

## **SELECT A NUMBER OF EXERCISES TO ENHANCE THE PROFESSIONAL STRENGTH OF VOLLEYBALL SUBJECT FOR UNIVERSITY STUDENTS OF MINING – GEOLOGY**

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**Summary.** *Professional endurance in volleyball is an important factor in helping students learn well in volleyball. Through the actual teaching and studying the learning process of students, we have selected 11 exercises to improve the professional endurance of volleyball for students of the University of Mining and Geology.*

**Key words:** *Students, volleyball, sports training, physical training, strength*

**Question.** Physical education in schools is an indispensable part of our education. Physical education has a positive effect on the improvement of personality and physical for students in order to train new people to develop comprehensively, effectively serving the industrialization and modernization of the country solid defense security.

Today, modern volleyball is popular with the trend of artisticization, beautiful, attractive, playing at a high pace, many different techniques, so it requires learners to be able to adapt to the trend. that's it. Thus, technical and physical skills must reach a high level to meet the mission requirements .

Through teaching practice we realize: Endurance is the ability to perform an activity with a given intensity, or the ability to maintain the ability to move for the longest time that the body can endure. Since that length of activity is ultimately limited by the occurrence of fatigue, endurance can also be defined as the body's ability to fight fatigue during an activity. We've also seen the possibility of transferring endurance from one activity to another. Stemming from the above mentioned facilities, we research : "*Select some exercises to enhance the professional endurance of Volleyball subject for students*".

**Problem solving.** To determine whether to put the exercises strengthen the energy efficient professional volleyball for students T chest University of Mining - Geology or not and option exercises of how to fit the audience of students, make in line with the conditions of the facilities available and the most important to ensure the principles of teaching and coaching in the sport, they're already conducting interviews of 56 people, including 34 master trainers, 18 Pg Doctors and 4 Doctors are Experts, Coach and Volleyball instructors for many years. Results interview the need exercises to strengthen power reliability. Specialized subjects Volleyball Student T chest University of Mining - Geology. (n = 56)

Interview results in Table 1.1 show that the vast majority of care is agreed that the application of the exercises strengthen the energy efficient technical expertise Volleyball Student T chest University of Mining - Geology is essential.

From the above results we come to the interview to choose the exercises strengthen the energy inside specialized subjects Volleyball Student T chest University of Mining - Geology.

The selection of exercises is based on the following:

- Based on the principles of physical education.
- Based on the dynamic properties of physical strength and the methods applied to educate the physical qualities.

- Based on the characteristics of students T chest University of Mining - Geology.

Table 1.1: The results of the interview needed to put the exercises increased professional endurance Volleyball for students Mine geological college. (n = 56)

TT	Interview content	Interview result					
		Necessary, needs		Unnecessary		Have no ideas	
		n	%	n	%	n	%
1	Give exercises to enhance the endurance of volleyball for students of the University of Mining and Geology.	54	96.42	2	3.58	0	0
2	Collective training as before.	2	3.58	54	96.42	0	0

To determine the correct exercises to strengthen power reliability specialized subjects Volleyball c ho Birth T chest University of Mining - Geological we use physical exercises for developing strength factor durable general and professional . However with special conditions of T chest University of Mining - Geological, we determined to make exercise in nature education appropriate professional strength with time studying Student Volleyball.

Based on the theoretical basis and characteristics presented above, the topic can select exercises through materials about physical fitness training, determine the priority level. of group exercise suitable for the object of study, time study and c evil teaching methods conducted at T chest University of Mining - Geology. The topic can choose 24 exercises:

Exercise 1 : Speed running 20m x 10

Exercise 2 : Run for 12 minutes

Exercise 3 : Turn on the podium 30cm full speed

Exercise 4 : Crossing 25 minutes

Exercise 5: Running 1500m

Exercise 6: Running repeat 1000m x 2 times

Exercise 7: Running z ons z accumulators

Exercise 8: Jump rope for 2 minutes

Exercise 9: Turn on the barrier continuously (1 minute x 3 teams)

