

ASPECTS OF BALANCED NUTRITION OF VOLLEYBALL PLAYERS

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Abstract

This article will cover the most important aspects of volleyball players' nutrition. Volleyball is a game that requires a lot of strength and energy. During the game, volleyball players often jump and make sharp accelerations. For the proper functioning of the body, a balanced diet is required, which helps athletes to be in good energy shape before important games and serious workouts.

Keywords: volleyball, nutrition, calories, proteins, fats, carbohydrates, exercise, nutrients.

Introduction

Volleyball is a world-famous team game that is very popular among young people. This is a very active sport. During the game, athletes make a lot of quick movements around the court, acceleration, falls and jumps. All of the above actions are energy-consuming. Therefore, athletes need proper balanced nutrition so that the body is in good athletic shape and does not become exhausted.

The purpose of the study is to study the process of proper nutrition and weight regulation of athletes who specialize in volleyball.

Professional athletes attend intense training sessions every day, trying to make them as effective as possible. Therefore, the body must be well prepared. The fundamental factor in physical fitness is an optimal diet. It should also be noted that many people use special supplements or completely nourish their bodies with such substances. In most cases, these are ergogenic substances that improve the performance of the training process.

Unfortunately, food manipulation is usually based on the claims of athletes who perform better, studies with a low level of evidence, and the beliefs of advertising agents.

Current problems of female volleyball players include maintaining optimal weight and body condition. General and special performance, coordination, endurance, as well as the speed of attacking actions depend on these indicators.

The idea of sports nutrition is to provide the body with the right nutrients. If energy reserves are severely depleted, the body will take some time to recover and return to good physical condition. Volleyball is a team game, so poor nutrition of one player can affect the outcome of the entire team. It is important to note that people have different nutritional needs.

During play, volleyball players primarily use their anaerobic energy system, which produces approximately 90% of their energy. A highly skilled volleyball player can perform up to three hundred powerful movements in five games of a match, most of which are jumping and quick movements towards the ball.



The diet of female volleyball players is the most important indicator of reserve growth in special performance and gaming endurance. The average caloric intake of a volleyball player is approximately 62-65 cal/kg per day. The ratio of proteins, fats and carbohydrates in a volleyball player's daily diet should be 1:1, 3:3, i.e. differ from the usual nutritional formula for a healthy person (1:0, 8:4.0)

A nutrient is a component of food that is essential for life. This means that a volleyball player must eat a diet that contains all the necessary nutrients. Luckily, this style of eating is much easier than it might seem.

A volleyball player should consume nutrient dense foods such as fruits, vegetables, legumes, whole grains, lean protein and healthy fats. They should also drink unsweetened drinks throughout the day, such as water and milk. Calorie, fluid and nutrient needs vary greatly from person to person. Because of this variability, athletes should eat in a way that makes them feel energized and satisfied throughout the day, rather than adhering to specific calorie targets or other dietary rules.

Some foods can reduce performance if consumed close to a game or workout. These are foods high in fiber, fat, sugar and/or sugar alcohols. The volleyball player, of course, can consume these foods at other times, but should limit them to 1-2 hours before the game.

In the days leading up to a game, volleyball players should eat 3 balanced meals with 1-3 snacks throughout the day. Insufficient nutrient intake will cause athletes to become fatigued quickly and increase the risk of injury. Food eaten 3-4 hours before the game will have time to be digested. A good meal or snack will provide a volleyball player with energy and satiety for a long time. Volleyball players should avoid heavy meals in favor of a lighter snack 1-2 hours before a game. A high-carbohydrate, moderate-protein snack works well during this time. Another important event is vitaminization. It speeds up recovery processes in athletes. It is especially important to take vitamins in winter and spring.

To optimize and accelerate recovery processes after intense physical exertion, herbal and pharmacological preparations are used. It should be noted that such drugs are prescribed by a doctor after a preliminary examination and special testing in order to prevent overexertion in female athletes.

Deterioration in physical condition is often associated with poor nutrition of the athlete. In an attempt to find a balance between the amount of energy incoming and expended, many volleyball players pay the main attention not to the quality, but to the quantity of food consumed.

The diet must correspond to the characteristics of physical and biological development. In nutrition, athletes must exercise self-discipline, and perhaps even adjust their taste preferences. Thus, we can conclude that nutrition is one of the fundamental parts of the training and game process, in order not to lose the performance, strength and endurance necessary for competitions.

Blocking in volleyball is the team's first line of defense against aggressive and powerful attacks from opponents, and the effectiveness of insuring blocking players and choosing a place to receive powerful attacking blows largely depends on the correct execution of the block. Blocking is the main weapon not only of defense, but also of attack. Skillful blocking brings



points to the team. Due to the correct hands on the block, the ball very often hits the opposing team's court, and opponents are not always able to return such rebounds.

The main goal of the study was to identify typical errors in blocking techniques encountered in the competitive process. There were also defined areas of the site from which block options were made. Methodology and organization of the study. Pedagogical observation was carried out over the technique of single and group blocking; errors that occurred in the techniques of volleyball players aged 14-15 years were identified in game conditions. 10 games were watched, the observation results were recorded in a specially developed protocol.

The following results were obtained and presented in the table. A large number of errors were recorded when performing a jump when performing a block - this was a delay to the place of the block and untimely jump, insufficient jump height and direction of jumping, and when performing a jump, the net was touched at the moment of swinging the arms (6-8 errors).

