching game is very variable. The goal of the combination game is to provide the player leading the ball with the most favorable position for hitting the opponents goal.

Maneuvering

Maneuvering involves running and changing positions. Maneuvering is also subordinated to the goals of collective defense. During the attack, each player has to break away from the protecting opponent in order to master the ball. It is especially important when maneuvering to choose a position from which it will be most convenient to take a pass. Maneuvering is the Foundation of successful player interaction.

Dribbling

Dribbling is an individual means of conducting an attack. If the situation does not allow you to pass the ball to your partner, then the player who owns the ball applies dribbling. The goal of dribbling is to create a situation favorable for a goal kick. Dribbling includes good ball handling, high feint speed and sufficient courage for independent actions. First of all, dribbling is used by attackers.

Group tactics

Group tactics are different combinations of attack and defense. It involves a certain coordinated action between 2-3 players of the team. For the attack, passing the ball, entering a free space, crossing, barriers are typical, and for the defense, a safety net or switching.

Shot on goal

The goal of each attack, regardless of the form in which it is carried out, is to hit the goal. The success of the shot depends on the technique of impact, a player's

ability to focus, his determination, location of the player carrying out the stroke and the time of flight of a ball.

Feints

Feints should mislead the opponent and contribute to his tactical mistakes. In most cases, feints are performed with the ball while receiving the ball, passing the ball, dribbling and hitting the goal. The player must be able to assess the feasibility of using a feint in any situation. The abuse of feints shackles the game.

Custody

Guardianship is the Foundation of the defenders game. Good guardianship in many ways constrains the action of the opponent. There is a difference between individual custody and custody of a certain area of the field. During individual tutelage, the defender is so close to the opponent that he is able to interfere with him while receiving the ball.

To apply this type of care, the athlete must have high running and speed qualities. The use of individual guardianship near their gates is particularly important. Guardianship of certain areas of the field is that the opponent is attacked only if he takes possession of the ball in a certain area of the field.

At the same time, the skill of the defender is crucial. Often this type of protection is used by dexterous and experienced players. During the game, both types of protection should complement each other. In most cases, individual guardianship comes to the fore.

Guardianship of certain areas of the field is rational to use in the case when the opponent has a numerical advantage in attack. Each defender should be able to assess the situation and use guardianship in such a way that they are more likely to anticipate the opponent's action. The combination of two types of guardianship is called combined guardianship.

Playing with «interference»

First of all, this includes the selection of the ball. It is most advisable to intercept the ball before the opponent takes possession of it. Picking up the ball is often accompanied by a power play. If the opponent has mastered the ball, then the selection of the ball and the power play are complicated. In this case, a good defender uses a realignment of the game, that is, he imposes his own course of play on the opponent, but this applies only in the vicinity of the goal if the defender is in control of the situation.

Game systems

The basis of the game system is the layout of the players on the field during the match. The game system creates the necessary prerequisites for the actions of defense, attack and for the entire course of the game. Each system is mobile, and it cannot be considered as a strict scheme.

Systema W

According to the W system, teams play as follows: 3 defenders, 2 Midfielders and 5 forwards. The fact that 4 players (2 Midfielders and 2 welterweights) are concentrated in the middle of the field is striking. The task of 3 defenders includes a single combat with 3 opponents forwards (1 Central striker and 2 extreme forwards), in which they prefer individual custody. The attackers are trying to free themselves from custody by changing their position. The W system is currently practically not used.

Systema 1-3-3-4

According to this system, the team plays 3 defenders, 3 Midfielders and 4 forwards. The task of the strikers is primarily to organize the attack, which relies on the help of Midfielders. In the appropriate game situation, 1-2 Midfielders move forward, helping the attackers, and the remaining 4 defenders are able to restrain the onslaught of a suddenly counterattacking opponent until the shield is fully formed.

Systema 1-4-2-4

This system is based on the game of 4 defenders and 2 Midfielders, who help 4 attackers in attack. In the case of an opponent's attack, both Midfielders help the actions of 4 defenders. Thus, both in the attack and in the defense, 6 people participate. But for a clear performance of this task requires good technique and speed of movement.

There are varieties of this system, the main purpose of which is to protect your own gate. In this case, the Central defender plays the role of a free defender - "cleaner". The actions of the attackers are enhanced by the sudden connection of the defender to their actions.

Systema 1-4-3-3

According to this system, the team plays 4 defenders, 3 Midfielders and 3 forwards. The game of the reinforced defensive line is supported by 3 Midfielders. During the attack, Midfielders and extreme defenders are connected to the attackers in order to create a numerical superiority in favor of their attackers.

Systema 1-1-3-4-2

When you play on this system has a large numerical advantage given to the players of the middle line. This version of the game with two attackers makes it possible to use counter-tactics and cover the flanks.

4. Football-technique of the game

The technique of playing football covers all the processes of movement with and without the ball, which, according to the rules, are necessary for the game. The technique of the game is divided into the technique without the ball and the

technique with the ball. The no-ball technique includes running and various forms of changing the players running direction, jumping techniques, no-ball feints, and defensive positions. Technique with ball covers strikes the ball with his foot and head, dribbling, tricks taking away the ball, feints with the ball, a throw-in, receiving the ball and goalkeepers equipment.

Types of strikes

Kicking the ball is divided into more common and less common.

The first group includes:

- ✓ kick with the inside of the foot;
- ✓ impact with the inner part of the lift;
- ✓ blow up and blow outside of your foot.

The second group includes:

- ✓ kick with the outside of the foot;
- ✓ heel kick;
- ✓ blow with a sole;
- ✓ knee kick and hip kick.

