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**THE EFFECTIVENESS OF THE USE OF MOVING GAMES IN THE
 DEVELOPMENT OF OPERATIONAL-STRENGTH QUALITIES OF
 YOUNG VOLLEYBALL PLAYERS**

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ABSTRACT

This article is aimed at studying the effectiveness of the use of moving games in combination with different styles in the development of operational-strength qualities. The first digit player holds the stick in the middle of the circle perpendicular to the ground. With a solid voice, he'll call the digital player he wants and release the stick. The player who is called must hold the stick, which quickly falls. During the same competitions, it is inevitable that the longer an athlete can keep his or her work capacity in terms of quality and efficiency, the more "strength" he or she can gain, the more success he or she can "laugh" at him.

KEYWORD: *Volleyball, Fast-Strength Quality, Technical Tactical Elements, Pedagogical Research, Special Physical Quality.*

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