

Development of Physical Qualities of Volleyball Players through Training

Rozikov Normurod Elmonovich

Department "methodology for teaching sports", faculty of Physical Culture, senior teacher, Navoi State University

Abstract: in the article, volleyball players are widely covered in the training plan for the most efficient use of such qualities as speed, agility, strength, dexterity, flexibility. In training processes, it requires athletes to have the maximum level of agility, jumpiness, elegance, quick-thinking, able to quickly understand and "useful" response to the situation on the field in peak conditions. The article is intended for mentoring coaches and those involved in this type of volleyball sport.

Keywords: Sports Training, static exercises, physical qualities, training, physical training, special training, volleyball.



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INTRODUCTION

Modern volleyball requires great physical capabilities and functional training from those who are engaged in its essence, content and technical and tactical combinations that are performed at an extremely high speed. Physical and functional training, in turn, is of fundamental importance for the effective formation of sports skills.

As you know, volleyball in our country is among the most popular sports. At the same time, the issue of taoriating competitive volleyball players, which is still suitable for the international scale in all sports schools in, remains a problem.

In places, for quite some years, they have been focusing on children's sports, including the position of volleyball, cultivating talented young volleyball players, creating conditions for them in every possible way, improving the skills of coaches and training young professionals.

The president of the Republic of Uzbekistan, adopted on October 30, 2020, Decree No. PF-6099 "on measures for the widespread implementation of the healthy lifestyle and the development of mass sportniyana" and its implementation, laid a fundamental foundation for the normative and legal and material provision of this issue, setting the prospects for "today" and "tomorrow".

In fact, over the past years, huge reforms have been introduced in the development of children's sports in our country in the preparation of young talented Sports Reserves, more and more

creative work has been carried out, all conditions have been created for regular sports activities and, based on the current Official Rules, competitions on a local and Republican scale.

The next issue should be the implementation of the ultimate goals set by the same decree and decision requirements at the present time and within the near future. As you know, the main strategic problem in this framework is the creation of scientific and methodological foundations for the training of young, competitive athletes. But, from the organizational and technological aspects of this jaroyan Uzi, it is necessary to be organized on the basis of principles of step - by-step and consistency, belonging to the structure of extremely complex, comprehensive and multifaceted problems.

At the stage of preliminary training of young volleyball players, it is aimed at studying the effect of using non-standard game exercises in the cultivation of certain physical qualities (agility, agility, strength, dexterity, jumpiness) that are directly involved in the formation of sports skills. Of course, only scientific-theoretical thought in this regard-considerations and information about pedagogical research have found their place in many scientific literature (L.V.Bileyeva, I.M.Korotkov 1982; I.M.Korotkov 1971, 1979, 1991; A.I.Lisycina, T.S.Osmankhojayev, 1989; M.N.Zhukov 2002; M.A. In the practice of Kurbonova 2003 sports, including at the stage of preliminary training of athletes, it is noticeable that the methodology for the development of physical qualities, the foundation of sports skills, in most cases is based on the advantage of the use of general or special physical exercises. However, giving strength to such exercises can lead to certain negative consequences.

MAIN PART:

STAGES OF DEVELOPMENT OF PHYSICAL QUALITIES IN VOLLEYBALL PLAYERS ON THE BASIS OF DIFFERENTIAL METHODOLOGIES.

Physical fitness is one of the types of training and is aimed at developing the volleyball player's body, improving his physical quality and abilities, and creating a solid foundation that ensures the effective implementation of playing activities.

Modern volleyball belongs to a type of sports game that requires those who are engaged in extremely great qualities of strength, agility, agility, endurance and flexibility. The volleyball player's high-speed performance of multiple stumbling, kicking, and kicking jumps, falls, running, stopping, twisting, bending, and other movements during each game requires great physical strength, extreme agility, solid stamina, and mental harmony.

