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societies continue to evolve, facing new challenges and opportunities, the insights from pedagogical sciences will remain indispensable in shaping effective, equitable, and inspiring educational experiences for all, empowering individuals and strengthening communities worldwide.

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Nguyen Huy Thong

Ha Noi University of Mining and Geology

SELECT SOME SUPPLEMENTARY EXERCISES TO IMPROVE THE EFFECTIVENESS OF PERFORMING THE FRONT HAND LOW SERVE TECHNIQUE FOR STUDENTS OF THE UNIVERSITY OF MINING AND GEOLOGY

Summary

Using conventional scientific research methods, the author has presented the following articles: Practice to increase the effectiveness of performing the front hand low serve technique for students of the University of Mining and Geology.

Keywords:

supplementary exercises for students with front hand serve.

I. Problem statement

Volleyball is a sport that many people love and practice. When practicing volleyball techniques, it has the effect of strengthening and improving health, educating people about qualities. Collectiveness, solidarity, courage, and strong will give them enough capacity in life and career. Contribute to the construction and protection of the Fatherland. In volleyball, serving is not only the opening of a match or a set, but also has a clear attacking nature. A powerful serve will make it difficult for the opponent to pass the ball and can win a direct point.

To serve accurately requires the practitioner not only to have good physical strength but also to have good feeling, correct direction of force, comfortable posture, mastery of technical principles, and smooth performance of movements. However, at first, if the practitioner does not create for himself the concept of correct movement techniques, gradually in the process of practice it will become a habit, mistakes and difficult to correct, limiting the practice process. To meet the requirements of innovation in teaching methods. In reality, the teaching method of volleyball, with learners when performing the basic front-hand low serve technique, still has many limitations. Most practitioners have not achieved perfect technique, and practitioners still make mistakes while performing movement techniques, which is quite common. Because of that reality, in the process of research to find the causes leading to the acquisition of the basic front-hand low serve, the results have not been high. From there, we selected some supplementary exercises, applying them to overcome some common mistakes in performing the front-hand low serve technique, hoping to

apply them to teaching for students of the University of Mining and Geology. Based on the above reason, I chose to report: " Selecting some supplementary exercises to improve the effectiveness of performing the front-hand low serve technique for students of the University of Mining and Geology"

II. Content

1 Identify factors affecting the effectiveness of serving techniques

+ Psychological basis

Scientists have long been interested in studying the field of sports activities. In team sports as well as individual sports there are good conditions to consider human attitudes and actions in different stressful situations.

Human psychology is as diverse as its manifestations. It does not depend on subjective conditions (age, gender, level ...) but also on objective conditions (different competition situations, locations, weather, referees, spectators ...). Therefore, in the teaching process, teachers are required to understand the role of sports psychology in practice, must master the basic knowledge of psychology ... to have appropriate teaching and training methods.

In volleyball, training the psychological qualities of courage, confidence, decisiveness, discipline and especially the psychological state of readiness to achieve high results for the trainees is very necessary. To achieve that, during the training process, the trainees must be exposed to many different subjects, participate in many matches with different characteristics... to give them the conditions to train their psychological qualities.

+ Physiological basis

Science has proven that the necessary motor skills in the life of working people: running, jumping, hunting, gathering... have been formed by the process of repeating these activities many times. In sports, the technical skills of performing movements are formed by the process of accumulating conditioned reflexes, meaning that conditioned reflexes are repeated many times to form a shape on the cerebral cortex. It is on that basis that the teaching and training process must be carried out from easy to difficult, from simple to complex... That is, the previous exercises must be the premise for the following exercises and the exercises must be based on the previous exercises.

+ Theoretical basis in teaching and training serving techniques.

- Theoretical basis for training serving for volleyball players.

Modern volleyball has high requirements for technical tactics, physical and mental strength, and endurance in hitting the ball, in which serving is a very basic and important technique.

The serve is a technique with the first ball to put the ball into play, the serve is the opening of a match, a half or an attack. The serve and the effectiveness of the serve are very important to the team's performance. A powerful and effective serve can win direct points for your team.

The effectiveness of the serve is also shown in making it difficult for the opponent in activities such as: passing one, breaking tactics, reducing attack power... Moreover, a highly effective and powerful serve also creates an enthusiastic competitive spirit with high determination.

Good serving also creates conditions and the ability to coordinate movements and execute tactics more confidently and effectively.

different serving techniques such as:

+ Front high serve.

