

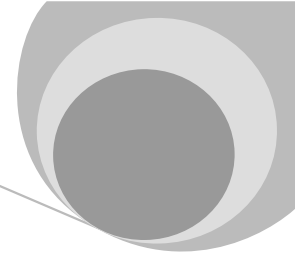
Министерство спорта Российской Федерации
Смоленская государственная академия физической культуры, спорта и туризма
Кафедра теории и методики спортивных игр

СПОРТИВНЫЕ ИГРЫ В ФИЗИЧЕСКОМ ВОСПИТАНИИ РЕКРЕАЦИИ И СПОРТЕ

СПОРТИВНЫЕ ИГРЫ В ФИЗИЧЕСКОМ ВОСПИТАНИИ, РЕКРЕАЦИИ И СПОРТЕ



Смоленск - 2021



УДК 796.3

ББК 75.5

С 60

Редакционная коллегия:

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Рецензенты:

Кафедра теории и методики спортивных игр Кубанского государственного университета физической культуры, спорта и туризма
Кафедра теории и методики спортивных игр и гимнастики Московского государственного областного университета

С 60 Спортивные игры в физическом воспитании, рекреации и спорте: материалы XV Международной научно-практической конференции / под общ. ред. к.п.н., доц. А.В. Родина, к.п.н., доц. Е.Н. Бобковой (г. Смоленск, 26-28 января 2021 года). – Смоленск, 2021. – 384 с.

ISBN 978-5-94578-194-8

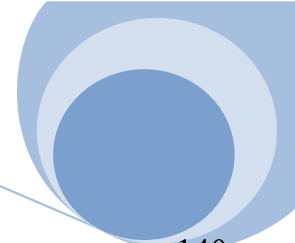
В научный сборник вошли материалы, посвященные актуальным вопросам теории и методики спортивных игр. В представленных научных работах раскрываются аспекты применения спортивных игр, как средства физического воспитания и рекреации, различные проблемы подготовки спортивных резервов и квалифицированных спортсменов, а также общие вопросы теории и методики физической культуры и спорта.

В сборник вошли материалы исследований, ведущих отечественных (Великие Луки, Владимир, Воронеж, Ишим, Казань, Коломна, Краснодар, Малаховка, Мытищи, Москва, Набережные Челны, Омск, Самара, Санкт-Петербург, Смоленск, Тула, Тюмень, Челябинск) и зарубежных (Алматы, Братислава, Витебск, Калиж, Ханой) специалистов по данной тематике.

Сборник статей адресован студентам, аспирантам, преподавателям учебных заведений для изучения актуальных проблем теории и методики спортивных игр, а также тренерам и специалистам, проводящим научные исследования в КНГ сборных команд.

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sports specialized schools. The number of teachers interviewed is 56 people, including 34 main lecturers, 18 masters and 4 doctors. Use exercises that are rated on 3 levels: Important; Normal; It doesn't matter. The results of the interview are in Table 1. 2.

The results on Table 1. 2. shows that all ideas are concentrated in these 24 exercises. However, we choose exercises with more important reviews with the rate of votes accounting for over 90%.

The research results have selected the exercises are:

Exercise 1 : Run for 12 minutes

Exercise 2 : Crossing 25 minutes

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

Exercise 4: Run from the bottom line of the field to touch the attack line and come back (3 times x 6m x 2 teams)

Exercise 5: Moving sideways to block the ball continuously in positions 2, 3, 4 (1 minute x 3 groups)

Exercise 6: 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 7: Bounce with a tall object with no momentum (15 reps x 3 nests)

Exercise 8: Bounce with a tall object (15 reps x 3 nests)

Exercise 9: Turn on the foot swap 45 seconds

Exercise 10: The trigger stove changes legs 20m

Exercise 11: Running a shuttle

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THE MEASURES TO PERFECT THE TECHNIQUE OF THE HIGH HAND KICK IN FRONT OF YOUVOLLEYBALL BUFFET CONTENT FOR MALE STUDENTS OF THE UNIVERSITY OF MINING AND GEOLOGY

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Summary. The technique of kicking in is very important. However, in the practice of teaching and practicing volleyball for male students of the University of Mining and Geology, the technique of kicking in front of the hand has not been paid attention; This leads to limited practice results. Therefore, it is necessary to have measures to perfect this technique.