With today's fast-paced "useful" response, bo volleyball player needs to be 185-195 cm tall, mobile, fast, jumpy, elegant, ingenious, quick-thinking, sharp-witted, a situation that happens on the field'. Therefore, depending on the age, training, qualifications of athletes, as well as the period and tasks of sports training, the content, size and intensity of physical training will vary.

The functions of physical fitness include:

1. Health promotion.
2. Khayotiy-improving the necessary movement skills (walking, running, jumping).
3. Development of qualities of movement.
4. Increase the volume of movement skills and expand the scope of their execution.
5. The formation of the functions of the body's organs, departments and muscle groups involved during the game.
6. Develop special qualities that ensure the effective mastery of Game Skills.

Physical fitness is divided into two types: general and special physical endurance.

One of the important tasks of general physical training sports training is aimed at ensuring the full-fledged physical development and comprehensive physical fitness of those involved. Khayotiy is a jaroyon aimed at improving the necessary skills of movement and developing basic physical qualities. The goal is to create the base, the foundation of the.

Its functions are to develop basic physical qualities, increase the functional capabilities of the body, expand the volume and executive limit of motor skills, strengthen health, increase the body's tolerance for external and internal negative influences.

Common physical qualities include Strength, Agility, agility, endurance and flexibility.

➤ consists of self-centered physical exercises that develop physical qualities individually or together.

In the process of implementation, it is advisable to use various sports equipment, Equipment Simulators and factors of nature.

In some stages and periods of sports training, the size, intensity, direction and structure of exercises and training are distinguished by originality.

Special physical training is a process aimed at the development of physical qualities of fundamental and decisive importance in this sport in order to achieve higher results than the selected sport.

Functions:

- ✓ development of special qualities and abilities (agility, strength-agility, agility, special endurance and hokazo) inherent in volleyball.
- ✓ develop the skills necessary in mastering the game technique.
- ✓ develop the skills necessary to master the tactics of the game.

All stages and periods of sports training are used with the help of decent standards of volume and intensity (L.R. Ayrapetyans, 2006).

The state educational standards for physical education for general secondary education determine the requirements for the quality of the educational process, Education and content: the necessary sufficient level of training of students, their activities in educational institutions and the procedure and mechanisms for assessing the quality of physical education and education.

Under the law "on education", the "national program of training", in the conditions of the variety of ways of education, each educational institution is obliged to develop the physical capabilities of maintaining and strengthening the health of students, to form the foundations of Physical Culture in them, and even to create kafolating conditions.

The course "physical education and education" in general secondary education consists of:

1. Physical education classes.
2. Extracurricular forms of movement activity: Gymnastics held before class, physical minutes, dynamic pauses in extended breaks, games.
3. Extracurricular forms of exercise training: sports sections, electives, competitions in sports, etc.

The physical education curriculum includes sports game materials (volleyball, basketball, handball and separate football).

Exercises, technical and tactical methods and theoretical and practical rules of the game are included, which are necessary for teaching program materials in volleyball. Therefore, it is advisable to organize a round-robin training in volleyball sports in secondary schools.

The training of young athletes is a complex pedagogical process of many stages, which assumes the organization of training on a scientific basis. It is important that the size and intensity of physical and technical - tactical exercises used in training are planned and applied in accordance with the age, physical and functional capabilities of the children involved. The volume, intensity, vomiting and duration of these exercises should be based on biological laws. If the exercise load is too high than the child's capacity, such a load can negatively affect the body of this child. On the contrary, when loading is less than possible, it is inevitable that the formation process will slow down.

Some master-coaches use special and specialized exercises in an excellent way in order to accelerate the development of physical qualities in a short period of time, to prepare a faster qualified athlete. In sports practice, such situations also occur that regular exercise, similar to each other, quenches interest in a child who has just begun to play sports, in which the craving for sports disappears, ultimately he pours out of sports. Therefore, in the training of young athletes, it is very useful and extremely important to use action games to develop physical qualities, to go to the formation of technical and tactical skills, especially at the initial stage of training.

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