During the game, kicks are used when passing the ball (pass), when hitting the goal, with free kicks and free kicks. If the impact force is not directed through the center of the ball, then the ball can "cut off", i.e. it will rotate around its vertical axis and describe an arc to the outside. Hitting the ball is a complex movement. With strong blows, the movement of the upper half of the body plays an important role.

Kick the ball with your foot

When kicking the ball, the player slightly tilts the torso forward and transfers the weight of the body to the support leg, which is slightly bent at the knee, for greater stability. The arms are also spread out to the sides to maintain balance. At the moment of impact, the torso straightens up to strengthen it. The arm of the same name as the supporting leg is brought forward. Only in this position can the player maintain his balance and deliver the strongest blow to the ball.

The position and distance of the support leg from the ball has a great influence on the trajectory of the ball. If a player is near the ball, he uses low passes. The position of the ankle joint should be as clearly fixed as possible. At the moment of impact, the player must look at the ball, because he fixes the distance to the goal in advance. These basic remarks apply to all types of kicking the ball.

Hitting the ball with your head

Blows to head are mainly used for transmission of the high flying balls. Headbutts are performed without jumping, in a jump, on the run and in a jump bent. Prerequisites for an intense blow are a good swing of the upper body and

tension of the occipital muscles. The most accurate blows are performed with the forehead.

Stopping the ball

This means all technical elements that are used by a player when stopping a rolling or flying ball. Rolling balls are most often stopped by the inside of the foot or the sole. The ball falling from the top in front is also stopped by the sole or inner side of the foot.

A flying ball can also be stopped by the head, chest or stomach. When stopping the ball with a transfer, the player first stops the ball with his foot (the inner or outer part of the lift), and then moves with it in the desired direction. When stopping the ball, it is very important to pull back the part of the body that stops the ball. This is done to soften the impact force and prevent the ball from Bouncing. The player must feel the ball well.

Driving the ball

Keeping the ball creates the prerequisites for further passes. It is also used when circling an opponent. The player must have the technique of driving the ball, be able to cover the ball with the body, but his eyes should be directed not at the ball, but on the field. To guide the ball in a straight line, use strikes with the outer part of the lift; along a curved line, the ball is driven with the inner part of the lift.

Feints

With the help of feints (deliberate deceptive movements), the player tries to mislead the opponent. The player causes the opponent to react in the wrong direction in order to gain an advantage in tactical and technical actions. Feints play a big role in single combat with an opponent. Body feints (deceptive body movements), foot feints (deceptive foot movements to hit the ball) and back-throwing feints are commonly used.

Hitting the ball

The technique of taking away of ball are: ball lock sole or the inside of your foot, stealing the ball using push and punt the "tackle".

The goalkeeper

Within the penalty area, the goalkeeper can take the ball with his hands. During the game, the goalkeeper uses the following techniques: catching the ball, hitting the ball with his fist, throwing the ball, hitting the ball, catching the ball in a jump. To introduce the ball into the game, the goalkeeper uses knocking out the ball, batting mint and rolling.

Football-training and training

The complex nature of the game of football also determines the complex method of training, which includes tactical, technical and physical training.

5. Technical training

The focus of technical training is working with the ball. The trainer can use various forms of training. A prerequisite for mastering the elements of football technique is the development of a "sense of the ball". This is done through various exercises with the ball. In addition, group training with several balls is used; complex exercises that include technical and tactical elements; technical, game forms of training (running, relay races, etc.).

6. Training in football technique should be carried out in the following stages:

- ✓ mastering the basic techniques of handling the ball on the spot and in motion in light conditions and taking into account the basic tactical rules;
- ✓ improvement of equipment at high speed and with maximum accuracy and with the use of feints;
- ✓ mastering the technique with the help of complex exercises and game forms with a certain physical load in conditions as close as possible to the conditions of a football match.

Sample exercises for practicing punches:

1. Strikes on a stationary or slowly rolling ball in front in a certain way (lifting, toe, etc.).
2. The same on a ball rolling in front at different speeds (front, right, left) with the left and right foot.
3. Hitting the ball bounced off the ground, flying and half-flying with the right and left foot at the goal.
4. Hitting the ball Bouncing in front (in front of the right, in front of the left) with the right and left feet on the target.
5. Two players pass the ball to each other, non-stop, hitting in a given way.
6. Alternate left and right foot strikes on the ball in any way after Bouncing off the ground.
7. The same, but the ball should not touch the ground.
8. In different ways, from different distances, at different angles, at different speeds and trajectories, the ball is sent into the low goal.
9. The Same, but for different purposes.
10. Shots from the 11-meter mark, from the corner of the field, from the goal.
11. Headbutt without jumping to the partner.
12. The same in the jump.
13. The head kicks to keep the ball in the air.
The Game "Volleyball". The ball is hit with heads and feet.

Sample exercises in stopping the ball:

1. Stopping the ball falling from above in various ways (direct lifting, the inside of the foot and the outside of the foot from a half-bounce, etc.) - throwing with your hands or feet up.
2. Stop the ball in various ways, reflected from a vertical or inclined shield.
3. Stopping the ball in various ways, sent by a partner or coach with a kick, head or thrown by hands.
4. Stopping the ball in games and game exercises (3x2, 4x2, etc.).

