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**IMPROVING PHYSICAL FITNESS AND TRAINING PROCESS IN
 YOUNG VOLLEYBALL PLAYERS**

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ABSTRACT

The article discusses the possibilities for young volleyball players to perform actions that determine the effectiveness of offensive and defensive actions in optimizing the process of physical training and training in youth volleyball. During the game, situations and their immediate impact are constantly changing. During the competition, the volleyball player performs a variety of actions, which can be conditionally divided into 3 groups: moving from place to place, transfers - blows and jumps. In addition, they are distinguished by high magnitude of power, fast-power capabilities and speed. Fifth, young volleyball players in the Libero category have good performance, reflecting different coordination skills in all other athletes, and are on an equal footing with others in terms of speed.

KEYWORDS: *Movement Qualities, Morpho-Force Factor, Speed-Strength Endurance, Complex Exercises, Quality And Quantity Parameters, Dynamic Characteristics, Differential*

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