Key words: students, sports training, volleyball, technique, improvement of impact

Question. Volleyball is a fast-growing and widely-developed sport in our country, is a highly attractive sport with technical activities - diverse transformation strategies have attracted many people to practice and practice. competition. Volleyball training and competition not only has the effect of physical development, enhancement of health, the spirit of solidarity, education, and training of moral qualities and will, contributing to education and development. comprehensive human development.

However, in practical teaching and practicing ball chuye n is content elective for students to male students University of Mining and Geology (2 credits), shows, technical teeing high-handed front in place is not interested; This leads to limited results in practice and academic

competition. Stemming from the above issues , it is necessary to have measures to perfect this technique.

Problem solving:

Current situation of PBCTTM technical practice of students:

Front-hand high kicking (PBCTTM) , is a technique where the face and front of the body are directed against the net. This type of kicking has high tactical accuracy and great attack power (Figure 1). Includes 4 operations :

Posture to prepare: Stand in the teeing ground in a high position. Left foot in front, feet shoulder width, left foot tip forward, almost perpendicular to the horizontal border. Right foot back, toe to right. The legs create a stable cross-section for the body, the body is slightly turned to the right, the body weight is on the hind legs. Face toward the net, eyes observing the opponent. Left hand palm up, elbow supporting ball in front, about a ball from abdomen and waist level. Right hand: elbow flexed, palms level at the height of the ball, pointing downwards or can be placed on the ball .

Tossing: To hit the ball accurately, tossing the ball up must ensure the stability of the ball. When preparing to toss the ball, the torso bends forward, hands holding the ball lower, and legs slump. Immediately after that, the left hand raises the ball in rhythm when the left hand is at face level, the ball is thrown. Now the ball leaves the hand and moves upright vertically at a height that is one reach when reaching the ball. At the same time with the left hand tossing the ball, the right hand also moves up, back to prepare to hit the ball. The palm of the hand is grid-oriented, higher than the head at the back, elbows curled, shoulder-height. Body slightly tilted front muscle groups stretch, face towards the ball.

Hit the ball: When the ball falls to the right range, the right hand moves from back to front slightly upwards to hit the ball. The right foot kicks on the ground to rotate the torso toward the front almost completely. Body weight on forelegs. The right shoulder moves forward while dragging the arm, elbow, right shoulder, and the hand is hitting the ball. When hitting the ball , the hand movement speed is fast in the direction, slightly up. Especially the folding speed of the wrist touches the ball by hitting the ball under the center of the ball, mainly the elbow.

End c: When the teeing off is finished, the pitcher continues to bend his body, his hand reaches the ball and then slowly descends. The hind leg steps up and returns to the ready-to-play position.

Observe the process of PBCTTM technical practice of 40 male students of the volleyball class at the end of credit 1 (30 periods), presented in Table 1:

Table 1: Results reality techniques PBCTTM in credits 1 (n = 40)

TT	Weakness Skill	It's correct		Wrong		χ^2_{count}	χ^2_{board}	p
		SL	%	SL	%			
first	Prepare posture	23	57.50	17	42.50	7.83	7.81	<0.05
2	Throw the ball	twelfth	30.00	28	70.00			
3	Polish	13	32.50	27	67.50			
4	End	15	37.50	25	62.50			

From table 1, it shows that after finishing credit 1 (30 periods), most of students have incorrect results of technical practice of PBCTTM , especially from 67.7-70.0 % of errors in pitching techniques. and polishing (p < 0.05) , with common mistakes: Incorrectly prepared posture (legs are not bent at the knee joint, upper body is reclined much forward, front leg is blunt with the dominant hand) ;Bad pitch (behind head , sideways or away from

body); Hands relaxed when hitting the ball, small hands hit the ball incorrectly; The end does not put all of his power into the ball. The cause was determined to be in the process of simple teaching and practicing not proposed measures and exercise play thigh where to improve and enhance the efficiency Goal.