Sample exercises for practicing the ball ***Sample exercises for practicing the ball:***

1. Driving the ball in a straight line in various ways (straight lift, inner and outer side of the foot, sole, back forward, etc.) with the right and left feet.
2. Driving the ball with the outline of the racks on the right and left sides. The racks are arranged in a straight line every 5 meters. Play the ball in any way alternately with your right and left feet. It is the same with the arrangement of the racks in a circle and in a different order.
3. Dribbling through the Central circle of the soccer field to the right with the left foot, left foot and right foot.
4. Dribbling in a straight line, from center field to the penalty area with his shot or passing the ball to a partner.
5. Driving the ball with consecutive kicks-left and right feet, one kick, without releasing the ball from yourself further than 1 meter.
6. Driving the ball zig-zag, loop-like in various arcs with the outline of the posts and hitting the target.
7. Games and game exercises with driving the ball.

Sample exercises for practicing throwing the ball:

1. Throw the ball from behind the sidelines straight, left, right, for accuracy and range.
2. The same in the legs, on the chest, on the head of the partner.
3. Throwing the ball at the net.
4. Throwing the ball from different distances into the Central circle.
5. Throwing the ball from behind the sideline into the penalty area.

Sample exercises for practicing deceptive movements (feints):

1. Driving the ball with the performance of deceptive movements.
2. Driving the ball with the performance of various deceptive movements to stroke one or more partners.
3. Outdoor games.

Sample exercises for practicing ball selection:

1. Knocking out the ball from the player with his foot "podkatom in polushpagat" and "splits".
2. Game and game exercises (1x1, 2x1, 3x2).

Sample exercises for practicing the technique of possession of the ball by the goalkeeper:

1. Catching the ball with the goalkeeper's hands at different heights after Bouncing off the shield (blows of different strength).
2. Juggling one or two balls; tossing them alternately up or hitting the shield.
3. The Goalkeeper catches the ball sent to him by his partner with his hands or feet at different speeds, at different heights, with different trajectories.
4. The goalkeeper facing the shield. The partner behind the goalkeeper sends the ball into the shield at various angles. The goalkeeper catches the Bouncing ball.
5. The goalkeeper at the net trains knocking the ball with hands, feet, punches.
6. Kicking the ball from the ground and from the hands of the penalty area for range and accuracy.
7. The Goalkeeper catches the balls thrown by the partner away from him and over him.
8. Catching and hitting balls when training partners in hitting the shield.

Sample exercises for improving technical and tactical training:

1. Passing the ball in pairs: along the field, across and diagonally, on the ground and in the air, at different heights. Transfer directly to the player, to an empty seat, with a short delivery.
2. Driving the ball in pairs, threes, without changing and with changing places, with different speed of movement, without resistance and with resistance.
3. Driving the ball in pairs, threes with a stroke and with subsequent shots on goal.
4. One player leads the ball, the partner moves in the same direction, but in 10-12 m from the leading ball. The host passes the ball to the partner, who returns the ball to him in one touch. This is also done with the participation of a third player who interferes with the execution of passes.
5. Three players within the penalty area protect the goal, the other three players attack the goal, changing places.
6. 5 players participate in the attack on one goal: 3 to 4 players (except the goalkeeper) defend the goal. The attack is carried out continuously until the ball is lost or the goal is taken. After losing the ball or taking a goal, the attackers again start attacking from the center of the field. The exercises are complicated by the number of attackers, the number of touches to the ball and the method of passing the ball (on the ground, in the air, etc.).
7. On an area of 30 m, three against three play with a neutral who constantly joins the group of players who own the ball.

8. General physical training.

Exercises for the development of physical qualities.

- 1. *On the development of strength:*** pull-up, flexion and extension of the arms at the stop lying down, lifting weights (in kg), squat and jumping with a barbell (number of times). *Execution methods-repeat method and method before "failure"*.
- 2. *On the development of speed:***repeated running (m), variable running (m), acceleration (m), starts (number of times), jumping, mincing, etc. и др.
- 3. *For the development of endurance:*** cross-country (km), basketball, variable running (km). *Methods of implementation* - variable and uniform method.
- 4. *On the development of dexterity:*** elements of acrobatics (number of times), elements of gymnastics (number of classes), elements of athletics (jumping exercises (number of times). *Execution methods – game method.*

9. The impact of playing football on the human body

The game of football is characterized by an abundance of various technical and tactical techniques and a high emotional intensity of the fight. Football is an excellent tool for all-round physical development. In the process of this game, various types of motor activity are used: running, walking, jumping. The load exerted by playing football varies quite widely: from aerobic, during quiet runs and taking a place on the court for the game, to anaerobic-alactate, during fast jerks to the opponents goal.

Diverse and constantly changing game situations require a large Arsenal of motor skills from the participants of the game. In the process of improving these skills, a significant increase in the level of physical fitness of a person is achieved, which has an invaluable positive impact on health.

With the correct organization of football classes, great opportunities open up for an effective health-improving effect on the body. During the game, a person shows motor activity, while good training is received by the respiratory system, the endocrine glands and even the digestive system. A particularly important role in the organization of movements is played by many parts of the nervous system, since they constantly monitor and regulate the activity of organs of a particular apparatus. Football classes contribute to a significant expansion of the boundaries of peripheral vision, which has a positive effect on the speed and accuracy of visual perception. It is proved that with constant football practice, the sensitivity of the visual analyzer to the perception of light pulses immediately after the match increases by an average of 30%.

The physical activity performed by a persons musculature while playing football is an important factor for strengthening and improving the physiological

state of the cardiovascular system. The participants' heart rate during the match reaches 180-210 beats per minute, and the maximum blood pressure is up to 180-200 mm Hg. The energy costs of just one game for professionals are an impressive figure-about 1500-2000 kilocalories! Actively working muscles to replenish energy "burn" a large amount of fat deposits and thus contribute to getting rid of excess body weight, giving a slim and fit figure. And since many scientific works have already been written about the negative impact on the health of "extra" kilograms, another argument in favor of choosing football as an active recreation becomes obvious.

