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## **FEATURES OF EDUCATIONAL TRAINING WORK OF VOLLEYBALL SPORTS IMPROVEMENT GROUPS IN IGOR SIKORSKY KPI**

The peculiarities of organization and use of volleyball means in sports improvement groups of students of higher education institution are considered in the work. This work is based on personal experience of many years of work with groups of sports improvement of KPI of teachers of volleyball department. The need to improve the system of sports training of volleyball students in connection with changes in government, structural, logistical, economic conditions, the need to educate young people in a healthy lifestyle, one of the main factors of which should be daily exercise. It is established that the system of physical education of students on the basis of traditional provisions of current organizational and methodological programs does not provide fully effective rehabilitation, education and upbringing of students from the standpoint of conscious mandatory motor activity and personal needs in solving the most important tasks of comprehensive personality development.

The process of sports training is considered as a complex dynamic system, the role of the governing body in which is performed by the coach, and the role of the objects of management – the athlete, the team. There are management of volleyball training, training management and management of competitive activities of the team and individual players. Training volleyball players is a long and complex process, it distinguishes the components that are interconnected. Modern sports training is characterized by deep individualism, there is always a focus on achieving maximum results, it is characterized by clear regulations and long-term planning based on certain patterns. The structure of educational and training work contains two systems: managing (coach) and managed (athlete). The control system acts on the controlled system in order to quantitatively and qualitatively change the parameters of its activities in accordance with the objectives of management. In the process of sports there are various changes in the athlete as a system at the biological, pedagogical, social and psychological levels. In the management process, the control and the managed objects are always connected. A direct connection is a connection that goes from the control object (coach) to the controlled object (athlete), and the reverse is a connection that goes from the controlled object to the control object. Management will be successful only with quality feedback, which allows you to compare the actual state of the system with the programmed. Feedback can be positive or negative. Positive feedback enhances the work of the governing body, stimulates its activity and increases the efficiency of functioning. It's no secret that the popular proverb: "meet in clothes and see off the mind" – is very relevant. At the first acquaintance with students the teacher should look faultlessly. It is fashionable sportswear, stylish appearance, but the look should be democratic. This will avoid psychological stress at the first perception of the teacher by students. It is very important to accurately and clearly convey information about teachers who will work with students of sports improvement groups (for example: which educational institution graduated teachers who have achievements). The teacher must be able to create an atmosphere of psychological comfort in training sessions, because students came to the group of sports improvement first of all to relieve stress after hard mental work. Be able to have a dialogue with students, navigate and understand the current interests of students (modern music, cinema, computer games, etc.). Clearly control the psychological state of the sports team. The teacher's task is to prevent bullying. Unfortunately, bullying is a very serious problem today. Modern youth face bullying almost everywhere. This is a relationship - in the yard, at school, even in sports sections. Only parents and teachers lose attention in controlling the situation as this unpleasant phenomenon manifests itself. Often children personally become psychologically lonely, lose self-confidence, are not creatively

realized. When they come to the group of sports improvement, new opportunities open up for them to become themselves as a harmoniously developed personality. Therefore, the teacher-coach must create an atmosphere of friendliness and mutual assistance and support. Prevent negative manifestations in the sports team. Conduct constant educational work through moderate persuasion (for example – victory is the achievement of all team members), direct natural aggression in the sports component to achieve maximum results.

Most of the students who came to the sports improvement group went through a children's sports training school. As children, they all dreamed of becoming professional athletes and reaching the highest heights in sports (to get into the national team to become Olympic champions). But for various reasons, not everyone goes to the big sport at once. Student teams give them the opportunity to realize themselves as an athlete as an adult. Some students progress in their level and become professionals. Coming to the group of sports improvement, they get into a good healthy team with common interests, goals and objectives. For many, student teams become a second family. The role of the teacher is very important in relations with such student-athletes, not everyone can discuss these problems with parents, the teacher must become a senior friend for them, carefully study the psychological problem of the student and find the means to solve this problem. There is also a positive moment in the communication of men's and women's teams. Many girls and boys begin to engage in sports improvement groups watching performances at competitions of athletes of the opposite sex. There is mutual sympathy, teams support each other in performances, which motivates even more sports. Experience shows the need for close cooperation between the coaching staff and the team. This will not only ensure the disciplined behavior of the athlete, but also help to increase the level of his sportsmanship.

Improvement of the modern system of sports training is provided in increase of volumes of training and competitive activity, rational planning of 4-year Olympic cycles of preparation, including annual cycles of preparation, optimum increase of special training, etc. The training process in KPI (not a specialized sports organization) is very specific. Training sessions should last at least an hour and a half, four times a week. Training sessions began at a very inconvenient time for students, it was not possible to gather the whole team. In order to be able to compete with the leading universities in the field of sports, it was decided to increase the number of classes. Students began to practice an additional four times in the morning before class. In the morning classes they were engaged in improving tactical interactions, analysis of the features of future competitions, the composition of rivals and the development of optimal tactics for competitions; ensuring the variability of tactical decisions depending on the situations that arise, the acquisition of special knowledge in the field of technology and tactics of sport. In the evening, the improvement of game technique and the development of physical qualities were solved by creating the necessary ideas about sports equipment, mastering the necessary skills, improving sports equipment by changing its dynamic and kinematic parameters, as well as learning new techniques and elements, ensuring the variability of sports equipment. adequacy to the conditions of competitive activity and functional capabilities of the student. Also, each player was individually engaged in the development of their physical qualities on the recommendations of teachers. Independent classes in combination with the main ones contribute to the continuity of the training process, its purposefulness and ultimately the improvement of the student's physical fitness. And this has yielded significant results over the past 20 years, KPI teams have been leaders in student volleyball in Kyiv. Multiple champions of the Universiade of city students and champions among clubs, silver and bronze medalists of the Student League of Ukraine. champions of the Universiade of students of Ukraine in beach volleyball. In beach volleyball, 4 students became masters of sports and even invited students to the national team.

Differentiated methods of priority use of volleyball in training sessions with students of higher education has shown its effectiveness in improving the comprehensive, physical fitness of those who are engaged and can be recommended for the process of physical education of students

in the chosen sport in higher education. Thus, the use of differentiated training methods, taking into account the interests of those who play a particular sport, will increase the motor skills of students, get a health effect and more widely use the individual potential of students of higher education in sports improvement groups.