



VOLLEYBALL OUTDOOR GAMES

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ABSTRACT

Volleyball is accompanied by a high level of physical activity, sharp movements, teamwork skills and the ability to play the ball between several players play an important role. All of these skills require regular practice, the main one being practice games between the two teams. But too monotonous workouts can introduce a routine component into the sport, so it may be advisable to add elements of simpler games with elementary rules to them.

KEY WORDS

Flight of the ball, Quick passes, passes to the captain, rapid passes, Volleyball pass relay, volleyball shooting, try, carry away, circular bast shoes, relay race with volleyball elements, oncoming volleyball passing over the net.

INTRODUCTION

The introduction of this element can serve several purposes. For example, relatively calm ones can partially replace the warm-up before training, saving the players from a boring, monotonous warm-up and allowing them to tune in to the game. More active ones - to be inserted between games and at the end of training, allowing players to distract and relax, as they do not imply a serious relationship. And, besides, many of these games are designed to develop one or more specific skills needed in a real game, but allow them to be trained faster, since the player is not distracted by other elements of the game and does not take breaks between attempts, often very long ones, which also seriously affects the effectiveness of skill development.

So, volleyball classes are proposed to be diluted with the following games:

Ball flight

Tasks: development of speed, dexterity and attention. Training in receiving and passing the ball in volleyball.

Equipment and inventory : volleyball court, racks, cord with multi-colored flags, volleyballs.

Preparation. The players are divided into several equal teams of 6 - 8 people, who are lined up on the court one after another with open arms extended in lines. One meter in front of the first line between two posts at a height of 2.5 m, a cord with small multi-colored flags is pulled. Players of the first line take a volleyball.

Description of the game. On a signal from the leader, the players in the first line must throw their ball over the line and quickly run under it, catch the ball on the other side. A player who fails to catch his ball before it lands is out of the game. Then the rest of the ranks do the same in turn. In the second round of the game competition, the initial distance to the cord increases to 1.5 m, in the third - up to 2 m, etc. After several rounds, when about half or a little less of the participants remain, the game ends. The team that retains the most players after the final round wins.

Fast Transfers

Tasks: development of speed, coordination of movements and attention. Learning to pass the ball in volleyball.

Equipment and inventory: volleyball court, chalk, volleyballs.

Preparation. The players are divided into pairs, judges are appointed. On the court with an interval of 5 - 7 m, two parallel lines are drawn, behind which 5 pairs of players evenly line up opposite each other. A referee is assigned to each pair, handing a volleyball ball to its participant behind the left line. The method of passing the ball is discussed.

Description of the game. At the signal of the leader, each pair within 30 seconds. must perform in a stipulated way the maximum number of mutual passes of the ball recorded by the referee. Then the next 5 pairs of players are called to the start and so on until the end. Approximate ways of transfers: from above, from below, from above in a jump. The pair that completes the most passes in a standard time period wins.

Transfers to the captain

Tasks: development of speed, dexterity and attention. Learning to pass the ball in volleyball.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into 2 teams, each of which chooses its captain, receives a volleyball and stands in a circle on the half of the court allotted to it, opening up to outstretched arms and placing the captain with the ball in the center. The method of passing the ball is discussed.

Description of the game. At the signal of the leader, the captains of both teams begin to pass the ball (back and forth) in turn to each of the players in their circle. If during this, due to some technical error, the ball is lost, then the player who lost the ball picks it up and the game continues on. When all the players in the circle play with the captain, he catches the ball and defiantly raises it over his head. The team that completes it faster gets the winning point. The game is repeated three times. In this case, the method of passing the ball can be updated based on the specific tasks of the lesson. The team with the most points wins.

Rapid Transmissions

Tasks: development of speed, dexterity and attention. Learning to pass the ball in volleyball.

Equipment and inventory: volleyball court, chalk, volleyballs.

Preparation. The players are divided into several equal teams (up to 7 people), who choose captains and stand in columns one by one behind the common line, opening up on outstretched arms. Behind another line drawn at 4-6m in front of each column, its captain stands with a volleyball in his hands. The method of passing the ball is discussed.

Description of the game. At the signal of the leader, all captains begin to pass the ball to the first player in their column. Having received the ball, the first player returns it to the captain and crouches. This is followed by an alternate transfer of the ball from the captain to the second, third, fourth player of his column, etc. And each of them, returning the ball to the captain, crouches. If during these passes the receiving player misses the ball, then he must run to pick it up, return to his place and only after that continue the game. Having played with all the players of his team in turn, the captain raises the ball over his head, and the rest of the players of his team immediately stand up to their full height, demonstrating the successful completion of the game task. The team that finishes the game task first wins.

Volleyball Relay

Tasks: development of speed, accuracy of movements and attention. Improvement of receiving and passing the ball in volleyball.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into 2 equal teams, each of which is given a longitudinal half of the volleyball court. Each team lines up on its playing area in two opposite columns on opposite sides of the net, behind the attack lines, the team captains, standing as guides of the right columns, receive the ball.