The frequency of performing respiratory movements during a football game reaches 50-60 cycles in one minute, and the minute volume of breathing varies between 120-150 liters. Therefore, such an intense load on the respiratory system has a positive impact on health by increasing the vital capacity of the lungs, which in football players is often more than 6 liters.

The beneficial effect on human health of playing football can be due not only to a holistic game activity, but also to the implementation of various individual game exercises used in training. Some elements of football have found application in health-improving and therapeutic physical education.

In order for football classes to have only a positive impact on health, you should pay increased attention to some issues of preparation for training. In particular, it is recommended to play football only in a knitted sports uniform, which provides high air permeability even with some moisture (which can be observed with intense sweating during the game). Sports shoes selected for football should be comfortable, comfortable and capable of performing the entire variety of movements performed during the game.

In addition to the actual beneficial effect on human health, football classes contribute to the development of self-control, increased endurance, initiative and creativity of thinking, courage and determination. Systematic training also leads to the formation of independence, perseverance and purposefulness.

However, despite the large range of effects of this game on the human body, it is necessary to take into account that there can also be quite a lot of contraindications for playing football. This is due to the fact that the game is necessarily present:

- ✓ fast movement of players on the court with a sharp change in direction of movement;
- ✓ ускорения acceleration at the limit and near-limit pace;
- ✓ jumping;
- ✓ sharp wide swinging movements of the arms and legs;
- ✓ sudden movements while hitting the ball;
- ✓ high load on the vegetative systems of the body;
- ✓ there may be situations of martial arts (often power), situations where a fast-flying ball hits the body of a person.

Thus, football can not be recommended for people with any serious health problems, especially with diseases of the musculoskeletal system, nervous system, analyzer systems, cardiovascular and respiratory systems. Most likely, it should be considered as a valuable recreational means of physical culture for people of the main medical group, in which it is necessary to influence the physiological systems of the body in a wide range and to meet the natural human need for a variety of movements in this group.

10. Types of control tests

a) Indicators of General physical fitness

Tests	Score in points		
	3	4	5
Running 100 m	13,5	13,2	12,9
Running 3000 min.	13,10	12,35	12,00
Pull-up in the hang on the crossbar (number of times)	9	12	15
Long jump from a standstill (cm)	220	230	250
Flexion and extension of the arms at the stop on the bars (number of times)	9	12	15
Lifting straight legs in the vise to the level of the crossbar (number of times)	5	7	10

b) Indicators of special physical training

Tests	Score in points		
	5	4	3
Running with the ball 30m (sec)	5,0	5,2	5,4
Running with a ball 5x30m (sec)	28	29	30

c) Technical training indicator

1. Head kick for accuracy after throwing the ball out of at least 3 out of 5.
2. The impact on the accuracy of head after a corner kick at least 3 out of 5.
3. Juggling the ball: feet-16 times; head-8 times.
4. Juggling the ball in a pair – 5 passes each partner.
5. Kick for accuracy in an empty goal on horseback at least 3 out of 5 times.
6. Kick for accuracy at the corners of the goal on horseback at least 4 out of 6 times.

Conditions for compliance with standards

a) On General physical training

1. The test in the women's 100m, 3000m and long jump from the place is held under the rules of athletics.
2. The pull-Up is considered to be performed correctly when the body of the subject from the vise is pulled up to the position of the chin above the crossbar, is in a strictly vertical position all the time of the exercise, without bending the legs.
3. Flexion and extension of hands in the emphasis on the uneven bars is considered correct, when the body of the subject from focusing on the direct hands on the bars is lowered into the emphasis on keeping your elbows bent and the bent angle of the hands in the elbow joints should be no more than 90o.
4. Lifting straight legs in the vise to the level of the crossbar is considered to be performed correctly when the subject touches his feet to the level of the crossbar, without bending them at the knees.

b) On special physical training

1. Running 30 m with the ball from a high start, keeping the ball in any way. The run is considered finished when the subject stops the ball with his foot on the finish line.
2. Running 5 x 30 m with the ball – from a high start, keeping the ball in any way. The run is considered finished when, after passing every 30 m, the subject stops the ball with his foot on the finish line. The interval for returning to the start is 25 seconds. It is allowed to return to the start by slow running or walking. At the same time, it is not allowed to carry the ball in your hands.

c) On technical training

1. Blows on the accuracy of hitting the head. Headbutts after throwing the ball out and after giving a corner kick from a distance of 10 m, sending the ball into the goal with a height of 220 cm and a width of 550 cm.
2. Juggling the ball – holding the ball in the air alternately with the right and left foot. Holding the ball in the air with your head.
3. Kick on the accuracy of hitting the goal with your foot. Strikes a stationary ball from a distance of 15 m into a goal 120 cm high and 160 cm wide. Blows are applied in any way. The ball must hit the goal without touching the ground.
4. Strikes on the accuracy of hitting the corners of the goal. Strikes on a stationary ball from a distance of 7m on the upper and lower corners of the goal with a height of 220 cm and a width of 550 cm. Blows are applied in any way. The ball must hit the corner of the goal with a height of 1m and a width of 1m, without touching the ground.

Theme 4. Table tennis in the system physical education at the University

PURPOSE OF THE LESSON: teaching students the technique and tactics of playing table tennis.

THE STUDENT SHOULD KNOW:

- the rules of the game of table tennis;
- basics of table tennis technique and tactics.

THE STUDENT SHOULD BE ABLE TO:

- apply motor skills in the educational process and in practice at the proper technical and tactical level.

