



Research of training methods for serving technique in young volleyball players

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Abstract

Purpose of the study: To study the methods of teaching the technique of serving the ball to young volleyball players.

Methodology and organization of the study. The research material includes sources that analyze the serving skills of young volleyball players. These sources analyze the development of serving skills from both a theoretical and methodological point of view. In addition, direct observation of the training of young volleyball players in Henan Province was also conducted.

The work uses methods of analysis of theoretical sources, direct pedagogical observation and methodological development of own recommendations.

The practical significance of the research is high. Its results may be useful for volleyball coaches, methodologists of sports schools, sports psychologists, as well as for a wide range of interested parties.

Research results and conclusions. The prospects of the research consist in identifying new methods of forming the serving technique of young volleyball players, as well as in positive changes in existing methods. The article briefly outlines the important role of psychological factors that influence the serving technique of young volleyball players. Perhaps, in the future, it will be possible to study the psychological component of children's and youth volleyball in more detail, not only in the context of serving, but also in a broader aspect of training and competitive activities of young volleyball players.

Keywords: *serving, serving training, young volleyball players, volleyball game, volleyball training, sports classes, children's and youth sports, sports education methods.*

Relevance. With the development of modern volleyball, new requirements are imposed on athletes from a very young age. A high-quality serve is valued by many volleyball teams, so players who master this skill are in demand. More and more volleyball players use serving as their competitive advantage. Consequently, the development of serving skills of young volleyball players.

This paper analyzes the methods of effective training of young volleyball players on the example of improving their volleyball serving skills. For the first time, a description of the serving technique training of young volleyball players from Henan Province of the People's Republic of China is used for this purpose.

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Research results and their discussion. Serving in volleyball is a throw of the ball by a player located at the



serving line into the opponent's zone, from which the game of volleyball begins. In modern volleyball, four main types of serves are used: power, float, accurate (targeted or tactical) and with rotation. All of them are performed in an overhand manner. Serves are classified according to the main distinguishing feature that is used by practitioners in the process of work. Serving skills are among the priority competencies that need to be developed by young volleyball players, because the outcome of the entire volleyball match often depends on a well-made serve [3, p. 126].

Regardless of the type of serve, a good starting position is very important. In most cases, when serving, the athlete should face the volleyball court, feet approximately shoulder-width apart, left foot in front, right foot behind, and the center of gravity shifted to the right foot. The eyes should be focused on the opponent's court. The rules of volleyball competitions stipulate that the ball must be released within 8 seconds after the first referee's whistle. Therefore, it is better to take the initial pose in advance to achieve a positive result.

The ultimate goal of serving in the game is to achieve high ball speed, high power and an unstable landing point, which makes it difficult for the opponent to predict the reception of the serve, destroys the opponent's first pass and restrains the tactical organization of the opponent's serve. Therefore, when using different serving techniques, it is important to pay attention to a number of points, including the throw of the ball, the force of the impact, the landing point of the ball, etc.

Observing young volleyball players of both male and female gender - students of the sports school of Henan Province, the author of the work noticed that they do not pay enough attention to high-quality serving technique. This leads to deformed and inconsistent movements, which have a negative impact on the quality of the volleyball game and its results. Table 1 shows the statistics of the impact of serving quality on the results of young volleyball players' games.

As can be seen from the data in Table 1, high serving quality can increase the average number of points

scored by athletes per game and minimize the risk of serving errors. In addition, a good serve also increases the likelihood of winning a volleyball match.

On the other hand, young volleyball players have little competitive experience, their psychological state is not stable enough, and it is difficult for them to concentrate. All this significantly contributes to reducing their moral stability, especially during competition, where a large number of distracting factors can hinder a high-quality volleyball game, especially in key moments. In addition, many volleyball players are panicky afraid of losing, which reduces their motivation and increases stress.

All these psychological factors ultimately lead to a bad serve or low attack power. In addition, there are also errors such as hitting the net and taking the volleyball out of bounds [6, p. 68].

If we additionally talk about distracting factors, it should be noted the particular difficulty when performing on unfamiliar courts, where they have to get used to the general atmosphere, the location of specific objects, etc. Moreover, sometimes young volleyball players travel to competitions in other cities and countries, where unfamiliar climate, fatigue from changing time zones, as well as the need to communicate in an unfamiliar language and interact with elements of a new culture in their free time from training and competitive activities can act as distracting factors. Also, volleyball fans are more likely to support the team playing on the home court than a team from another city or country. Lack of fan support also often negatively affects the motivation of athletes [4, p. 123].