Measures to complete technical PBCTTM:

From the theoretical basis, measures to perfect technical PBCTTM include:

Swinging moves, must be given priority : It has been shown that improving the basic work of the kicking, focusing on the two tosses and swinging , should be given priority, because it helps to improve effective kicking. In it, tay exhibits high speed and most flexibility in polishing. The swing swing movement is the most complex type of movement involving control nerves and a lot of body muscles because all last applied force is in the hand, gradually spreading to the end of the hand at the stage. the ball touches the ball. Polished gloves have large and small value from the moment of power to the end, so the usage time can be big or small. When the speed of muscle contraction is the same, the movements of big and small are different, so the swing distance of the hand (movement trajectory) is also different long and short, coordinate movements are also different (no side effects or excess), so the time to hit the ball has a different speed.

When swinging the right hand, pay attention to a rhythmic coordination movement that its base must rely on muscular strength for speed. The combination of that movement not only creates the synergy and final metamorphosis force that controls the transformation of the ball, but also makes the muscle not injured. Note that when speeding up swing strength does not make the muscles less flexible in coordination, hard muscles are difficult to promote the speed of contracting and swinging. So, the combined movement in strength and speed makes the best possible transformation without losing strength.

An arc-shaped swinging trajectory that is not a straight line, swinging on the ball (wrist activity) to swing the ball down. The hand hitting the ball is like hitting a whip without having to hit the stick, the hand lashes (swings) at the ball fast, smooth acceleration especially active stretch sleeve, not stretching cung. Danh ball at the high point most, improving shoulder and elbow stretch themselves to touch the ball, do not touch the ball in the lower shoulder thap. Danh reach the ball with the table hands extend and control the ball well, do not touch the ball with the fingers. Immediately the ball touches on the top of the ball, bend the back when the ball is away from the net, not just using the operation of the hand.

In teeing off, the fast swing technique (speed) is good or not guaranteed to promote the power of the ball. Enhanced polishing technique not only swung through technical training tee that need specialized training as well as physical exercise specializes example ng :

Tburst speed swung : Episode basic strength: including power play power from the waist, abdomen, shoulders, elbows, wrists consecutive motion amount through the joints adjacent to each other, and finally out to the table, fingers. Must exercise the strength of the upper body and limbs, especially pay attention to the tall male with oversized limbs and the female with weak abdominal muscles, so when jumping, the force of these important areas cannot be released, but only use the force of the shoulder should easily injure the arm ... The number of athletes with weak arm strength makes it harder to increase the speed of the swinging arm so the movement can coordinate well, but due to poor strength, still cannot swing the hand. The fastest swing ball can be shown with the fast swing speed. Thus, when training the swing of the arm outside the arm's power, both speed and coordination flexibility in the practice set must be trained. is able to bring into full play the strength as the basis for speed development and not interfere with each other.

Generator force training : High-speed fast gloves need the momentum, which is the product of the weight with the swing speed, when training reaches the required power level, the right-hand swing strength training changes. solves the power speed of the generator force . Trigger power training requires a certain weight. When practicing the full swing movement for a fast speed, use the weight to carry but not too large. The most commonly used exercises are tossing a ball with a ball, a soccer ball, throwing a small ball of a grenade, or throwing a small sandbag as well as small weights for quick swing. If the exercise does not combine with the whole swing movement but only the burst force of the involved muscles can increase the bearing weight, but must ensure the principle of swinging with a certain speed. Exercises such as holding barbells, dumbbells brought behind the head, stretching hands, using balls to throw from the back of the head far away, fast single-arm contraction, lying on the back, fast abdominal flexing, combined body transformation ... are effective t.

Focus h bend exercises power speed: Train speed swung to the whole set of complete movements brandishing hand, can carry heavy weight of small or non-severe, ask swung with the fastest speed possible such as: Your hands are not swinging quickly to throw ping pong, badminton, ball ... The long throw emulation exercises have a good impact on speeding up swing. However, precautions overdo easily injured shoulder, elbow we care .

Evidence of some exercises to perfect the PBCTTM technique for male students of elective volleyball class in credit 2:

- Exercise 1. Practice simulating kicking technique, initial posture and pitching.