TABLE OF CONTENTS:

1. Introduction.
2. Table tennis – rules of the game.
3. Technique of the game.
4. Tactics of the game.
5. Special training methods

1. INTRODUCTION

Table tennis is an individual sports game that is played according to certain rules by two (single play) or four (pair play) participants, a racket and a ball on a tennis table divided into two equal halves by a grid.

With the submission, a point is drawn, and the ball must be sent to the opponents playing half in such a way as to make the necessary retaliatory strike impossible. Table tennis places high demands on physical and mental abilities.

During training, the player develops reaction speed and impact strength with special components for endurance, agility, as well as reactive and coordination abilities to control their technical and tactical actions. A strong ability to concentrate, tactical thinking, and risk-taking are just as important factors for achieving personal victory as discipline, self-control, and the will to win.

2. TABLE TENNIS-RULES OF THE GAME

Serve and win a point

Before the start of the first game, it is determined by the choice of serving and receiving or choosing a side. The submission should be made in such a way that it is visible to the judge.

It is held behind the back line of the table or its intended lengthening. The ball is thrown almost vertically from a flat hand, and only then is it hit when it is in a downward motion.

He must first touch the playing surface of the serving racket before he flies directly through the net or around it to the opponent's playing surface. Each retaliatory strike is carried out directly towards the opponent's playing surface.

In the game, the change of serve occurs after 5 points are scored. The player who first scores 21 points becomes the winner of the game. With an equal number of points, 20:20 is played until one player achieves an advantage and 2 points. The game is decided by 2 games won, for men-3.

After each game and in the deciding game (3rd or 5th game), the sides change after 10 points. A point is gained by an opponent's mistake.

Mistakes

- ✓ repeatedly touching the ball on the playing surface;
- ✓ throwing the ball (into the net, out of the playing field);
- ✓ 2-one-time strike on the ball with one side;
- ✓ the body touches the playing surface (except for the hand holding the racket) or the ball;
- ✓ touch the grid;
- ✓ movement of the table;
- ✓ passing the ball correctly sent by the opponent;
- ✓ submission is not according to the rules

3. GAME TECHNIQUE

Game technique – a set of game techniques for the implementation of gaming activities in table tennis. In the technique of table tennis, there are two main areas of play – Asian and European. The name comes from the way the racket is held or grasped. European grip – horizontal, with her hand grasping the racket with three fingers – middle, ring and little finger; the forefinger stretched along the edge of the paddle, and the large one is on the other side. This grip is convenient because it allows you to play equally effectively with both sides of the racket. Often referred to as the "knife grip". With a vertical grip, the thumb and index fingers wrap around the pen as they usually hold a fountain pen, which is why it is often called the "pen grip". The remaining 3 fingers are placed on the back of the racket as a fan or superimposed one on the other.

This method gives a high mobility of the brush, which allows you to perform complex, highly twisted feed. But it is convenient to hit balls with only one side of the racket. In European table tennis and in our country, the pen grip is unpopular. The strength and accuracy of the blows depend on which part of the racket will be hit.

All strokes used in table tennis can be divided into 2 groups:

- ✓ *main strikes*
- ✓ *extra strikes.*

The main technical methods include first of all: cut left, cut right, forward left, forward right.

The modern technique of the game is unthinkable without complex and diverse rotations of the ball, attached to the racket. Rotation significantly changes the trajectory of the ball. In flight, it can rotate in different geometric planes. The ball, which is spun up with a punchy kick, receives a progressive upper rotation. About the ball flying in this way, they say: "twisted". It flies on a more convex trajectory and falls on the table at a much greater angle than flying flat, and bounces off the table at a lower angle, but higher than after other blows.

The flight path of the cut ball (which has a lower rotation) is more flat, the landing angle is usually less than the landing angle of the twisted and flat ball. However, the cut ball bounces at a greater angle than it lands. After the rebound of the cut ball, the cut ball can retain its previous rotation or turn into a twisted ball. Knowing and understanding these secrets helps you hit the ball correctly and beautifully.

a) the easiest stroke to master is a cut from the left.

This is a kick in which the ball is given a lower spin. Such a ball is called a cut, because the blow was called a cut. The movement that is performed with this

strike is similar to the same movement when we cut something. The movement itself is (the right, the left), like a rib head is cut a large head of a flower, standing on a long stem and try the racket was only one Bud, with no stem.

This technique reflects the ball flying without rotation or having a lower rotation. Cutting on the left is performed from such a rack: the trunk should be turned half-turned to the left and slightly tilted forward. Legs bent and shoulder-width apart, right in front. The arms are bent at the elbows and are in front of the chest. When swinging, bend the arm with the racket and raise it to the left shoulder, and, straightening, lower it forward and down. The trajectory of the racket should be arched, not straight. At the beginning of the movement, the "nose" of the racket is raised to the shoulder, and at the end it is directed to where the ball is sent – to the left corner, middle or right corner of the table.

A few tips to avoid common mistakes:

- ✓ *when swinging, do not raise your arm above or beyond the shoulder;*
- ✓ *perform the movement smoothly, but with acceleration;*
- ✓ *hit the ball at the highest point of the rebound in front of you, do not*
- ✓ *skip it back, for yourself;*
- ✓ *do not stop the hand after the blow, but straighten it to the end;*
- ✓ *at the end of the movement, do not move your hand far to the right, it will*
- ✓ *should go forward and down to the grid.*

You can train at a flat wall, having diversified tasks: to beat off in a target, in 2-3 targets located nearby, coming closer and moving away from the wall, working out the force of the blow. You can also train without a partner on the table, moving it to the wall, or putting a shield at the opposite end of the table.

