

WAYS TO INCREASE THE PSYCHOLOGICAL TRAINING OF VOLLEYBALL PLAYERS

Z. B. BOLTAYEV
SamSU

M. B. ERGASHEVA
SamSU

SH. N. TUKHTAPULATOV
SamSU

ABSTRACT:

This article analyzes the issues of willpower training, cognitive ability, attention, and development of vestibular analyzers in young volleyball players. Current issues and aspects of psychological training in modern volleyball are covered. Appropriate conclusions have been developed on the organization of psychological preparation.

KEYWORDS: Volleyball piece of training, determination classes, vestibular analyzer, psychological preparing.

INTRODUCTION:

Psychological training plays an important role in sports. Psychological preparation is a complex and long-term process. A number of studies have been conducted by scientists of the Republic and foreign countries (Z. Gapparov, Y. Masharipov, David Lavalley, John Kremer) to improve the psychological training of athletes, however, volleyball, which is part of sports, work on psychological preparation has not been sufficiently done. In our current situation, the training of modern volleyball players is one of the most essential tasks. The main and necessary condition for the development of volitional qualities in volleyball players is the use of exercises that strengthen the will during training.

Contemporary volleyball players should have the following basic willpower qualities:

- Goal pursuit and perseverance;
- Endurance and self-management;
- Stability and tenacity;
- Maintaining initiative and discipline.

All volitional qualities are inextricably linked. Volleyball players do not have the same willpower. The process of developing these qualities must not have to be blind. Instead, it will have to be managed. That's why, the better the educational work in the educational process, the faster the development of willpower.

The players in volleyball need to be able to see all the players on the field, their location, movements, feel the direction, speed, height of the ball, besides set the right target in difficult game situations.

Useful perception is based on visual acuity, visual acuity, visual acuity, and visual acuity, respectively. Therefore there are concepts of visual differentiation, analysis as well as feeling. In volleyball, kicking, blocking, passing, and receiving the ball all depend on the width of the peripheral view. So, the correct use of a tactical situation is determined by these qualities.

The limited width sight of vision - leads to the inability to choose a favorable situation at the part of the attack, in other words, the player makes the wrong decision - which

creates a favorable opportunity for the opponent. [1,2]

According to the studies, regular training with volleyball players expands the field of view (corner). It is considered a natural phenomenon, given the peculiarities of the game of volleyball. However, the use of specialized exercises to develop the width and volume of vision is really productive.

The ability to clearly distinguish between moving players and the range of a flying ball plays an important role in the timely and accurate execution of a particular technique; Targeting the distance to the partner's position, to the net, to the opponent's position - feeling it allows you to implement the technical method with an effective tactical decision. [3,4]

Numerous studies have shown that regular volleyball increases the ability to measure distance with the naked eye (glazomer). It has been found that accurate measurement of eye distance depends on the athlete's level of training, as does peripheral vision. For example, when a volleyball player is in a good "sports uniform" (high level of training), the accuracy of eye measurements is more than 40-45%. If you do not participate in training for 2-3 weeks, the accuracy of eye measurements will be reduced by 20-30%. That's why some coaches can't accurately determine the cause of a tactical move they are failing in a match, even if the athletes who haven't been to training several times are physically and technically fit.

Pieces of training and games should always be held in halls with natural light (daylight) and artificial lighting (electric lighting). Exercising in dimly lit or abnormally lit halls can cause symptoms of strain on the eye muscles and receptors, which can severely impair vision and visual acuity. [5]

Variety colors have different effects on the human psyche. The psycho physiological function of color is related to the creation of favorable conditions for vision, sensation through vision (perception), delaying fatigue, and even improving light. However, not all colors have the same effect on vision. Among the colors, white, yellow, and green have a more positive effect on vision than other colors. Symptoms of fatigue appear faster when exposed to black, red, purple, or blue. Depending on the type of color, it can be hot or cold, change the length, the width or height of the room, changes the feel of the object. Colors change a person's emotional state and have a positive or negative effect on his nervous system. Coaches need to be aware of these factors and take them into account throughout their careers.

The main requirement for the formation of the accuracy of measuring the distance with the eye is to change the intervals of passing the ball, putting the ball into play, attacking shots in training. To do this, it is useful to perform these techniques at different speeds, directions, and heights. The ball must be played in different ways, in different distances and directions, and the blow must be performed in pairs, triples, and quadruples in different zones under the guidance of the coach. Emphasis on the use of visual functions in this process is even more useful.

Volleyball players should be able to control and visualize the elements, phases, coordination structures, technical structures, and content of their movements during training.

Execution of all technical techniques specific to volleyball is carried out under the control of the mind.

