

TOOLS AND METHODS OF TRAINING YOUNG VOLLEYBALLERS

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ABSTRACT:

This article deals with the physical characteristics of young volleyball players. Conclusions have been developed to improve the effectiveness of the learning process. Volleyball training tools and methods have been analyzed and given recommendations.

KEYWORDS: Educational-training process, physical quality, dynamics, volleyball.

INTRODUCTION:

A number of normative and legal acts aimed at the development of physical culture in our country have been adopted and are being implemented. In particular, the Laws of the Republic of Uzbekistan "On Education", "On Physical Culture and Sports", the Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 No PP-3031 on measures for further development of physical culture and mass sports. [1, 2, 3]. As a result, a healthy lifestyle is gaining popularity among young people, and the popularity of sports is growing. Athletes of Uzbekistan demonstrate the sports potential of our country to the world, winning high victories in prestigious world competitions.

Among sports, volleyball is distinguished by its uniqueness, spectacle and fun. Particular attention should be paid to the sequence of

exercises in the organization of training in this sport. Therefore, coaches, specialists and professionals should always pay attention to the exercises that help to improve the functional capacity of the body and the formation of many positive qualities of volleyball players.

According to experts, volleyball requires a high level of preparation for competitions and the ability to apply the special factors that the team needs, depending on the situation during the game.

The main purpose of quality volleyball training is to ensure the victory of the team in the competition. In order to succeed in competitions, coaches, especially those who work with young athletes, should pay attention to the following aspects:

The first, the main stage: since volleyball is a team game, the actions of team members to achieve a certain goal are compatible, to form the skills of volleyball players to get out of different situations together.

The second stage is for teachers and coaches to develop a strategy for training young volleyball players and, based on this strategy, to thoroughly prepare technical, tactical and mental attack projects against the opposing team.

The third stage: in order to be able to perform group and individual actions in attack and defense, it is necessary to select volleyball players according to their abilities and place them on the field.

The fourth stage: to get the young volleyball players to master the ball in a month, such as receiving the ball perfectly, delivering it to the connecting player and organizing the attack. In addition to attacking, they must have the skills to block and return balls that hit the barrier and pass them to the connecting player, as well as to organize a re-attack.

The fifth stage consists of physical ability and mental state and characteristics of volleyball players as well as morphofunctional traits. Young volleyball players are required to develop such qualities as jumping, strength, speed, endurance, agility, along with increasing their mental stability, based on the use of all-round developmental tools.

Power ability - the ability to move dynamically using a variety of exercises, often serves to develop the ability to control high-speed force (throwing the ball to the moon, passing the ball, hitting the ball, etc.). Therefore, strength skills play an important role in an athlete's professional training.

The ability to speed is maximal in all parts of the moon. Offensive (individual and group), blocking (individual and group) and agility play an important role in the defense.

Flexibility - It is important for young volleyball players to stay in the training process, to develop the perfect flexibility of the body, as

well as to develop tools and techniques related to flexibility.

Agility - is manifested in young volleyball players by performing complex movements in a short time and effectively. There are three levels of agility.

with the suitability of the action case;
short-term motion compatibility and spatial accuracy;
short-term accuracy under changing conditions;

All three levels of agility are manifested during the race. The appearance of a third level, which has a certain position, is necessary for high sportsmanship.

Endurance is about ensuring the effectiveness of participation in the competition. Aerobic, anaerobic energy is required for young volleyball players to achieve high results in the competition. However, specific levels of endurance are determined not only by energy supply, but also by changes in the activity of the central nervous system endocrine system, the state of the basic musculoskeletal system, specific muscle activity.

The mood and character of young volleyball players play an important role in participating in competitions. The morphofunctional characteristics of the players are characterized by the uniqueness of the competitive activities in volleyball. The training tools and methods for young volleyball players are required to be as follows (shown in Table 1).

Table 1. Means and methods of training volleyball players

| 1- means | 2-means | 3-means | 4-means | 5-means |
|-----------------------------------|-------------------------------------|--|--|--|
| Competitive exercises | | | | |
| Opportunity | Competition and play tools | | | |
| General training tools | Physical training | Means for developing technical training | Tactical training development tools | Preparations for the play development tools |
| Special training tools | Additional tools | Improving technical training skills | Doing exercises | Doing general exercises during the play |
| Competitive exercises in training | Games like volleyball | Means of clear performance of assigned tasks | Tactics of individual and group work | Team management in friendly matches and competitions |
| Method | Distribution of downloads per month | Proper execution of game technical methods | Choosing the right tactics during the game | Control games |
| A real competitive exercise | Skill of the game | Increasing game skills | Connection between players | Follow the team in training and competitions |

In addition to further improving the volleyball training system using the method presented in the table, it is shown that the training exercises for young volleyball players cover all aspects from simple to complex. Such sequences would be appropriate if used in the training process and training cycles for skilled volleyball players, depending on age and gender.