Description of the game. At the signal of the leader, the captains pass the ball with both hands from above through the net to the guide of the opposite column of their team and run from the left side to the end of their own column. The one to whom the ball is addressed sends it through the net to the next player in the opposite column in the same way and runs from the left side to the end of his own. The game continues according to these rules until the captain, who started the game, again receives the ball in his hands and defiantly raises it over his head as a sign of the end of the relay. The team that finishes the volleyball relay first wins.

Volleyball Shooting

Tasks: development of dexterity, speed of motor reaction and attention. Improving the reception, transfer of the ball and fixing the attacking blow in volleyball.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are evenly placed in a circle with a diameter of 5 - 7 m and receive a volleyball.

Description of the game. At the signal of the leader, they begin to perform free volleyball passes. A player who made a mistake when receiving the ball or sent it inaccurately sits in the center of the circle. Participants playing the ball in a circle periodically send it to the players sitting in the center with an unexpected attacking blow. The ball that bounced into one of them is put back into play. If the hitting player did not hit any of the penalty boxes sitting in the center of the circle, then he himself takes a place among those fired upon. Volleyball shooting continues until one of the players being fired at manages to catch the ball sent to the center of the circle before it bounces. Then all those

sitting are released, stand up and stand in a circle among the playing players, and the participant from whom the ball was caught squats in their place.

Try it, take it

Tasks: development of speed, agility. Training in stances and movements in volleyball.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into pairs. One partner performs the task of the leader (jumping in place, jumping in a squat, etc.), the other moves with side steps to the right, left in a stance, previously indicated by the leader. A ball is placed between them.

Description of the game. At the signal of the leader, one of the players must take the ball and run "home" with it, behind the front line or into the three-meter zone, the other must knock it down. If one player pissed off another, they change places. The game is repeated 3-4 times. The one who has been touched the least number of times wins.

Round Pawl

Tasks: development of dexterity, attention. Improving the reception and transmission of the ball after an attacking blow. Improving the attacking blow.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into two teams. The players of one are outside the circle, and the players of the second take a place inside it (a volleyball court can serve as a playing circle).

Description of the game. The players standing outside the circle try to knock out all the players of the opposing team in turn by hitting the volleyball. Players are allowed to be knocked out: with an attacking blow, passing from below or from above with one or two hands. Players in the circle can hit the ball with their hands, performing the appropriate defensive technique (from above, from below with two hands, with one hand, with a lunge, in a fall, etc.). In this case, they remain in the circle. If the ball hit the player's torso, legs, or the player failed to hit the ball, he leaves the circle and stands behind the attackers. This player may return to the circle if he managed to catch the ball from his player who hit the ball from the circle. The duration of the game is 5 minutes. The team with the most players in the circle wins. The game may end early if all players are knocked out of the circle.

Crossfire

Tasks: improvement of all learned techniques, passes, serves, etc., playing volleyball and the interaction of players on the court.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into teams of 6-10 people and stand on the court, each on its own side. Behind the front line on both sides is a "captivity".

Description of the game. The game is started by one of the teams with the ball. Players of the other team play the ball according to the rules of volleyball (pioneer ball). The player who made a mistake is sent to the opposite side in "captivity", and the team loses the pitch. The player who is in "captivity", without leaving the court, tries to intercept the ball and perform a serve (throw) to his side. If he succeeds, the players of his team play the ball sent by their partner and, if the attack ends successfully, he returns from the "captivity" to the court to his team. During the game, members of the attacking team may intentionally direct the ball to their player who is "captured", and he must catch the ball.

The rules allow that if he catches the ball in the air at all, he returns to the team. Game time -15 - 20 minutes. The team that manages to retain the most outfield players wins.

Relay race with elements of volleyball.

Tasks: development of dexterity and attention. Improving passes from above, below with two hands in volleyball.

Equipment and inventory: volleyball court, chalk, racks, volleyballs.

Preparation. The players are divided into 2 equal teams and each line up in a column of two, parallel at a distance of 3 - 4 m from each other. A starting line is drawn in front of the columns. Racks are placed in front of each team at a distance of 10 - 15 m from the starting line. The couples standing in front of the column are given a volleyball each.

Description of the game. At the leader's signal, the first couples run forward, passing from above or below with both hands to each other to their stand, go behind it and return back. Having reached the initial starting line, they pass the ball to the next pair in the column, which does the same, etc. The returning pairs stand at the end of the column. If the ball falls, the player who dropped it must pick it up and continue the task. The game continues until all couples have taken part in the ball pass run. The team with all pairs that complete the task first wins.

Oncoming volleyball pass over the net.

Tasks: development of dexterity, speed. Improving the reception and transfer of the ball from above and below with two hands, teamwork.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into 2 teams and line up in a column one at a time, divided in turn, in half, placed on two sides of the volleyball court (one half of the team against the other). Between them is a volleyball net. The players in front of one half of the teams each have a volleyball.

Description of the game. At the signal of the leader, the players with the ball throw up and beat it off to the players in front in the second half of their team so that it flies over the net, they themselves stand at the end of their column. Players in front of the second half of the column hit the ball back over the net into the first half of their column and retreat to the end of their column. Thus, each time a new player, standing in front, hits the ball. The game ends when all the players hit the ball over the net and the ball is again in the hands of the beginner. You can play the game 2 - 3 times in a row. The team that manages to complete the task faster and without errors wins.