Examples of the most important psychological characteristics of volleyball players are: If I take an example, during a game,

a volleyball player concentrates and controls his or her movements. Controls the level of muscle tension and acceleration, targets, evaluates and decides the distance between the ball and the ball. It's all about training volleyball players to see and move. Interval-time, accuracy - the ability to distinguish between acceleration and voltage levels plays an important role.

As you know, the main technique used in volleyball is to pass the ball so that the muscles of the palms and fingers feel properly. This ability is determined by the athlete's excellent training. For example, when a volleyball player achieves a high level of sportsmanship, the accuracy of muscle tension increases by more than 2.5 times. It has been found that players who do not train well or are not in good shape will not have this result. The exact difference in muscle tension is 3 times higher in connecting players than in attackers. [6]

Volleyball requires each player to respond with maximum speed. Furthermore, Volleyball requires a willingness to respond in a tense situation and a lack of time.

Every movement of volleyball players is characterized by a very complex reflex, selective reaction, and its correct implementation. This action is not only fast, but also requires timely and accurate execution. Timely anticipation, discernment, and perception are crucial.

In modern volleyball, complex motor reactions play a crucial role. Choosing a place on the field, arriving on time, determining the speed, direction, and height of the ball, the movement of himself and his opponent, the necessary interval - to feel the time and give a useful response - a complex action is the main functional elements of the reaction.

It is advisable to develop simple and complex motor reactions, in other words, to

use fast exercises performed in very sharply changing directions. Such exercises, of course, are effective when used in combination with movements in a changing direction, such as jumping, jumping, jumping, twisting, and falling. Regular use of such exercises enhances the function of maintaining static and dynamic balance, the rapid formation of vestibular receptors, ability to feel the movements of himself and his opponent in different situations, as well as the direction of the ball.

The functional activity of the vestibular analyzer is closely related to the activity of other analyzers. This means that the above-mentioned acceleration-stopping, turning-turning also jumping exercises, combined with the regularity of the above exercises, combine the activities of all analyzers. When using exercises, it is advisable to combine functions such as a motor reaction and mental reaction (vision, differentiation, selection, targeting). This process, especially through the use of special exercises designed to develop the vestibular analyzer, increases the effectiveness of attacking and defensive play, including passing the second ball.

In order to increase the ability to maintain vestibular stability or balance during training, it is necessary to use rotational exercises that specialize in this analyzer function. Examples of such exercises include jumping on a trampoline, spinning, accelerating and stopping, and acrobatics. When used in conjunction with volleyball-specific techniques, the results are even more impressive. For example, when performing a "ten-legged ascent" or a circular motion exercise, accurately perform the ball transfer exercise, forward-backward, right-left, and fast running diagonally - the ball after a sharp stop Regular performance of signal, kick, and ball input exercises improves the coordination and accuracy of technical methods. The

organization of training in this order not only integrates the functional activity of all analyzers but also "sharpens" the ability to feel the ball, the pitch, time-space.

Developing the attention of volleyball players is one of the priorities in the long-term training to increase the effectiveness of learning, mastering, and improving technical and tactical methods and game combinations. Physical and functional training, which is the basis for mastering sports skills, is also based on attention. The analysis of volleyball training and competitions shows that the useful performance of technical and tactical actions is determined by the amount of attention in the players, their concentration, speed, stability, distribution, movement from one object to another detected. A volleyball player must be able to see, feel, memorize, and store many objects at the same time throughout the game. First and foremost, you need to have enough attention. In addition, during the process of seeing and feeling an object, each player is required to reflect in his imagination the small elements of the object, its structure, at what distance, at what speed, direction, and height it moves.

In volleyball, there are so many complex and emergency situations that all the components of attention are important in understanding and distinguishing them in a short time, making the right decision besides implementing it. Release attention when it is not necessary (for example, when leaving the ball), and, conversely, in sharp game situations, concentrate it in the required direction (gather), if necessary, distribute it to several points, re-concentrate or move to another point.

In current volleyball, the ball is flown at maximum speed, players move quickly in changing directions, and game situations change dramatically. It all depends on the

speed of concentration and its stability. For example, when a volleyball player receives a ball, he or she can focus on the distance to the ball, the distance between the zones where the ball is passed, and where the players are moving or located requires you to select a transmission method.

To conclude, it should be noted that the level of attention paid to volleyball players varies depending on their level of training or whether they are in good shape. In particular, it was found that players who did not train for a month lost 25-30% of their attention.

It is obvious that the psychological training of volleyball players, including the formation of tactical thinking (thinking, memory, perception, consciousness, attention, will, and analysts) in an integrated manner with the help of specialized exercises for volleyball players, serves as a fundamental basis for training highly qualified volleyball players.

Winning in various prestigious competitions, which are held under very intense competition, depends on the technical and tactical actions, physical and psycho-functional capabilities that will ensure this victory. To do this, every coach must have a thorough knowledge of teaching methods, tools, and principles in their professional and pedagogical activities, as well as master the technology of their application.

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