- Exercise 2. Practitioners stand in pairs facing each other, 8-10m apart. One person tosses the ball the other checks, followed by a toss of the ball as a swing.

Exercise 3. The practitioner stands as in the above exercise, one person holding the ball is standing in a position to prepare a tee, then tossing the ball and kicking it at the same practitioner. When kicking, pay attention to the movement of the body parts and the height of the tee shot.

- Exercise 4. Practitioners stand in pairs on either side of the net 5 - 6m from the net. A person holding the ball stands at TTCB, throws the ball and sends the ball across the net to allow the other to catch the ball. Once you have mastered the technique of kicking, gradually increase the distance with the net and then the goal is to kick from the horizontal border.

Exercise 5. Practitioners stand at the teeing ground, tee the ball through the net and then hit the left or right half.

The results of the application of measures and exercises to perfect the technique of PBCTTM for male students of the University of Mining and Geology, at the end of the 2 credit (30 periods), are evaluated according to 3 levels: Fair: pass Luo i in backyard cauldron h 3m; Pass: Kick the ball through the net in front of the 3m line; No kick: kicking without a net or off court; presented in table 2:

Table 2. Evaluation of completion of PBCTTM technique c ùa male student volleyball class buffet University of Mining and Geology (n = 40)

TT	Classification	Credit 1		Credits 2		χ^2_{count}	χ^2_{board}	p
		SL	%	SL	%			
first	Rather	5	12.50	11	27.50	7.42	5.99	<0.05
2	Dat	26	65.00	24	60.00			
3	Not achieved	9	22.50	5	12.50			

Through table 2, when comparing the results of the technical tests of PBCTTM of male volleyball elective male students, at the end of credit 2, there is a clear effect ($p < 0.05$), shown at a quite high level. more than 2 times, the number reached from 65.0% decreased to 60.0% and the number reached from 22.50% decreased to 12.50%.

Conclude

Current situation of students having incorrect results of PBCTTM technical practice and technical skills, especially from 67.7-70.0% of errors in bouncing and polishing techniques ($p < 0.05$), with common mistakes: Posture improper preparation (legs are not bent at the knee joint, upper body is leaning forward, foreleg placed on the same side as the dominant hand); Bad pitch (back of head, sideways or away from body); Hands relax when hitting the ball, the hand in contact with a non-standard polishing; The end does not put all of his power into the ball.

The results of applying PBCTTM technical improvement measures for male university students of Mining and Geology, at the end of the 2 credit (30 periods), showed a clear effect ($p < 0.05$), shown at The number is quite higher than 2 times, the number reaching from 65.0%, decreasing to 60.0% and not reaching from 22.50%, decreasing to 12.50%.

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ДИФЛЕКШЕН (КАСАНИЕ МЯЧА В ЗАЩИТЕ) КАК ФАКТОР УСПЕШНОСТИ СОРЕВНОВАТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ В БАСКЕТБОЛЕ

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Аннотация. В баскетболе зачастую возникает проблема с оценкой защитных действий игрока. Именно поэтому есть необходимость уделить должное внимание такому молодому статистическому показателю, как deflection (дифлекшен). В данном исследовании представлен анализ игровых действий в защите, а конкретно диффлекшенов, которые могут влиять на результат соревновательной деятельности в баскетболе. Автор приходит к выводу, что увеличение количества диффлекшенов ведет к уменьшению результативности соперников.

Ключевые слова: баскетбол, дифлекшен, перехват, игровая деятельность.

Summary. In basketball, there is often a problem with evaluating a player's defensive actions. That is why it is necessary to pay due attention to such a young statistical indicator as deviation. This study presents an analysis of the game actions in defense, namely the differences that can affect the result of competitive activity in basketball. The author comes to the conclusion that an increase in the number of difflexions leads to a decrease in the performance of competitors.

Keywords: basketball, deflection, interception, game activity.

Введение. В современном мире активно развиваются новые технологии, которые так же применимы в области спорта. Вместе с этим прогрессом расширяется и становится все более детальной статистика игр. Увеличивается число статистических показателей, добавляются новые термины, оценивающие эффективность спортсменов.