+ High serve with tilted body.

+ Front low serve.

+ Low serve with tilted arm.

+ Jump serve.

In addition, the flight characteristics of the ball are also different, it can be spin, fly, strong or soft. With the scope of the report, I present the technique of high-handed front serve:

1.2. Stages of teaching the front hand low serve technique.

- Initial teaching stage.

This stage is very important in the scope of creating the foundation for achieving the skillful performance of volleyball players, this is the stage of forming initial skills, completing the main features of the movement. The characteristics of the physiological mechanism of skill formation are the spread of motor reflexes, unnecessary muscle tension due to the diffusion of excitement in the cerebral cortex. The methodological task at this stage is to master the technical principles and general rhythm of the movement, eliminate redundant movements and unnecessary muscle tension. In the initial teaching stage, the basic steps of movement techniques must be mastered. Initially learn single movements, then alternately combine with other movements according to the principle from main movements to secondary movements.

- Further consolidation phase:

Study and perfect the serving technique in depth based on mastering the details of the movements. Rationalize the structure of the movements when performing the technique, increase the accuracy of the amplitude, rhythm of the movements, and coordination of body parts, correct the following movements and eliminate redundant activities.

- Continued completion phase:

Strengthen skills, perfect learned technical movements and perform those techniques in accordance with personal characteristics, increase the number of repetitions of correct serving techniques, perform techniques confidently and consistently. Performing good serving techniques ensures high efficiency in different competition conditions.

2. Common mistakes when performing the front hand low serve technique

When serving low, many new players make the following mistakes that cause the ball to fly incorrectly, including:

- Throw the ball too far away from the body, too low, too high or tilted, completely off to one side.
- Incorrect ball contact.
- Bend your arm when polishing.
- Body parts when serving the ball such as legs, arms (wrist, elbow), torso, neck do not coordinate smoothly.
- Unstable preparation posture, too hasty in serving.

These mistakes are not only common mistakes when performing the high serve technique.

3. Some additional exercises to increase the effectiveness of the front hand low serve technique.

- Exercise: hold and toss the ball up with your non-dominant hand, the ball falls to your dominant hand. Your dominant hand swings and catches the ball diagonally above your head.

- Practice ballless technique, coordinate smoothly. Put the left hand in front, swing the right hand back, lower the center of gravity to a medium position then stand up and hit the left hand up high.

- The hand holding the ball throws the ball over the net.
- One person holds the ball, the other coordinates hitting the ball.
- Practice low hand serves against the wall with increasing distance.
- 2 people practice serving the ball back and forth.
- Stand close to the net, serve the ball over the net, then gradually move back to the end of the court.

Through the process of applying exercises for students to practice, it has helped students perform techniques more naturally and proficiently, without being constrained and no longer feeling afraid of the serving content.

III. Conclusion, recommendations.

1. Conclusion: For students of the University of Mining and Geology, when first learning the technique of low front hand serve, correctly identifying the basic weaknesses and causes affecting the ability to perform that technique is an important basis for finding solutions to improve training efficiency.

Performing supplementary exercises and technical exercises plays a particularly important role in helping players quickly improve their high-handed serving skills in volleyball.

2. Recommendations.

Through the results of the report, it is recommended that volleyball teachers can continue to apply the above exercises to new volleyball students to increase learning efficiency, gain experience and further confirm the effectiveness of the selected exercises.

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Nguyen Huy Thong

Ha Noi University of Mining and Geology

OVERCOMING COMMON MISTAKES OF STUDENTS OF THE UNIVERSITY OF MINING AND GEOLOGY WHEN PERFORMING SHORT RUNNING TECHNIQUES

Summary

Based on the common mistakes of students of the University of Mining and Geology when performing short running techniques, the author has proposed methods to overcome those mistakes for students of the University of Mining and Geology.

Keywords:

correct mistakes when performing short running techniques.

I. Problem statement

Short-distance running is a basic content in the Physical Education curriculum of many levels and schools as prescribed by the Ministry of Education and Training. Through the practice of teaching short-distance running techniques to students at my school, I have noticed that when performing the techniques, some students often make basic mistakes that affect their short-distance running performance. Within the scope of this report, I have provided students with additional short-distance running techniques and measures to improve their short-distance running performance through the Report:

(Overcoming common mistakes of students of the University of Mining and Geology when