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Technique of Training of Volleyball Players of 14-15 Years to Competitions Taking into Account Properties of Attention

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Work is devoted by studying of a technique of preparation for competitive activity of volleyball players of 14-15 years taking into account properties of attention. Continuous interactions of players with a ball and among themselves promote improvement of deep and peripheral sight, accuracy and orientation in space. Besides, the volleyball develops also instant switching of attention from one object on another, increases muscular feeling and ability to fast alternations of tension and relaxations of muscles, and also ability to focus attention on the most important point in various game situations. Research helped to define, what properties of attention are most developed at players of various roles and who demand improvement. Having introduced the technique including 38 psycho-technical games-exercises we drew a conclusion, they can be used as a development tool of properties of attention as by the end of research in experimental group the gain of indicators of properties of attention was observed.

Keywords: volleyball players, psychological preparation, attention, properties, volume, concentration, switching, distribution, preparation technique, volleyball, players, game roles, forwards, defenders binding.

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Research area: pedagogy.

Introduction. The problem of increasing the efficiency and reliability of competitive activity increasing attention of specialists (Belyaev, Savin, 2007, pp. 322-323). In connection with the aggravation of athletic competition and the consequent increase in the requirements for the performance of the athletes the role of psychological factors in this sphere activities is becoming more tangible (Platonov, 2003, pp. 152 – 157). Therefore, at the present stage of development of sports problem of increasing the efficiency of the system of psychological preparation of athletes it is one of the first places (Ampleeva, Surning 2012, pp. 45-48). It is directly related to the management of training and competing, successive processes. It aims to raise the moral and volitional qualities of a sports shift on its adaptation to the kind of rapidly

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changing conditions competitive activities. In today's volleyball at the same level of technical, physical and tactical training of two teams will win the one that is psychologically ready to play. Therefore, in our work, we consider the psychological preparation in detail.

There are two kinds of psychological preparation.

- General psychological preparation, which involves the development and improvement of the leading mental functions that provide mental readiness and result in a particular sport.
- Psychological preparation for upcoming competitions implies specific training in the simulation environment of competitive struggle by means of models: field (trainers) and verbally-shaped. And eventually form a "psychological readiness" to speak at the event.

Ryabkov A.M. (1999, pp. 66-68) believes that in the case where the purpose of psychologists cal preparation – putting the athlete to a higher level of readiness for responsible gaming, its orientation changes significantly. It is aimed at solving specific problems such as the focus on the social values that are leading to this command. Forming a team and athlete mental "internal supports," overcoming mental barriers, especially those that occur in the game to a specific opponent, forcing the "strong" side psychological preparedness of each player and the team as a whole, creating a psychological action program just before the game. The study shows MR Perelman (Perelman, 1973 pp. 158), such training begins with her plan, when the coach, knowing the individual characteristics of each player and the "character" of his team, as well as its state at the moment, pre-selects a means of increasing or decreasing mental stress of recent workouts .

"A special role in the special psychological training plays processes formation of social microenvironments in the team; although it is carried out continuously in training process directly to the players is particularly acute". When viewing a video game opponents (usually held the day after the game), gently drawing attention not so much on its strengths than on weaknesses, especially noticeable moments of confusion and uncertainty about the team or the opponent is technically stronger at the event. When viewing their own actions in the game, on the contrary, stand out examples of any successful action of those who currently do not feel confident in their abilities. During this period, the coach may use any verbal (verbal) psycho-pedagogical tools heteroregulation (impact on athletes from the side) (Barchukov, 2006. 186 p; Reshetnikov, 2008, p 87; Furmanov, 2002, p 64).

General psychological training is in line with the physical, technical and tactical and implemented in full unity with them throughout the period of sports perfection (Kuramshina, 2004, 211 p). It aims to meet the challenges of sports perfection. The main objectives of the common psychological preparation are:

1. Raising the moral traits and qualities of the individual athlete. Important facts-set of the person is self-education, which shall be sent to the trainer. The sense of collectivism, comradely relations and assistance, solidarity athletes new – the necessary conditions for successful competitive activity team.

The development of the processes of perception, including the formation and improvement of specific types of perception, such as the "feeling of the ball", a "sense of the grid", "sense of sports ground", "sense of time." "The ability to see as many players, their position and movement on the ground, the continuous movement of the ball, ability to navigate in difficult playing conditions – the most important quality of volleyball" (Zhelezniak, Ivoylov, 2006, p 314).