The cut on the right is performed from the right-hand post. In this case, the body is turned half-turned to the right and slightly tilted forward. When swinging, the hand with the racket, bending, is raised up to the level of the shoulder, and, straightening, is lowered forward and down. More active work of the brush at the moment of impact will give the ball a greater speed of rotation. You need to learn not to put your elbow forward when swinging, this helps you choose the right angle of the racket.

This is a more complex technique, because the movement of the hand is somewhat unnatural.

b) Roll forward refers to the attacker, the attacker strikes.

This is one of the main techniques used to draw a point. They can throw the ball to the other side of the table, reflect the cuts and rolls of the opponent, take serves and counterattack (in this case, the reception will be called counter-roll).

The movement when performing a roll is peculiar: as if the ball is smoothed with a racket from the bottom up, rolled. This technique is convenient to perform attacking strikes in the near zone and on short balls.

Knurling on the left is performed from the left-hand rack: when swinging, the racket is lowered slightly down to the left side. The stroke is made by moving the hand with the racket from the bottom-up-forward. The "nose" of the racket looks down at the beginning of the movement, and at the end of the stroke – up-to the side.

You need to remember that:

- ✓ *the movement begins with the hand "include" the forearm, and then the shoulder, the elbow should remain in place, the movement is performed "around the elbow";*
- ✓ *when finishing the movement, the playing surface of the racket should be parallel to the table;*
- ✓ *to increase the forward speed, you need to transfer the weight of the body from the left leg to the right.*

Rolling on the right is also one of the main attacking strikes that can win points. Perform from the right-hand rack. When swinging, the hand is drawn to the right hip. The movement goes from bottom to top-forward and ends as if at the head. In this blow, the hand and shoulder are more active. You need to remember that:

- ✓ *in order for the movement not to be constrained, there should be a distance of 5-8 cm;*
- ✓ *when swinging, the "nose" of the racket is lowered, and the racket itself is at the level of the playing surface of the table or slightly lower;*
- ✓ *do not lift the elbow up, the racket should be higher than the elbow at the end of the movement;*
- ✓ *to strengthen the impact, the body weight is transferred from the right to the left leg.*

c) **Submission** is the main technique with which to begin the game on the scoreboard. The main task of this technique is to introduce the ball into the game. Per batch, you have to take and serve an average of 25-30 times. Therefore, without a good serve, there can be no good game for the score. Serve is the only shot that does not depend on the actions of the opponent. Recently, the serve has become an important offensive technique, allowing you to win a point. In an attempt to confuse the opponent, players make additional deceptive movements when serving.

The technique of serving is divided into 2 parts: throwing the ball and the kick itself.

There are some rules for serving the ball: the ball is thrown from the open palm, with the thumb set aside, and the rest are drawn in and tightly closed. The hand is held in front of you or to the side of you. Be sure to make sure that the hand with the ball is not below the level of the table, does not cross the continuation of the back line of the table and is not above the table – in these cases, the serve will not be considered correct.

The ball is thrown to any height not less than 16 cm from the table level. The most important thing when serving is the moment of interaction of the racket with the ball. There are many innings that differ in the form of the movement of the hand with the racket:

- ✓ ***direct hit;***
- ✓ ***"pendulum";***
- ✓ ***"fan";***
- ✓ ***"Shuttle";***
- ✓ ***according to the trajectory and length of the ball's flight, the direction of rotation***
- ✓ ***upper;***
- ✓ ***lower;***
- ✓ ***bottom-side, etc.***

Serves with a direct blow are performed on the right and left with movements similar to the techniques of cutting and rolling.

The "pendulum" feed gets its name from the movement itself. After all, the forearm and hand with the racket move from left to right when serving with the back of the racket and from right to left when serving with the palm side of the racket. This feed allows you to give the ball a different rotation depending on the moment when the racket hits the ball – at the beginning, middle or end of the movement. The type of rotation also depends on it.

Filing a "fan". This feed is usually performed only with the palm side of the racket. The hand describes a semicircle directed with the convex side up. If the serve is made to the left side, then the tennis player faces the table.

Mastering the technique of feeding you need to pay attention to such details:

- ✓ the grip of the racket changes. To increase the mobility of the brush handle the rackets are held slightly farther and weaker, and the racket itself is held with the thumb and index finger;

- ✓ the quality of the completed feed depends on the active work of the brush when hitting, it is necessary to relax the brush as much as possible.

In order for the serve to be effective, you need to remember about masking the method of serving, the order of execution of serves.

d) Top spin. The ultimate goal of most strikes is to win a point. If you do not count deceptive techniques, tennis players try to win a point due to the force of hitting the ball. But the harder the blow, the more likely it is to miss. Therefore, on the one hand, the impact should be as strong as possible, and on the other – not to lose accuracy. That's where the ball rotation helps. By itself, it does not change the force of the impact, but only increases the accuracy of the hit. Increasing the speed of the upper rotation allows you to play accurately and perform the strongest blows. This property has a top spin – the most powerful and effective shot in modern table tennis.

Top-spin (top-spin) in translation from English. means the upper (higher) spin. For the first time, this technique was shown by Japanese athletes at the world Championships in 1961. This is a very complex technique. It is difficult to fulfill, even more difficult to answer it. The ball, which has received a super-strong higher rotation, has a convex flight path, flies slower, but when interacting with the table and racket, it has a quick and unexpected rebound. This technique is often used to start or end an attack.

