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III. Conclusion and Recommendations:

III.1. Conclusion:

Through research, the author has selected 6 strength-building exercises for basketball students at the University of Mining and Geology, including 6 general strength-building exercises and 6 specialized strength-building exercises.

** Specialized strength training exercises:*

- Continuously and quickly toss and catch the ball in various positions (in place, turning around, moving, one-handed tossing and catching, two-handed tossing and catching).
- Hold a ball or a heavy object and perform movements such as raising your arms to chest level, shoulder level, upward and backward, and rotating them.
- Jumping and throwing the ball from different positions .
- Hold the elastic band or pull on an elastic object, swing your arm to hit the ball with the strength of your shoulder.
- Jump and throw the ball over the net into a designated area .
- Pass the ball into the wall while moving.

III.2. Recommendations:

During teaching, learning, and training, selected exercises aimed at developing strength for the basketball team of the University of Mining and Geology should be applied in practice, and their effectiveness should be initially evaluated. Through evaluation, the selected exercises have proven more effective than those commonly used at the University of Mining and Geology.

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INSTRUCTIONS ON THE RULES OF VOLLEYBALL FOR FEMALE STAFF MINING AND GEOLOGY UNIVERSITY

Summary

Based on the recreational volleyball documents from the General Department of Physical Education and Sports, the author introduces the rules of recreational volleyball for female staff members of the University of Mining and Geology.