2. Development of attention, in particular its properties: volume, intensity, steady-sti, distribution and switching. The high speed of the ball, move the players a quick and sudden change of game situations – all this makes demands not only to the volume, intensity and stability of attention, but also requires the athlete to instantly switch attention and wide its distribution. So, the player, to send for on-falling impact, switched to insurance.

At the present stage the attention is explored in general, engineering, medical, age, educational psychology, neuropsychology and psychology of labor. Attention occupies a special place among the psychic phenomena. Speaking inseparable side-cognition of, feeling and will, it is not limited to any of these areas of mental. Attention – di-dynamical aspect of consciousness that characterizes the degree of its focus on the subject and co-bustling center on it to ensure that it adequately reflected within the time required to perform a certain act or activity of communication. Attends the electoral reflection of objects in accordance with the needs of the subject and the goals and objectives of its activities.

In domestic psychology developed a theory of attention, as a function of internal control over compliance intellectual action program of their performance (Fetiskin, 2005, p 245). Development of such monitoring improves the performance of any activity, and its systematic formation overcomes some defects of attention, such as scattering.

The process attracted the attention of psychologists from different countries even in the middle of the twentieth century. Sleep-beginning of it was widely believed that the account is responsible for the modulation of processes, information processing owls. Then, in the late 70s appeared in the press a few articles where the account associated with the movement. Some see a close connection with the consciousness of attention as an important reason for the separation of attention from the traffic. According to them, the internal signals that determine the biochemical parameters of movement are not directly related to the mind, and thus the inclusion of consciousness in motion control occurs indirectly. Others believed that the impact of attention to defining the action motor-vie is implemented before the start of the real movement. There are other views, but they are not widespread.

Of course, complex motor acts can be automated as a result of frequent repetition for a long period of time. In conclusion, we note that our muscles are subject to central teams within their respective anatomic and physiological limitations. These commands are selected appropriate to the situation and the particular manner distributed over time in order to provide the desired pattern of behavioral reactions (Fetiskin, 2005, p 189).

Many elite athletes have the ability to pro-freestyle concentration, of which most of us can only dream of. For example, some athletes perform tricks on a subconscious level. Therefore trainers, forming young athletes care management skills, should seek the ability to focus the mind on the main object at the moment, and at the same time to control the so-called background attention to other objects and actions.

Most of us are very well aware of the narrow and broad focus (is concentrated-chiseled reading a book, driving and simultaneous conversation with sitting nearby). "A person's ability to control multiple objects and phenomena defined-mines the large amount of attention" (Platonov, 2003, p 344). In sports, we have a manifestation and broad and narrow focus, but the most common and useful in competitive (especially important and stressful) situations (especially in team sports), a wide attention. Warning provides clarity and distinctiveness of students' perception of educational material, the speed and clarity of their thinking, control over the exercise. Therefore,

attention is a prerequisite for any practical implementation (including sports) activity.

The success of technical and tactical actions of volleyball players in large-ste penalties determined by the level of attention of such properties as the amount, intensity, concentration, stability, distribution and switching. "Experimental data have shown that already own volleyball classes contribute to the development of attention. Thus, for example, measures have volleyball attention on 30.8% higher than the gymnasts "(Krylov, 2000, p 432).

Volleyball players at the same time have to take a large number of objects or their components, which determines the amount of his attention. The high speed of the ball, the speed of movement of players, fast and sudden change of game situations – all this makes high demands not only to the volume, intensity and stability of attention, but also requires the athlete to instantly switch attention and wide its distribution. During the game constantly have to change the objects to which attention is directed. So, the player, to send for attacking blow, immediately switched to the protection or insurance. Only one second of attention volleyball can be switched alternately on three to six objects. The change in the properties of attention volleyball affects a number of conditions:

- The concentration and stability of attention especially the poorer, less is trained volleyball;
- The impact of negative emotional states and the impact of fatigue;
- Easing tension willed;
- The nature of the training (with "boring work" cells of the cerebral cortex in the fall phase of reduced excitability and take bad stimuli).

