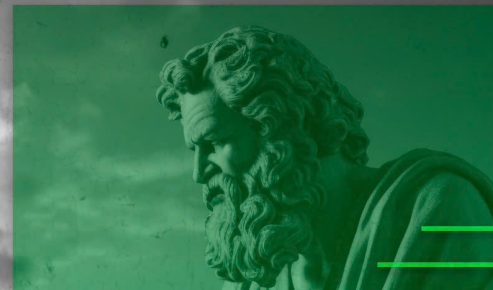




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RESEARCH ON SELECTING EXERCISES TO IMPROVE EFFICIENCY HIGH HAND PASS IN FRONT OF FACE FOR FEMALE STUDENTS HANOI UNIVERSITY OF MINING AND GEOLOGY

Summary

Using conventional scientific research methods, the article selects specialized exercises to improve the efficiency of high-handed front-pass passing for female students of the volleyball team of the University of Mining and Geology.

Keywords:

Exercise, high hand pass in front, Volleyball, female student, University of Mining and Geology.

I. Problem statement

The Volleyball team of the University of Mining and Geology has achieved some encouraging results in previous years. However, recent years have not really left an impression. Through evaluating the current state of training for female students of the Volleyball team of the University of Mining and Geology, I found that their physique and physical strength are relatively good, and their level of technical absorption is also relatively fast. However, their efficiency in passing the ball high in front of them is not good, which greatly affects the quality of the team's attack, leading to competition results that are not as expected.

Currently, there are many research projects on Volleyball with different purposes: improving technical efficiency, developing physical strength... However, there has not been any research project on the female volleyball team of the University of Mining and Geology.

Based on the above reasons, the research "**Research on selecting exercises to improve the efficiency of high-handed front passing for female students of the volleyball team of the University of Mining and Geology**" is an urgent task in the current period

II. Content

2.1. Selecting exercises to improve the efficiency of high-handed front-pass passing for female students of the Volleyball team of Bac Son High School, Kim Boi, Hoa Binh

Through the assessment of the current situation, it is shown that the exercises to improve the efficiency of passing the ball high in front of the face are not used much in teaching and training for the

research subjects (from 16-17 exercises in all 04 groups: Group 1: Basic posture exercises; Group 2: Physical support exercises; Group 3: Technical guidance exercises; Group 4: Competition and application exercises.). At the same time, the exercises are not systematic and are unevenly distributed among the groups. The exercises used most are in group 3 (from 5 to 6 exercises), the exercises used least are in group 4 (from 2 exercises). At the same time, through direct discussion with teachers, it was shown that teachers all agreed that the best form of exercises to improve the efficiency of high-handed passing in front of the volleyball team of the School should prioritize exercises in groups 1 and 2, then exercises in groups 3 and 4.

To choose exercises to improve the efficiency of high-handed front passing for female students of the Volleyball team of the University of Mining and Geology, it is necessary to base on the following principles:

- Appropriateness: exercises must be suitable for the research subject.
- Effectiveness: The selected exercises must ensure to improve the effectiveness of high-handed front passing for female students of the Volleyball team of Bac Son High School, Kim Boi, Hoa Binh.
- Have a high level of consensus: The selected exercises must have a high level of consensus among the interviewees with the number of responses reaching 80.00% or more, and the majority are ranked at a very important level.
- Overcoming previous shortcomings in the current state of exercises that the coaching staff is using

Through studying documents and research works of domestic and foreign authors, the topic has selected a system of 22 exercises, then interviewed 30 teachers and coaches in Hoa Binh province who are specialized in coaching and teaching Volleyball and coaches and lecturers of Hanoi University of Physical Education and Sports. The results selected 17 exercises to improve the efficiency of high-handed passing in front of the research subject. The exercises include:

*** Physical development exercises group: 6 exercises**

- Run 9 – 3 – 6 – 3 – 9 for 30 seconds x 3 sets, rest 2 minutes between sets
- Run the fan for 30 seconds x 3 sets, rest 2 minutes between sets
- Jump high with momentum 5 times x 3 sets, rest 1 minute between sets
- Jump high in place 10 times x 3 sets, rest 1 minute between sets
- Jump rope at speed 1 minute x 2 sets, rest 1 minute between sets
- Volleyball Game 6

