



# Level of mastery of spiking technique among male university students in physical education classes incorporating volleyball elements

PhD. **A.V. Dvornikov**<sup>1</sup>

lecturer **N.A. Voloshin**<sup>2</sup>

<sup>1</sup>Gubkin University, Moscow

<sup>2</sup>MGIMO University, Moscow

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**Abstract.** This article presents the results of assessing the level of mastery of the spiking technique by students learning the fundamentals of volleyball in university physical education classes.

**Introduction.** The technique of volleyball play involves complex coordinated movements. At the university, students are taught the basics of volleyball techniques during physical education classes, which are held once a week. Given the limited frequency of these initial training sessions, data on the level of mastery of the spiking technique by students in these classes are of scientific interest.

**Research Objective.** To determine the level of mastery of the spiking technique among male students in physical education classes with elements of volleyball at the university.

**Research Methodology and Organization.** The study was conducted at the National University of Oil and Gas «Gubkin University» with students participating in the “Sports Games” section of physical education during the spring semester of the 2023-2024 academic year (n=102). The physical education classes included the implementation of a lesson plan for mastering the spiking technique, consisting of 12 sessions, developed based on an analysis of scientific and methodological literature on the theory and methodology of volleyball [1, 2]. The classes were conducted according to the academic schedule. Assessment of the students’ mastery of the spiking technique in physical education classes included two tests: “Throwing a tennis ball over the net while jump-

ing with a two-step approach from zone 4” (conducted during the 6th session) and “Spike with a two-step approach from zone 4 on a ball set up from below with both hands” (conducted during the 12th session).

**Research Results and Discussion:** The control drill “Throwing a tennis ball over the net while jumping with a two-step approach from zone 4” was rated “excellent” by 34% of the students, “good” by 34%, “satisfactory” by 23%, and 4% of the students failed the task. The second test, “Spike with a two-step approach from zone 4 on a ball set up from below with both hands,” was completed with an “excellent” rating by 24% of the students, “good” by 32%, “satisfactory” by 17%, and 27% failed the task. The results of the control tests on the spiking technique indicate that 96% of the students successfully mastered the jump with a two-step approach for the spike, while 73% mastered the spike with a two-step approach.

**Conclusion.** At the university, during physical education classes, male students are capable of demonstrating a high level of mastery of the spiking technique after completing 12 thematic sessions aimed at teaching this volleyball technique.

## References

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Corresponding author: [dvornikov1991@inbox.ru](mailto:dvornikov1991@inbox.ru)