For the development of attention, first of all, you need to train yourself to work in various-conditions. Research focus (Krylov, 2000, p 267) showed that the development of inten-sity and stability of attention an athlete associated with the development of his strong-willed qualities. For the development of distribution and switching of attention in training volleyball players should include a variety of exercises with several balls and all sorts of movements; exercises requiring fast switching focus from an object at an object from one action to another. You can develop the ability to select the most important objects, filtering out the secondary.

For successful sports activities are particularly important pro-cognitive processes at the level of its planning. They are responsible for the production of programs, is the image of the motor action, structure and sequence of motor operations, and so on. At the stage of implementation they provide self-control: perception of their own activities and the conditions in which it flows, and comparison of the results of the program, identifying the degree of compliance or misalignment . During activities provide cognitive processes of decision-making (or a continuation of the correction).

Discussion and methods. We conducted an experiment on 20 probationers, volleyball player 14- 15 years, specializing in Children's junior sports school of the Olympic reserve different schools in the Krasnoyarsk to determine the physical fitness of the properties and focus on techniques: proofreading test, red and black table, table Schulte, Myunsgerberg.

The final results of a preliminary experiment are shown in Table 1 and 2.

As the table shows, the level of physical fitness about the same in both groups.

Table 2 shows those 12 out of 20 subjects, offensive player's sweeper 4, 4-binders player.

Offensive player

As can be seen from Table 2, the twenty players twelve attacking player. It is important

Table 1. The results of physical fitness the control and experimental groups before the experiment

Tests	Experimental	Verification	T expert	T(tabular)
	X±m	X± m		
Shuttle run	8,8±0,1	9,0±0,1	0,14	2,09
30м	5,5± 0,3	5,4±0,3	0,63	2,09
Test «fir-tree»	31,8±0,3	32,0±0,3	1,12	2,09

Table 2. The results of the survey to determine the properties of attention and role playing volleyball

Tame/test	Years	Volume (number of characters)	Concentration (number of errors)	Resistance X (s)	Allocation (s)	Switching (s)	Position Player
1. Yanov M	14	905	3	41,4	284	252,6	Winger
2. Voloshenko B	13	915	3	44,3	337	292,7	Winger
3. E Schwab	14	860	0	30,2	381	350,8	Bonding
4. In Kuznetsova	13	840	0	37,8	302	264,2	Bonding
5. A Fedorchuk	13	895	1	29,9	194	164,1	Winger
6. To Nastenko	13	880	2	41,5	214	172,5	Winger
7. KramorenkoR	13	925	2	30,4	279	248,6	Winger
8. B Sergeyev	13	915	1	59,7	296	236,3	Winger
9. Pichugin M	13	870	1	27,3	343	315,7	Bonding
10. Andreeva E	13	830	1	35,4	321	285,6	Bonding
11. PleshivtsevaP	13	895	1	30,7	235	204,3	Winger
12. A Bryukhanova	13	815	0	40,5	243	202,5	Winger
13. Bondarev H	13	760	0	37,5	365	327,5	Libero
14. In Bykovskaya	14	790	1	27,1	293	265,9	Libero
15. Malyutina M	13	800	0	31,5	351	319,5	Libero
16. And Mozgunova	14	980	0	34,1	368	333,9	Winger
17. To Perevalushkova	13	890	2	36,7	292	255,3	Winger
18. Pogudina About	13	805	1	37,4	189	151,6	Winger
19. Samson H	13	885	1	33,6	282	248,4	Libero
20. Sedelyaeva H	14	830	2	38,4	216	177,6	Winger

to note that all the attackers have the highest level of proof-test sample. What is the evidence about the biggest indicator of the attention volume. This is due to the fact that the striker for an effective attack is necessary to see not only the opponents and teammates, but the game situation, the ball and place of the attack. The concentration of all the forwards in the normal range, but each has a different rate. This is most likely the individual characteristics of players. Stability attention in 9-player normal and only three players are unstable. Also 2 hitters have average distribution and switching of attention and one characterized by a high rate. Most likely this game the player should change roles.

«Libero» player

Continuing with the Table 2 it should also be noted that of the four protective Coves three have roughly the same performance in terms of attention. They are lower than those at the incident-Players and binders. This is due primarily to the fact that most of game situations, they are required to control the ball and the location of teammates. This is confirmed by the highest switching attention (three results of the four), and the rest range in the normal range. With regard to indicators of distribution, and concentration, here they have the lowest indicators relating to special-function of their game.