The most common typical mistake is the untimely jump and delay to the place of the block; on average, this was performed 9 times per game. The success of blocking, both individual and group, depends on the timing of the jump. In many situations, this occurs due to the inability to analyze the parameters of passes and incorrect assessment of the actions of the attacking player. The timing of the jump depends on the types of volleyball passes during attacking shots. With high and medium passes, the jump of blocking players should be performed at the moment of the player's arm swing during an attacking blow. When shooting from fast and low passes of players, the blocker or blockers must jump together with the attacking player.

We noticed one important fact that influences the timeliness of jumping up; if the attacking player is taller than the blocker who is short, then the blocker should jump earlier; If the blocker is taller than the attacking player, he should take a blocking jump later. Insufficient jump height and direction of jumping - on average 7 errors were made per game. This manifested itself in an incorrect starting position when performing a block and passive footwork. A mistake made when jumping while swinging your arms and touching the net results in the loss of game points. This error occurs mainly as a result of the fact that the player participating in the block jumps close to the volleyball net, does not carry them in a bent position in front of the body, and when performing the jump, the player swings with straight arms.

Errors such as "the player's fingers and wrists are relaxed when blocking" and "the fingers are closed when blocking" were made on average 6 times in the game.

Performing a block with closed eyes is performed on average 5 times per match. If the blocking player closes his eyes while blocking, concentration and control of the ball are lost, as a result of which the ball after the block very often flies out of the playing court. Errors such as "large swinging movement of the arms back before jumping up" and "no active counter movement of the arms towards the ball" were made less than all other errors, and were made on average 3 times per game



Table - Analysis of typical errors in blocking technique by accomplished volleyball players aged 14-15 years in game conditions (n=12)

Типичные ошибки в технике при блокировании	Количество ошибок в среднем за игру (кол-во раз)
запаздывание к месту блока и несвоевременность прыжка	9
пальцы и запястья рук игрока при блоке расслаблены	6
пальцы рук при блоке сомкнуты	6
несвоевременный вынос рук перед волейбольной сеткой	4
большое маховое движение руками назад перед прыжком вверх	3
недостаточная высота прыжка и направления выпрыгивания	7
совершая прыжок, в момент маха руками задевается сетка	8
выполнения блока с закрытыми глазами	5
нет активного встречного движения рук к мячу	3

At all stages of sports training, especially at the initial stage, when teaching block techniques, it is necessary to correct technical errors immediately after they are identified. It is also necessary to devote time to analyzing technical and tactical errors in the training and competitive process [3]. As can be seen from the figure, the percentage of blocking performed from the three zones under the net was distributed approximately equally, almost 33% of all blocking actions occur in the second zone, 30% in the third zone, and 37% in the fourth zone. The results obtained, in our opinion, are random in nature and may depend on various emerging factors. 37% of blocks occur in the fourth zone, this can be influenced by the attacking player of the attack, who more often takes an offensive shot from the opposite zone on his side of the court, since most players are right-handed and often shoot from the second zone.

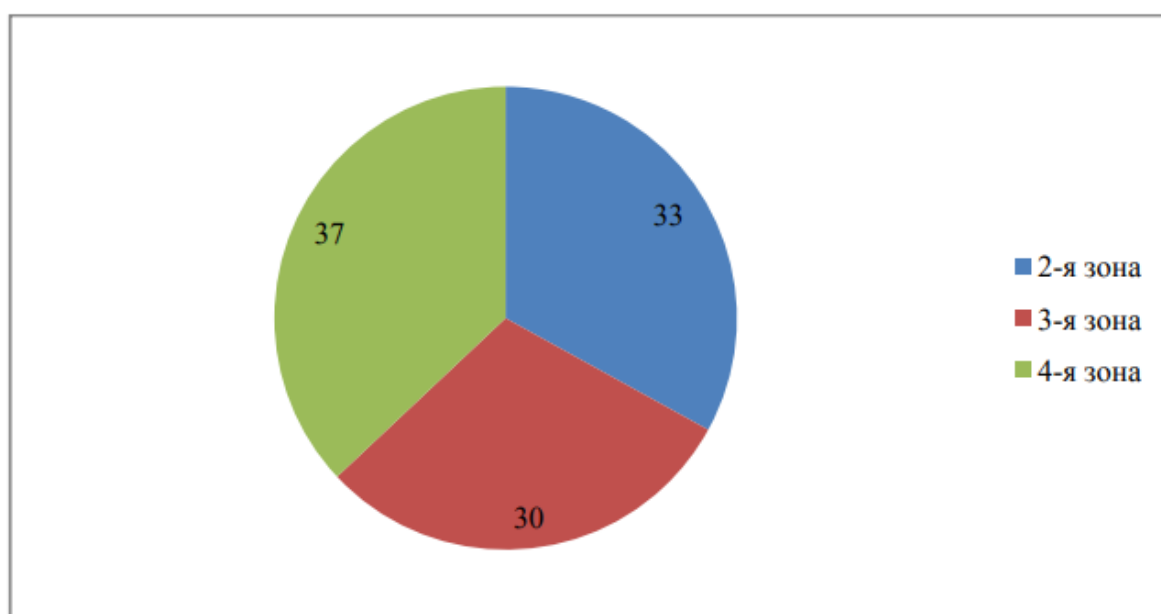


Figure – Distribution of block execution by court zones on average per game (%)

We noted the following fact that when blocking oblique blows in zones four and five, the blocking player's hands are moved to the left or right of the ball, the near hand is turned to

meet the ball, and the palm of the opposite hand is parallel to the volleyball net; When blocking direct hits, the blocking player's hands are positioned exactly opposite the volleyball.

Conclusion

To effectively train and improve blocking, various means are used: preparatory exercises that help strengthen the muscular-ligamentous apparatus of the legs and feet; special individual and group exercises, exercises to develop volleyball players' jumping ability and jumping endurance, tactical exercises to improve tactical blocking.

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