Relay against the wall with turns.

Tasks: development of dexterity, coordination of movements.

Improving the transfer of the ball from above, below with two hands.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into teams and arranged in columns one at a time against the wall.

Description of the game. At the signal of the leader, the first players make a pass from above themselves, then against the wall, turn 360 °, receive the ball, and, having sent it to the wall, go to the end of the column. The second players receive the ball, pass over themselves, send the ball against the

wall with the second pass, make a 360 ° turn, receive the ball, etc. All passes are made from above with two hands. In the second round, all passes are performed from below with two hands. The winning team is the one whose last player first caught the ball from the wall after a 360° turn and who allowed the ball to fall onto the court the least.

Relay race with a transfer from above for accuracy.

Tasks: development of speed, coordination of movements, accuracy. Consolidation and improvement of transfers from above with two hands.

Equipment and inventory: basketball backboards with baskets, volleyballs.

Preparation. The players are divided into 2 teams and are located in columns behind the middle line.

Description of the game. At the signal of the leader, the first in the columns, passing the ball from above with both hands above themselves, move to the opposite shield. Approaching the basketball backboard, they try to get the ball into the basketball basket, performing the top pass (touching the ring from above is counted), after which they pass the ball to the second players in their column, etc. The team with the most hit points wins.

Fight for the ball.

Tasks: development of dexterity, attention. Learning to pass the ball from above, from below with two hands.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into 2 teams and are located throughout the site, but no closer than three meters to the center.

Description of the game. The leader, standing in the center of the court, throws the ball up. The players of both teams try to take possession of the ball and, passing it to each other with a pass from above or below, do not give it to the opponent. Players of the other team try to take the ball away and, in turn, keep it for themselves.

The game is played for time or for the number of passes in a row.

The ball is for the catcher.

Tasks: development of dexterity, accuracy, coordination of movements. Learning to pass the ball from above, from below with two hands.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The game is organized according to the same principle as the game "Fight for the ball", only at the front lines in circles there are catchers (one from the team), and next to them are the opponent's players (2 - 3 people), who are trying to intercept the ball.

Description of the game. The game is played in the same way as the "Fight for the ball", but, passing the ball to each other, they try to throw it over to their catcher. For the ball caught, the team gets a point. The game is played up to 15 points.

Volleyball in threes.

Tasks: development of coordination of movements. Improvement of all previously studied techniques.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into teams of 3 people and each stand on half of the site: 1 - 3 - 2; 5 - 3 - 4, the same - on the other side.

Description of the game. The ball is put into play by an accurate serve from zone 1 to zone 5 on the other side of the court. The player of zone 5 passes the ball to the player in zone 3, he makes a pass to zone 4, and he, in turn, sends an attacking blow to zone 1 through the net, etc. The game lasts 15 minutes. The team that has never lost the ball or has done it the fewest times wins.

Catch the ball.

Tasks: development of jumping ability, agility. Improving offensive strikes and blocking.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The blocker stands in zone 3. On the opposite side, in zones 4 and 2, there are attackers, in zone 3 - the setter.

Description of the game. With the first pass, the ball from zone 5 goes to zone 3. The zone 3 player passes for an offensive hit to zones 4 and 2, from where the offensive hit follows. The blocker observes the connecting player, and, in accordance with the transfer, places a block in one or another zone. If the blocker completed the task, then he receives a point. The game lasts 10 minutes, after which the player who placed the block is replaced by another. The participant with the most points wins.

Zone protection.

Tasks: development of dexterity, attention, coordination of movements. Improving offensive strikes and defensive actions.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The "defender" stands in zone 6 (5, 1), the rest of the players - through the net with the ball in their hands.

Description of the game. Players perform offensive shots from their own throw into zone 6 (5, 1). If the defender receives the ball, he gets one point. The game lasts 10 minutes, after which it is replaced by another player. The one with the most points wins.

Get in the square.

Tasks: consolidation and improvement of innings.

Equipment and inventory: volleyball court, volleyballs, chalk.

Preparation. The players are divided into 2 teams and line up behind the front lines of the volleyball court, which is divided into several squares on both sides of the net with chalk. In each square - a number indicating the number of points awarded for hitting after serving in this square.

Description of the game. The first player of one of the teams takes the ball, calls the number and sends the ball over the net. If the ball lands exactly in the specified zone, the player receives the corresponding number of points. If he fell into another zone, 2 points are calculated from the number named by the player. The player, after serving, stands at the end of his column. Serves are performed by teams in turn. The results are summed up when each participant in the game is in the role of a server (once or twice). The sum of the points determines the winning team.

Dare to accept.

Tasks: development of dexterity. Learning to receive the ball from innings.

Equipment and inventory: volleyball court, volleyballs.

Preparation. The players are divided into pairs and are located on the side lines one against the other.

Description of the game. At the signal of the leader, the players standing on the same sideline send the balls in one of the ways of serving to their partners, who seek to receive the ball and send it in the opposite direction. Each performs 10 innings, then the players change roles.

The winner is the one who received more balls without errors.

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