Binders player

With regard to the properties of attention four binding, the basis of the submitted data in Table 2, can be traced to the following situation: all the binders were third-largest amount of attention to performance, low concentration, with the exception of IP-two players, the average stability of attention. Most good results in representatives of the line in terms of distribution and switching of attention. This can be explained by the fact that communication is the "workhorse" of the statistics are the most time of possession and perform a wide variety of techniques.

Then, all the subjects were divided into two groups of 10 people, at which were present did not appear all play roles. One was the control and one experimental. And we determined the average of all the properties of attention prior to the experiment. Results are given in Table 3.

As the table shows all the parameters in both groups of roughly the same.

The study and re-test data have been obtained, which show that there has been an

Table 3. The results of determining the properties of indicators of attention control and experimental groups before the experiment

Properties of attention	Experimental	Verification	T expert	T(tabular)
	X±m	X± m		
Volume	863±17,2	868,5±19,3	0,22	2,09
Concentration	1,2±0,3	1,0±0,3	0,45	2,09
Stability	33,4±1,5	39,1±2,8	1,84	2,09
Switching	294,0±21,7	284,5±18,3	0,35	2,09
Allocation	264,6±23,0	245,0±19,8	0,68	2,09

Table 4. The results of determining the properties of indicators of attention control and experimental groups after the experiment

Properties of attention	Experimental	Verification	T expert	T(tabular)
	X±m	X± m		
Volume	940,0±8,2	875,0±15,4	3,92	2,09
Concentration	0,4±0,2	1,0±0,2	2,71	2,09
Stability	30,2±0,4	38,2±0,4	16,00	2,09
Switching	226,4±12,8	282,5±14,5	3,04	2,09
Allocation	199,5±15,8	244,7±13,4	2,29	2,09

increase performance properties of attention volleyball players (volume, concentration, stability, switching and distribution). This suggests that this technique has found an effective application in practice. Efficacy in-procedure changes evident, it can be seen from the results, which are shown below in Table 5 and Fig. 1, as a percentage.

As can be seen in the experimental group, there have been major shifts all indicators compared to the control group.

As a result of the team's performance "Krasnoyarsk-Yenisei" in the game the 2014-2015 season, the number of games played was 69 (30 lost, won-39). After the implementation of our method for the playing season is observed improvement of games won and pocketed balls.

Conclusion. Analysis of literature allows us to conclude the following:

1. The effectiveness of competitive activity is determined by several factors, it odes of which is the psychological factor in solving the problem of competitive efficiency focus of researchers is paid to the physical, technical, tactical training and less psychological factors, in particular cognitive processes athlete.

Table 5. Comparison of the control and experimental groups before and after the experiment

Properties of attention	CG before $\overline{X} \pm m$	EG before $\overline{X} \pm m$	CG after $\overline{X} \pm m$	EG after $\overline{X} \pm m$	Shifts
					absolute value (CG\EG)
V	868,5±19,3	863±17,2	875,0±15,4	940,0±8,2	6,5\77,0
C	1,0±0,3	1,2±0,3	1,0±0,2	0,4±0,2	0\0,8
S	39,1±2,8	33,4±1,5	38,2±0,4	30,2±0,4	0,9\3,2
S	284,5±18,3	294,0±21,7	282,5±14,5	226,4±12,8	2,0\67,6
A	245,0±19,8	264,6±23,0	244,7±13,4	199,5±15,8	0,3\65,1