*** Technique improvement exercises: 11 exercises**

- On the spot, perform high-handed passes in front of the face over the net with a server x 20 times x 2 groups, 2-minute break between groups
- On the spot, pass the ball high in front of you to the right, left, front, back, accelerate, coordinate legs, body, arms, pass the ball x 20 times x 3 sets, rest 3 minutes between sets
- Coordinate 3 people to pass the ball high in a triangle x 1 minute x 3 groups, 2 minutes break between groups
- Coordinate 4 people to pass the ball high in a rectangle x 1 minute x 3 groups, 2 minutes break between groups
- On the spot, pass the ball high in front of you to positions 4, 3 and 2 x 30 times x 3 groups, rest 3 minutes between groups (10 times per group for each position)
- Coordinating jumping to simulate blocking the ball, passing the ball high in front of the face (close passes in areas 4, 3, 2) x 30 times x 3 groups, rest 3 minutes between groups (each position 10 times/group)
- Pass the ball high with both hands while standing with your back facing the passing direction x 20 times x 3 sets, rest 2 minutes between sets
- Move from the back row to pass the ball high in front of the face at different heights and distances

x 30 times x 3 sets, rest 3 minutes between sets

- Move to receive the ball, pass the ball high in front of the face along the net x 20 times x 3 sets, rest 3 minutes between sets
- Coordinate ball cushion movement, high hand pass in front of face x 15 times x 3 groups, rest 3 minutes between groups
- Competition practice

2.2. Application and evaluation of the effectiveness of exercises to improve the efficiency of high-handed front-pass passing for female students of the Volleyball team of the University of Mining and Geology

Experimental organization.

+ By interviewing 30 teachers and coaches in the area who have expertise in coaching and teaching Volleyball and coaches and lecturers of Hanoi University of Physical Education and Sports, we have identified the basic requirements to build an experimental process of exercises to improve the efficiency of high-handed passing in front of the research subjects.

The experiment was conducted using the parallel comparison method.

+ Experimental subjects: 18 Female students of the Volleyball team of the University of Mining and Geology were randomly divided into two groups.

- Control group: 9 female students practiced according to the old lesson plan with exercises compiled by teachers and coaches.

- Experimental group: 9 female students practiced according to the general training content and exercises to improve the efficiency of high-handed front passing that the article selected.

Experimental location: At the University of Mining and Geology.

+ Evaluation content: using selected tests through 4 steps: document synthesis, expert interviews, evaluation of informativeness and reliability.

Tests include: Passing the ball high in front of the face back and forth in place (number of times); Passing the ball high in front of the face in place to positions 4 and 2 (balls/20 balls); Moving from the back row, passing the ball high in front of the face to positions 4 and 2 (balls/20 balls)

The experimental procedure is presented in Table 1.

Table 1

Experimental procedure of the exercise to improve the efficiency of high-handed front-pass passing for the research subjects

TT	Month Exercise content	Week	I			II			III		
			1	2	3	1	2	3	1	2	3
1	Run 9 – 3 – 6 – 3 – 9 for 30 seconds x 3 sets, rest 2 minutes between sets		x				x			x	
2	Run the fan for 30 seconds x 3 sets, rest 2 minutes between sets			x							
3	Jump high with momentum 5 times x 3 sets, rest 1 minute between sets				x			x			x
4	Jump high in place 10 times x 3 sets, rest 1 minute between sets								x		
5	Jump rope at speed 1 minute x 2 sets, rest 1 minute between sets		x			x			x		
6	Volleyball Game 6			x							
7	On the spot, perform high-handed passes in front of the face over the net with a server x 20 times x 2 groups, 2-minute break between groups				x			x			x
8	On the spot, pass the ball high in front of you to the right, left, front, back, accelerate, coordinate legs, body, arms, pass the ball x 20 times x 3 sets, rest 3 minutes between sets						x			x	
9	Coordinate 3 people to pass the ball high in a triangle x 1 minute x 3 groups, 2 minutes break between groups		x			x			x		
10	Coordinate 4 people to pass the ball high in a rectangle x 1 minute x 3 groups, 2 minutes				x			x			x