There are fast top spin, hovering, sideways, false (or deceptive), when the player only pretends to perform a top spin. The technique of performing a top spin on the right is similar to the technique of rolling on the right. But it is distinguished by a large swing, the movement of the hand is almost completely directed upwards. And in order for the ball to rotate more, you need to hit it on a tangent, the racket should sort of slide over it with maximum acceleration, and not hit it. And in order for the ball to fly not only up, but also forward, you need to actively work with your torso, turning during the strike.

When mastering this technique, you need to pay attention to the following secrets:

- ✓ when performing a swing, you need to turn your shoulders more and pull away straighten the arm back, this allows you to put more energy into the movement;
- ✓ you can check how the kick is made by the sound. If the ball hits the racket with a ringing sound, then it failed, because both the base of the racket and the pad took part in the game. If you hear a faint sound or a slight rustling, then it is played correctly;
- ✓ the hand with the racket must overtake the ball, then it will be possible to give the ball the desired trajectory and direction of flight.

Top-spin on the left has become a formidable weapon of athletes. It can be fast and slow, just like on the right. Few people own a fast top spin. And the top spin on the left with a vertical grip (Asian) is not used at all, because with this grip you have to turn the brush too quickly and strongly. The technique of performing a top spin on the left is almost the same as a roll on the left. But the movement is more energetic and broad. The hand and torso are actively working.

Mastering this technique you need to think about the following:

- ✓ *to create a larger swing, you need to straighten your arm and lower the racket down and slightly to the left side, turn your shoulders to the left, so that you are almost right side to the table;*
- ✓ *during the execution of the blow, leave the elbow “in place”;*
- ✓ *to give the ball more speed, the legs should be bent more strongly, and at the moment of impact, they should be actively unbent and at the same time transfer the weight of the body forward from the left leg to the right.*

d) The stand is one of the oldest punches. Refers more to the auxiliary and defensive techniques of the game. The essence of it is that the ball should be directed to such a point of the table that the opponent could not continue the attack, made a mistake or was forced to use such a retaliatory strike that could make it easier for the player to counterattack. The name of this technique is due to the essence of the movement itself: the racket is simply substituted for the ball, and it, having flown up, as if it bounces off it.

The stand is usually taken by good balls, which after rebounding do not fly out of the table. Perform with the palm and back of the racket. There are active and passive stands. If you just put the racket under the ball, it will be a passive blow. And if you move the racket forward with a turning movement of the hand and forearm, covering the ball with it, you will get a fast active stand. When performing the stand, the movements of the legs and torso are minimal, the blow is performed almost without a swing.

To master the technique of performing this technique well, you need to pay attention to the following:

- ✓ *make sure that the racket is above the table at the time of impact;*
- ✓ *do not take the ball too far away from you with your outstretched hand, this will make it difficult to control the flight of the ball;*
- ✓ *it is better to hit the rising ball or at the highest point his rebound.*

e) Undercutting is used to reflect the opponent's strong punches: rolls, top spins, finishing punches and punches at medium and long distances from the table. The ball is given a low flight path and a lower or lower-side rotation is reported. In the

form of movement, it is similar to cutting, only it is performed further from the table and with a wider amplitude of movement.

The main purpose of this technique is to provide a reliable reflection of the ball, to make it difficult for the opponent to perform the final blows.

Usually, cutting is performed on the descending ball when it is below the level of the net, because the descending ball has a reduced speed and rotation is weakened.

Cutting left is performed from the right-hand stance: the left leg is slightly forward, the weight of the body is on the right leg, the torso is deployed and slightly deflected to the right. The hand with the racket is swung up and back to shoulder level, and then a shock movement is made from above-down-forward, the legs are bent in a half-Crouch. The lower half of the racket strikes the bottom of the ball.

To avoid errors when performing pruning, you need to remember:

- ✓ *so that the hand with the racket does not rise above the level when swinging the head was not taken behind the back, because this reduces the speed of the ball;*
- ✓ *choose the right angle of inclination of the racket when it is brought to the counter ball;*
- ✓ *do not press the elbow close to the torso to ensure free wide movement.*

Cropping on the left gives you more options in the game than cropping on the right. Clipping on the left can reflect the ball from a larger area of the table. In addition, the rack from which the left pruning is performed can be used for subsequent attacking left and right strokes, since we are facing the table.

When hitting from the left, the torso limits the amplitude of the swing, so to increase the swing, they turn to the left, and the right hand with the racket, taking it to the left shoulder, is directed towards the opponent. During the execution of the blow, the arm is straightened from top to bottom-forward, the weight of the body is transferred to the right leg. Hitting the ball is performed by the lower half of the racket on the lower-side or lower part of the ball.

When mastering this technique, you should pay attention to the following points:

- ✓ *pruning should be done sideways, on the line of the left shoulder, not in front of the stomach and not too far from the body, the arm is slightly bent at the elbow. This will ensure the optimal amplitude and speed;*
- ✓ *cut on the ball, which is at the level of the net or just below it;*
- ✓ *flex your legs smoothly and transfer your body weight to your right leg to dampen the rotation and speed of the incoming ball.*

ж) *There is an interesting, but rarely used technique - "candle"*. This is the name of a technique in which the ball can be given a strong rotation of the upper (twisted "candle") or lower (cut "candle"), which makes it difficult to receive. Usually refers to defensive techniques. It is used in cases where players are forced to move very far away from the table or when there is no time to prepare for an active reflection of the ball.

In such a situation, a wide movement from the bottom up tends to throw the ball to the opponent on a steep trajectory. First, in order to buy time to prepare for the next shot, and secondly, in the hope that the ball bounced high will force the opponent to make a mistake. "Candles" can be held both on the right and on the left.