Consequently, often the serving technique of young volleyball players who have come to the competition is lower than that of their opponents who play on the home court. Nevertheless, a good volleyball player should be able to make a good serve regardless of what court he is playing on and what is happening around him.

The main methods of preparing young volleyball players for serving at various stages of training may differ. Thus, at the elementary and basic stages, the priority importance is the training of young volleyball

Table 1. Influence of serving quality on the results of young volleyball players' games

Serving quality	Number of points scored during the game	Serving errors (%)	Team result (win / loss)
High	15-20	5%	80% wins
Average	8-14	12%	50% wins
Low	0-7	25%	20% wins

Table 2. Results of young volleyball players before and after the experiment

Indicator	Before the experiment	After the experiment	Change
Average percentage of successful serves	58%	82%	+24%
Average percentage of errors when serving	22%	8%	-14%
Average ball speed (km/h)	45 km/h	53 km/h	+8 km/h
Psychological stability (rated on a scale of 1 to 10)	5,5	8,2	+ 2,7

players in the basic serving skills. Throwing the ball and exercises for the hands, imitating actions in the game, should become the most important for those children who have just begun competitive activity in volleyball. This stage is important for young volleyball players in mastering and improving the skills of working with the ball, because it is at this time that the foundation is laid for the entire subsequent volleyball career of a novice athlete, while mistakes made at this stage will be difficult to correct, and sometimes almost impossible.

Methods of training young volleyball players at this stage are also important to choose based on the characteristics of their age. Often these are children of primary school age, who do not yet perceive complex theoretical explanations very well. In this case, the use of a visual method, as well as various game methods, will be more effective. Special attention should be paid to teaching children how to accurately hit the ball. It is important to show them how to choose the direction of the serve correctly, as well as how to hit the ball correctly from a technical point of view [1, p. 21].

When it comes to young volleyball players who are already at an intermediate or advanced level, it should be clarified that adolescents have much better analytical thinking skills than before, so more theoretical material can be included. In particular, this includes explaining the anatomical features of a volleyball player's body in different positions. In addition, adolescents should also be taught to analyze their actions in the process of making a more optimal choice of current serving strategy and tactics. Strengthening tactical awareness emphasizes that the serve should interrupt the opponent's offensive rhythm and limit the strategic goals of the opponent's main attacker in order to achieve a suppression effect [5, p. 191].

At this stage, attention should be paid to specific strength training of the body, as well as its individual parts. Important exercises include practicing hitting a specific target, practicing stable serving of the ball

over the net, accelerating the serving rhythm, and practicing serving in conditions of constant confrontation.

As part of the study, a pedagogical experiment was conducted at the sports school of Henan Province. The experiment involved 20 young athletes aged 12 to 15 years. The duration of the experiment was 8 weeks. During this period, the athletes performed, firstly, technical exercises to improve serving (accuracy and power of the hit, stabilization of movements), and, secondly, psychological exercises aimed at concentration and stress management. The participants in the experiment also performed exercises to visualize a successful serve.

Table 2 presents the results that were obtained during the experiment. The average scores of young volleyball players before and after the experiment are shown.

According to the data in Table 2, a significant increase in successful serves and a decrease in the proportion of errors can be seen, as well as an acceleration of the ball during the serve and an increase in the psychological stability of the athlete. Psychological stability was assessed according to a survey of participants, who noted their own subjective feelings about what was happening.

Serving technology is a powerful stimulus for the development of modern offensive volleyball. It plays an increasingly important role in the development of volleyball sport at the present time. A good serve at the beginning of the game can help the team open the scoring. Opening the scoring, in turn, can help the team equalize when behind or even turn defeat into victory. An excellent serve allows not only to directly score points, but also to restrain the opponent's attack and limit the key players of the opposing team. In addition, a good serve by one young volleyball player during the game also increases the morale of the entire team and the self-confidence of each of its members.



As a result, the team's chances of further positive actions in the course of the game, and, consequently, of winning the competition, are significantly increased [2, p. 116].

Conclusion. The prospects of the research consist in identifying new methods of forming the serving technique of young volleyball players, as well as in positive changes in existing methods. The article briefly outlined the important role of psychological factors that affect the serving technique of young volleyball players. Perhaps, in the future, it will be possible to study the psychological component of children's and youth volleyball in more detail, not only in the context of serving, but also in a broader aspect of the training and competitive activities of young volleyball players.

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