TT	Month Exercise content	Week			I			II			III		
		1	2	3	1	2	3	1	2	3	1	2	3
	break between groups												
11	On the spot, pass the ball high in front of you to positions 4, 3 and 2 x 30 times x 3 groups, rest 3 minutes between groups (10 times per group for each position)		x			x			x				
12	Coordinating jumping to simulate blocking the ball, passing the ball high in front of the face (close passes in areas 4, 3, 2) x 30 times x 3 groups, rest 3 minutes between groups (each position 10 times/group)	x				x					x		
13	Pass the ball high with both hands while standing with your back facing the passing direction x 20 times x 3 sets, rest 2 minutes between sets		x										
14	Move from the back row to pass the ball high in front of the face at different heights and distances x 30 times x 3 sets, rest 3 minutes between sets			x			x						x
15	Move to receive the ball, pass the ball high in front of the face along the net x 20 times x 3 sets, rest 3 minutes between sets										x		
16	Coordinate ball cushion movement, high hand pass in front of face x 15 times x 3 groups, rest 3 minutes between groups	x				x					x		
17	Competition practice		x										

Post-experimental test results.

After 3 months of experimentation at the end of the regular training phase of the training program, the project conducted a test to evaluate the improvement level of the efficiency of high-hand passing in front of the 2 groups using the selected tests and indicators. The results are presented in Table 3, Table 4 and Chart 1.

Table 3

Test results of high-hand front pass efficiency after experiment

TT	Test	Test results ($\bar{x} \pm \delta$)		t	P
		TN Group (n = 9)	DC Group (n = 9)		
1	On the spot, pass the ball high in front of your face back and forth (number of times)	24.6 $\pm$ 2.12	29.5 $\pm$ 1.52	3.256	<0.05
2	On the spot, pass the ball high in front of you to positions 4 and 2 (ball/20 balls)	14.2 $\pm$ 1.54	17.8 $\pm$ 1.21	3,614	<0.05
3	Move from the back row and pass the ball high in front of you to positions 4 and 2 (ball/20 balls)	12.1 $\pm$ 1.02	14.6 $\pm$ 1.21	3,585	<0.05

III. Conclude

The research process of the article has selected 17 exercises to improve the efficiency of high-handed front-pass passing for female students of the Volleyball team of the University of Mining and Geology. . The exercises are divided into 2 groups: **Group of exercises to develop physical strength: 6 exercises; Group of exercises to perfect technique: 11 exercises**

The results of the pedagogical experiment have shown that the selected exercises are effective in improving the efficiency of high-handed front passing for female students of the volleyball team of the University of Mining and Geology.

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**ФОРМИРОВАНИЕ И РАЗВИТИЕ ПРОФЕССИОНАЛЬНОЙ КОМПЕТЕНЦИИ УЧИТЕЛЯ АНГЛИЙСКОГО
ЯЗЫКА В УСЛОВИЯХ ЦИФРОВИЗАЦИИ ОБРАЗОВАНИЯ**

Аннотация

Цифровизация образования представляет собой значительный вызов и одновременно возможность для совершенствования профессиональных компетенций учителей английского языка. В статье анализируются теоретические и практические аспекты формирования профессиональной компетенции, подчеркивается интеграция информационно-коммуникационных технологий (ИКТ) в образовательный процесс, а также рассматриваются современные модели профессионального развития педагогов. На основе анализа отечественного и зарубежного опыта вырабатываются рекомендации по оптимизации образовательных программ и методик повышения квалификации в условиях цифровой трансформации системы образования.

Ключевые слова:

цифровизация, компетенция, развитие, интеграция, образование.

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**FORMATION AND DEVELOPMENT OF PROFESSIONAL COMPETENCE OF ENGLISH LANGUAGE TEACHERS
IN THE CONTEXT OF DIGITALIZATION OF EDUCATION**

Abstract

The digitalization of education presents a significant challenge and, at the same time, an opportunity for improving the professional competencies of English language teachers. The article analyzes the theoretical and practical aspects of professional competence formation, emphasizes the integration of information and communication technologies (ICT) into the educational process, and also examines modern models of professional development for educators. Based on the analysis of domestic and international experience, recommendations are developed for optimizing educational programs and methods of professional development in the context of the digital transformation of the education system.

Keywords

digitalization, competence, development, integration, education