To perform well "candles", you need to remember:

- ✓ kick to carry on lower the ball, which will give him more a steep flight path;
- ✓ spin the ball not only with your hand, but also with your legs and torso aim to hit the ball on a tangent to give it a strong spin;
- ✓ the range of motion should be wide, which allows you to better control the flight of the ball;
- ✓ try to send balls to the back white line of the table, which will force the opponent to move away from the table and respond passively.

4. THE TACTICS OF THE GAME

Tactics of the game – a set of competitive behavior, game actions, techniques and means aimed at achieving a specific goal set in the competition; the art of wrestling.

It is often said "Play with your hand, and win with your head". The winner is the one who knows how to properly distribute their forces. Good for 25-30 min. before the meeting, do a few gymnastic exercises, then warm up at the table for 10-15 minutes. It is important to monitor the correct breathing, to remain calm. It is better to rest lying down, relaxing the muscles, putting your feet above your head. In modern table tennis, with the development of the game technique, there is a great need for clear coordination of movements of all parts of the tennis player's body – legs, torso, abdominal muscles, playing and free hand, which allows you to improve the quality of technical reception. During the meeting, the athlete performs 200-300 strokes and covers distances from 800 to 1500 meters. The time between strikes of two players is from 0.4 to 0.2 seconds.

During this time, it is important not only to think through your actions, but also to imagine the logic of the opponent, to anticipate his response. This is the tactics of the game. The basic principle of tactics is the appropriate use of their capabilities, taking into account the forces of the enemy.

Tactics are the means, forms, and ways of playing the game

1. *The means of playing the game are technical techniques. All tactical techniques are divided into attacking, counterattacking, preparatory and defensive.*

Attacking actions are actions that aim to actively win a point.

Counterattacking is considered such actions when the opponents attack is responded to with more active actions, trying to seize the initiative.

The task of preparatory techniques is to keep the ball in play, create a convenient situation for yourself or force the opponent to return such a ball so that it is convenient to start an attack.

The goal of defensive actions is to return the ball to the opponent's half of the table in any way out of a difficult game situation, not to make a mistake yourself and not to give the opponent the opportunity to attack.

2. *The way of playing the game* is something common in the tactics of individual players, despite the individual style of playing the game. *In table tennis, players are usually divided into representatives of the offensive style, defensive style and universal.*

- a) *forward-style* players are those who play the ball at a fast pace, strive to have the initiative throughout the game and, if possible, attack and counterattack.
- b) *representatives of the defensive style* take little risk, wait for the opponent's mistakes, adhere to accurate stable actions, play a point for a long time.
- c) *versatile players* are those who combine defensive actions with attack and counterattack. With an active defense, the player does not wait for the opponents mistakes, but alternates blows so as to prevent his active actions.

The style of the player depends on his character, temperament.

Serve tactics – the most important section of the game's tactics. During the game, you have to make 15-20 innings, i.e. so many times the player has the right to first strike, a step towards winning a point. Previously, the pitch was considered only a means of introducing the ball into the game, and now it is referred to as an active means of attack.

These days, the most effective are fast serves with complex mixed rotation and deceptive movements combined with short serves to achieve the effect of surprise. Tactics of drawing the ball – a complex and diverse section of the tactics of the game.

In table tennis, various tactical options for drawing a point are adopted: changing the game rhythm, long drawing a point, intercepting the initiative, confusing game actions, illogical play, uncompromising play, constantly changing the direction of the ball's flight," clamping", programming actions.

The "change of game rhythm" option is used to prevent the opponent from adapting to the new one. The arrhythmic conduct of the game will lead the opponent to mistakes, it is necessary to take advantage of this.

The "uncompromising game" option is good when playing against a strong opponent. Here they play openly, trying to use their strong technical techniques against the weaknesses of the opponent.

The "clamp" option is used when the opponent's technique is clearly lame. For example, a weak backhand. In this case, all the blows tend to be directed in this direction, this will not give the opponent the opportunity to use those techniques that he knows well.

Forwards and counter-players prefer different options for "opening the game" with subsequent standard actions, a change of pace, as well as accurate and hard shots during the game. Defenders want to force the opponent to make mistakes with the help of a well-chosen position and frequent changes of cutting, counting on the loss of concentration of the opponent's attention when the ball is usually changed for a long time.

Players of long-term defense, relying on a confident defense, on frequent alternation of types of strikes and at the same time on excessive alternation of cut balls (from a defensive strike with a strong cut to Topspin), try to win points.

Basic tactical rules state that you should not change the tactical concept if it brings success. All actions must prepare their own attack (except for the defenders) and prevent dangerous attacks of the opponent. Topspin should be used as often as possible.

5. SPECIAL TRAINING METHODS

Table tennis is an important factor in the field of outdoor activities, because it can be used by people of all ages. The game method of training has proven itself well.

The game method of training is aimed at developing coordination of movements, speed, and endurance. It has a General effect on the players body. Classes using this method include elements of various sports games.

It allows you to achieve emotionality and high intensity of work, helps to identify and cultivate a number of physical and mental qualities, among which the main place is occupied by dexterity and quick thinking, which is so important in table tennis.

Table tennis is primarily a game, and it is very important that all the exercises that help you master it are of a game nature, which corresponds to the spirit of this sport and brings up the necessary qualities for the game, and in addition, increases interest in the game.

The competitive method of training can be used as a way to stimulate interest and activation in the form of individual competitive exercises for strength, speed, dexterity, etc. or is carried out in the form of organized competitions.

The factor of competition, as well as the form of organizing and conducting competitions – determining the winner, rewarding for the achieved result, etc. – create a special emotional and physiological background that enhances the impact of physical exercises and contributes to the maximum manifestation of the functional capabilities of the body.

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