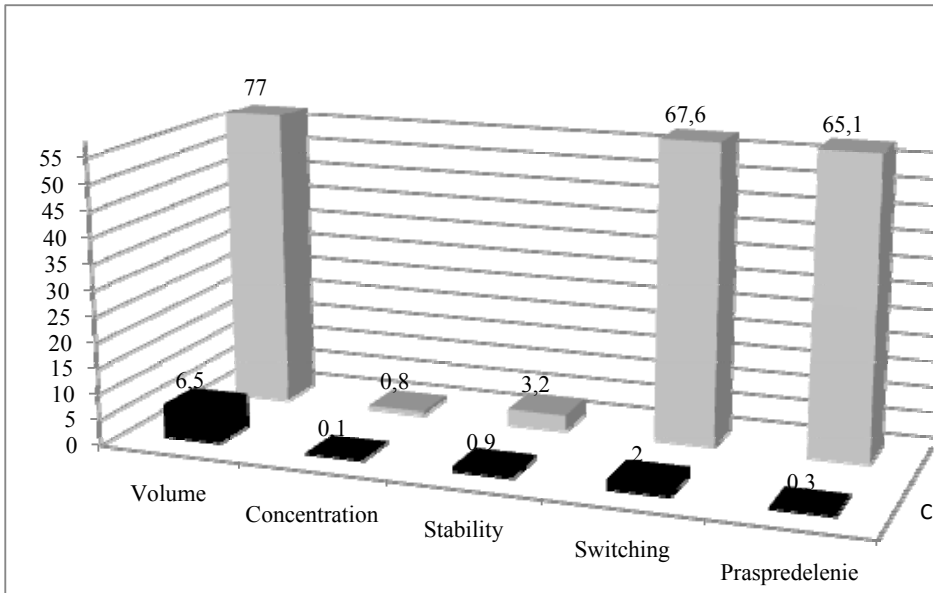

Fig.1. Shifts performance test control and experimental groups at the end of the experiment (absolute value)

Cognitive processes, in this case, attention is concentrated, are considered to be chiseled activities of the entity at a given time on any real or ideal objects – objects, events, images, reasoning. Some studies show the relationship of attention to mental states. However, the authors cited examples, methods cannot be used without processing as applied to volleyball and the process of preparing for the competition. Thus, the competitive structure of the emotional stability of volleyball made especially most closely related indicators of anxiety and excitement, as well as the types and properties of attention and game features athletes.

The literature does not reflect the following issues: the relationship of mental states and attention to the efficiency of competitive activity, the impact of the efficiency of the competitive activity in the manifestation of mental states and attention, the impact on the manifestation game role of mental states and attention.

The resolution of the identified gaps with direct practical values-of the preparation of volleyball and significantly affecting the efficiency competitive activities devoted to this study.

2. Using Profiles: We have identified the properties of attention to subjects examinees of various game roles volleyball 14-15 years. Each game roles are inherent properties of various indicators of attention, but there relationship with individual game functions. For example, all the attackers have the highest amount of attention. Three of the four defenders have approximately the same performance in terms of attention. They are lower than the attacking players and binders. This is due primarily to the fact that in the majority of game situations they are required to control the ball and the location of the partners in team. This is confirmed by the highest switching attention (three results of the four), and the rest range in the normal range. With regard to indicators of the distribution and concentration, here they have the lowest rates, connected with features of their game function.

All the binders had the third largest amount of attention to performance, while the low-exponent of concentration, with the exception of two players, the average steady-ness attention. The best results among representatives of the line in terms of distribution and switching of attention. This can be explained by the fact that communication is the "workhorse" of the statistics are the most time of possession and perform a wide variety of techniques.

3. The effectiveness of techniques confirmed the positive dynamics of the results of the experimental group. Implementation and use of the proposed method under-confirms the impact of the proposed training to develop the properties of attention volleyball. All this ensures the effectiveness of competitive activity within a short period of time. This is evidenced by the ratio of won and lost balls, and games before and after the application of a technique.

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Методика подготовки волейболисток 14-15 лет к соревнованиям с учетом свойств внимания

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Статья посвящена изучению методики подготовки к соревновательной деятельности волейболисток 14-15 лет с учетом свойств внимания. Постоянные взаимодействия игроков с мячом и между собой способствуют улучшению глубинного и периферического зрения, точности и ориентировке в пространстве. Кроме того, волейбол развивает также мгновенное переключение внимания с одного объекта на другой, повышает мышечное чувство и способность к быстрым чередованиям напряжений и расслаблений мышц, а также способность сосредотачивать внимание на наиболее важном моменте в различных игровых ситуациях. Исследование помогло определить, какие свойства внимания больше всего развиты у игроков различного амплуа и какие требуют улучшения. Используя методику, включающую 38 психотехнических игр-упражнений, мы сделали вывод, что они могут использоваться в качестве средства совершенствования свойств внимания, поскольку к концу исследования в экспериментальной группе наблюдался прирост показателей свойств внимания.

Ключевые слова: волейболистки, психологическая подготовка, внимание, свойства, объем, концентрация, переключение, распределение, методика подготовки, волейбол, игроки, игровые амплуа, нападающие, защитники, связующие.

Научная специальность: 13.00.00 – педагогические науки.