General training means: mental training along with physical training is carried out for comprehensive training of athletes. These include:

Exercises that help the emergence of technical and tactical experience and the growth of the necessary physical qualities;

Exercises that increase general fitness;

Exercises that accelerate recovery from fatigue.

Psychological instructions that will be needed during the month and training.

Special training tools: competition in the course of training, during the performance of special exercises, the elements of movement, that is, actions that are similar to the exercises

of competition, depending on the nature of the manifestation of abilities. Training exercises have a great impact on the overall training of volleyball players, leading to the automation of some necessary actions.

Competitive exercises in training: these are exemplary forms of holistic movements, competitive exercises, consisting in the simplification of exercises performed with mental fatigue in athletes who are less interested in this sport.

Methods: Proper distribution of loads, training in the correct execution of each exercise in the classroom, as well as the organization of each session according to the plan, once a week or after each session to conduct control months.

A real competitive exercise is a sport competition in full compliance with the rules in the form of a competition under the moon in certain conditions, in which the means of physical training reflect the characteristics of the player to cultivate certain qualities.

Based on the above considerations, it should be noted that the use of special exercises in the training of young volleyball players, the development of a system of exercises that fully meets the characteristics of adolescent volleyball players is of paramount importance. These exercises have a positive effect on the development of physical training and technical and tactical methods in young volleyball boys and girls. These exercises include:

Exercise 1 Perform a state of precise reception of the ball hit in different zones in all zones of the same area. Note: Only one player on the field will attempt to receive any ball, penalized for inaccurate balls (perform the exercise for 5-10 minutes).

Exercise 2 When defending the zone, the practitioners send the ball to certain zones 10-20 times in a row from 2-3-4 zones with an attacking shot on the net. The player who receives the most balls is declared the winner.

Exercise 3 Exercises in pairs: Players in zones 1-6-5 hit the ball sharply in zones 2-3-4 against players facing the net. Players in zones 1-2-3 receive and turn back to block and return to the starting position (this exercise is performed 10-12 times).

Exercise 4 Prerequisite: - Two pairs of players are placed in front of the net in zones 4 and 2 facing the net. When the player who throws the ball to the moon throws the ball, the players of the first pair quickly move to zones 1 and 5 and receive the ball being entered (simultaneously entering the balls 1 and 5)

Exercise 5 Exercises in pairs: one player throws the ball up and forward, the other players run, stop, hang the ball on the head with both hands from above, stretch the legs, throw the ball to the partner with wrist-palm

movements and run back a little (6-7 times.)) [7,8,9].

Studies show that long and uninterrupted training in recent years sometimes causes a feeling of boredom in young volleyball players. It is important to train athletes of this age with the use of competitive exercises aimed at improving their physical, technical, tactical and mental preparation [8, 9].

As mentioned above, in addition to knowing the direction and norm of loads, it is important to consider the compatibility of exercises in different directions in order to achieve a positive result of emergency exercises. It is expedient to select means that act in one direction [5,7].

These exercises help to significantly increase the physical and technical tactical capabilities of young volleyball players. Development of a complex system of exercises in the organization and planning of training, to determine the effectiveness of these exercises, the intensity and performance of ongoing exercises, the amount of exercise in a given lunar exercise, the size of the field, lunar devices (individual or group defense, ball reception accuracy, rapid attack, etc.)) should be taken into account. Because there is a significant difference in the intensity of these parts. Young volleyball players participating in continuous training can change the task as needed due to the shortening or lengthening of the break between exercises [4,6,9].

By performing these exercises on young volleyball players, we tried to determine the average heart rate and the average energy purification value. This is reflected in the following table: (Table 2).

Table 2. In performing complex exercises for volleyball players intensity indicators
(According to Prof. Hiroshi Toyoda) (n = 12)

| № | Complex exercise | Average YUQS hit minute | | Opportuni-ty spending (Intensity)% | Average energy purification kkal / minute | |
|---|------------------|-------------------------|---------------|------------------------------------|---|-------|
| | | Maximum score | Average score | | Teenagers | Girls |
| 1 | Exercise 1 | 193 | 179 | 92,7 % | 19,4 | 14,4 |
| 2 | Exercise2 | 186 | 167 | 89,7 % | 18,0 | 13,9 |
| 3 | Exercise 3 | 191 | 178 | 90,0 % | 18,2 | 14,3 |
| 4 | Exercise 4 | 189 | 173 | 90,4 % | 18,1 | 14,1 |
| 5 | Exercise 5 | 184 | 166 | 92,2 % | 17,8 | 12.8 |

An analysis of the literature and the best practices of coaches in various sports show that young volleyball players are required to use high-intensity exercises in training sessions.

The use of special exercises in the training of young volleyball players creates conditions that are fully consistent with the mental characteristics of adolescents. This helps young volleyball players to develop their motor skills optimally and maintain the potential to improve them at the stage of high sportsmanship.

The correct use of the above-mentioned model exercises, to determine the effect of exercise on the body of the participants, will help them to be fully prepared for the competition, not only physically but also mentally. serves as the main engine in the output.

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