Exercise 10: Run from the end line to touch the attack line and come back (3 times x 6m x 2 teams)

Exercise 11: Turn on cross –legged jumps

Exercise 12: Horizontal movement to block the ball continuously in positions 2, 3, 4 (1 minute x 3 groups)

Exercise 13: Lifting the 25kg bar, standing up and sitting down (1 minute x 2 nests)

Exercise 14: Running to change direction (2 minutes x 3 groups)

Exercise 15: Moving sideways supporting pass 1 (3 times x 2 nests)

Exercise 16: Turn on toads (3 times x 30m x 2 nests)

Exercise 17: Bounce with a tall object with no momentum (15 reps x 3 nests)

Exercise 18: Bounce with a tall object (15 reps x 3 nests)

Exercise 19: Bounce 20kg barbell

Exercise 20: Turn on the foot swap 45 seconds

Exercise 21: Tie the sandbag to the jump ball at position 4, move the ball at position 3 and 2 and back (30s x 3 teams)

Exercise 22: The trigger stove changes legs 20m

Exercise 23: Running a shuttle

Exercise 24: Pressing the propeller (2 times x 30m x 3 nests)

Table 1. 2: Select fitness development exercises according to priority (n = 56).

TT	HOMEWORKS	Evaluate						Ratio %
		Important		Normal		It doesn't matter important		
		n	%	n	%	n	%	
1	Run speed 20m x 10	45	80.36	5	8.93	6	10.71	89.88
2	Run for 12 minutes	54	96.43	1	1.79	1	1.79	98.21
3	Turn on the podium 30cm full speed	42	75.00	11	19.6	3	5.36	89.88
4	Cross country run 25 minutes	56	100	0	0	0	0	100
5	1500m running	45	80.36	3	5.36	8	14.29	88.69
6	Repeat run 1000m x 2 times	46	82.14	2	3.57	8	14.29	89.29
7	Run z useful z battery	45	80.36	5	8.93	6	10.71	89.88
8	Jump rope for 2 minutes	34	60.71	16	28.5	6	10.71	83.33
9	Turn on the shield continuously (1 minute x 3 nests)	54	96.43	1	1.79	1	1.79	98.21
10	Run from the bottom line to touch the attack line and back (3 times x 6m x 2 nests)	51	91.07	4	7.14	0	0	95.83
11	Jump and jump	46	82.14	3	5.36	7	12.50	89.88
12	Horizontal movement to block the ball continuously in positions 2, 3, 4 (1 minute x 3 nest)	54	96.43	2	3.57	0	0	98.81
13	25kg barbell beam stand up and sit down (1 minute x 2 nests)	32	57.14	16	28.5	8	14.29	80.95
14	Running to change direction (2 minutes x 3 teams)	42	75.00	7	12.5	7	12.50	87.5
15	Horizontal moving support pass 1 (3 times x 2 nests)	41	73.21	12	21.4	2	3.57	88.69
16	Tie the sandbag to the jump ball at position 4, move the ball guard at position 3 and 2 and back (30s x 3 teams)	53	94.64	2	3.57	1	1.79	97.62
17	Bounce with a low beam (15 times x 3 nests)	56	100	0	0	0	0	100
18	Toggle (3 times x 30m x 2 nests)	45	80.36	5	8.93	6	10.71	89.88
19	Bounce with tall objects (15 times x 3 nests)	50	89.29	6	10.7	0	0	96.43
20	Turn on the foot switch for 45 seconds	54	96.43	2	3.57	0	0	98.81
21	20kg barbell beat toad	43	76.79	6	10.7	7	12.50	88.1
22	The trigger changes legs 20m	46	82.14	7	12.5	3	5.36	92.26
23	Run a shuttle	49	87.50	5	8.93	2	3.57	94.64
24	Presser foot (2 times x 30m x 3 nests)	45	80.36	5	8.93	6	10.71	89.88

To choose the correct exercises enhance the strength of professional volleyball for students T chest University of Mining - Geological subjects interviewed teachers have experience teaching Physical Education in universities blocks Engineering, Economics and