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VOLLEYBALL SELECTION METHOD BASED ON PERFORMANCE INDICATORS OF 10–12-YEAR-OLD CHILDREN WITH HEALTH PROBLEMS

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Abstract:

The objective of this article is to estimate the feasibility, internal consistency, convergent construct validity, and test-retest reliability of a new, functional, and easily administered test battery for measuring children's physical fitness who are 10-12year old with health problems.

Keywords: volleyball, health problems, disabilities, methods, volleyball selection, indicators, motor skills, activities, organs ,motions

Valid and reliable measures of children's physical fitness are necessary for investigating the relationship between children's physical fitness and children's health. The relevance of the health of the health and physical development. All movements in volleyball are naturally based on the run, jumps, methane. Modern medical and biological and sociological studies show that systematic volleyball occurs significantly changes in the activities of analyzers, the support and motor vehicle and internal organs and systems. In particular, the depth and peripheral vision is improved, the ability of the neuroper apparatus to fast voltage and relaxation of muscles, the jumping of the lower limbs is promoted to strengthen the muscle and binding device of the lower limbs, the mouth of the hands of the hands of the hands of the armchairs, the operation of the circulatory and respiratory mechanisms is required. The game requires participants of good coordination of movements, dexterity, flexibility, speed, physical force, manifestation of courage. Age characteristics of volleyball players Any training is successful only when it is built taking into account age characteristics of those involved. It is certain that knowledge features characteristic of a particular period of childhood, is a prerequisite for the proper organization of educational and training process with young volleyball players. Systematic sports have a beneficial effect on the health of children, their physical and spiritual development. To become a volleyball player it is necessary to master the appropriate motor skills. Physical development is the process of changes in functional of the characteristics of the organism, closely associated with the gender of the person, the state of his health, living conditions, due to other factors and special influences of occupations chosen sport. The growth of intelligence in children of school age allows them to consciously to assimilate educational material, and not follow the path of mechanical imitation. Rational planning of the training process, correct the use of means and methods of sports training in all during the training of young volleyball players is possible only taking into account anatomical and physiological changes in the developing organism. The great eye for the visual accepted eye movements (external muscles that ensure the movement of the eyeball). In influence of visual loads with insufficient or uneven development of these muscles, the eyes are quickly tired. This leads to errors in the game of technology. The occupations of sports games contribute to the improvement of the equipment, which increases the ability of the athlete to "see the field, the engine, the intensity of the growth of the individual size signs is different." The same length of the body is characterized by a certain dimensional signs of its variations. So, the length of the body is increased by the size of the size signs of it. Research shows that primary school age is most favorable for a directed increase in mobility in all main joints. The development of muscle strength is of paramount importance for comprehensive improvement of motor skills of children and adolescents. Between 6-8 to 11-12 years old, muscle strength increases by 30-60%. Moreover, the growth rate from with age, the strength of individual large muscle groups is uneven. The strength of the trunk extensors develops especially intensively from the age of 10-11, then the hip and foot extensors, then the shoulder flexors, torso and forearm and, finally, the flexors and extensors of the forearm and lower leg. AT primary school age differences in strength between boys and although there are girls, they are not very significant. Strength gain in boys occurs from 11-12 years. By the same period, children more pronounced advantage in the strength of the leading muscles, more often than the right hand. To characterize the dynamic properties of the muscular system schoolchildren are interested in data on age characteristics accuracy of differentiation and dosing of efforts of varying degrees. It is shown that from 6-8 to 10-11 years old the ability to distinguish between muscle efforts develops poorly. The error rate reaches both boys and girls 25-30%. This ability develops intensively from 11 to 16 years, spanning the entire teenage years. At the same time, the accuracy differentiation is improved by about two times. muscles are ahead of the development of small ones, so children

better perform strength exercises sweeping movements and quickly get tired with precise movements performed with small amplitude.

The cardiovascular system has a relatively high ability to carry short-term high-speed loads. The motor analyzer and the ability of children to learning new movements. The musculoskeletal system was not formed, and unilateral stress and exercise should be avoided static character. Functional test battery that aims to provide a reliable, objective quantification of children's physical fitness. In contrast to many extant tests, it does not attempt to define and then measure constituent components. Rather, it focuses on compound activities that recruit various combinations of multiple factors, such as strength, endurance, motor coordination, balance, and agility.18–20 Furthermore, the test battery focuses on common activities that are included in most children's everyday play activities. This design reduces the cognitive component of the test items and more easily incites and sustains children's motivation to participate and perform as well as possible. Our final consideration was that to be applicable in larger studies, the test battery should be easy to administer and not require specialized training of experimenters or equipment beyond what is normally available in most gymnasiums. Furthermore, whereas previous tests were divided into several age bands with different test items for each age band, the test battery that we describe includes the same test items for all ages (5–12 years). This design enables the longitudinal monitoring of children's physical fitness. Primary school children are different special mobility, a constant need for movement. However, when choosing games, you need to remember that their body is not ready to be transferred prolonged stress. Their strength is quickly depleted, but rather quickly and are being restored. Therefore, for younger students, games are not too long. They must be interrupted by rest breaks. AT at the age of 9-10 years, children noticeably improve their coordination capabilities. An increase in strength, speed, agility and endurance, more perfect body control and better adaptability body to physical activity are made available to children of this the age of the game is quite complex content. In conclusion, motor competence reflects the degree of proficient performance in various motor skills and is essential for developing an active and healthy lifestyle. If a child has motor problems and is left untreated, he is likely to transfer them into adulthood. Moreover, low motor competence can lead to risks for a mixture of behavioral, emotional, and social difficulties . Additionally, it also significantly impacts the willingness of participation in physical activity and overall performance in different sports. Volleyball is one of the most intense anaerobic sports that include a combination of explosive movements with short recovery periods]. In volleyball, the physical performance plays an essential role, since the actions in this sport include a variety of changes of direction in sagittal and frontal planes, frequent sprints, and different types of jumps. Explosive strength represents the ability of the neuromuscular system to manifest strain as quickly as possible and is a crucial fundamental aspect of successful volleyball performance.

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