

EDUCATION AND DEVELOPMENT OF PHYSICAL QUALITIES OF YOUNG VOLLEYBALL PLAYERS THROUGH ACTIVE GAMES

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Abstract

A characteristic feature of modern sports is the high level of preparedness of teams and the exceptional preparedness of athletes, as a result of this, an ever-increasing density of sports results. With a high density of results and an increase in sports competition, it is predominantly the one who immediately and correctly assesses, quickly makes an expedient decision, and then effectively implements them in the course of sports wrestling. With an increase in the level of sports results, physical fitness and tactical skills of athletes become more important. Physical training is a necessary basis for young volleyball players. Games, the duration of which is sometimes 2-2.5 hours, place high demands on the versatile preparedness of the athlete, the development of his motor qualities and functional capabilities. Moreover, it is possible to master the majority of volleyball techniques (offensive strike, blocking, fast movements, acrobatic throws and rolls) only if the level of development of physical qualities is quite high.

KEYWORDS: Volleyball, Game, Ball, Net, Training, Health, Physical Development.

Possession of the musculoskeletal system in an unsupported position when blocking and attacking, as well as during various falls and throws for the ball, becomes possible only after the development of high coordination of movements and special dexterity. In addition, all volleyball techniques are due to the exact balance of efforts in space and time, which requires the development of fine muscle differentiation and good orientation in space. Versatile physical training is of the greatest importance at the beginning of training, since here the foundation is laid on which the technical and tactical mastery of a volleyball player will be built in the future.

The tasks of educational and training sessions follow from the main provisions of the sports training of young volleyball players:

- ✓ links between learning and life;
- ✓ strengthening the health of those involved;
- ✓ education of patriotism, firm will and strong character;

In volleyball, there is a relationship between physical training and teaching the technique of the game, between teaching tactics and teaching technique, as well as between physical training and the formation of tactical skills

Volleyball has a direct impact on the upbringing of the younger generation in the spirit of collectivism, friendship, camaraderie and responsibility to their team. Systematic volleyball lessons bring up industriousness and perseverance among those involved, develop a sense of duty and pride in their team.

Years of training and performances at championships contribute to the development of such valuable qualities in players as courage and perseverance, determination and dedication, initiative and discipline. Participation in responsible competitions with teams develops a sense of patriotism among athletes. All this creates positive prerequisites for the formation of ethical norms of behavior of the builder of modern society.

In turn, a well-structured educational process in volleyball, timely pedagogical and medical supervision, the use of moral education methods will not be slow to affect the improvement of health and education, the development of hygiene habits and skills, and the observance of the daily routine.

Modern biomedical and sociological studies show that systematic, long-term sports activities greatly contribute to increasing a person's longevity, his vitality and ability to work. Going in for sports in general and volleyball in particular is a matter of extremely important social and socio-political significance.

Volleyball, having much in common with other sports games, at the same time differs from them in certain specific features.

The nature of the game activity of a volleyball player is due to the instantaneous change of situations of competitive struggle, which proceeds continuously, sometimes for 2-2.5 hours. Short-term rest intervals (when the ball leaves the game) are not sufficient for the deployment of recovery processes in the athlete's body.

The magnitude of the loads, consisting of physical and emotional stress, is characterized by extreme variability and depends on many factors: personal and team technical, tactical and physical fitness, the significance and scale of the competition, the reaction of spectators, teammates, etc.

Due to the specifics of motor activity, which proceeds with variable intensity in the dynamic mode of muscle contractions with continuous and rapid response to a changing environment, a volleyball player undergoes significant morphological and functional changes in the activity of analyzers, the musculoskeletal system and internal organs. In particular, indicators of various functions of the visual analyzer increase: deep vision improves, which contributes to the accuracy of spatial orientation, the field of view expands, and the coordination of the activity of the external muscles of the eye (muscle balance) improves significantly. In addition, the microintervals of the latent period of simple and complex visual-motor reactions are reduced: the indicators of reactions improve with age and qualification of the volleyball player. In the process of training, the ability of the neuromuscular apparatus of a volleyball player to quickly tighten and relax muscles increases.

A large number of jumps performed in the game helps to strengthen the musculoskeletal apparatus of the lower extremities and a significant increase in the dynamic strength of the foot flexor muscles and leg and thigh extensors. As a result of this, the height of the separation of the general center of gravity of volleyball players is 70-90 cm.

A very noticeable increase is achieved by the indicators of the backbone strength of a volleyball player, which develops during ballistic shock movements on the ball in the unsupported phase. The ligamentous apparatus of the hand is strengthened and its mobility increases.

A large volume of training and competitive loads has a significant physiological impact on the functions of internal organs: metabolism, blood circulation, respiration, excretion, etc. This is convincingly evidenced by the data on changes in the weight of volleyball players during important competitions. On

average, weight loss after such competitions is from 1.5 to 2 kg. Large energy consumption of volleyball players allows us to classify their loads as loads of submaximal power.

Unevenly in children there is an increase in body weight, the formation of muscles and the skeleton. In this regard, it must be taken into account that a premature and disproportionate increase in various muscle groups can lead to a delay in mobility in the joints. This, in turn, can adversely affect the amplitude characteristics of movements during the period when children master sports equipment. When conducting volleyball lessons, it must be taken into account that in childhood, excitation processes clearly predominate over inhibitory processes, and in this regard, one should carefully approach the dosing of training loads, since, when excited, children often do not notice the onset of fatigue. When performing muscular work in children, there are sharp changes in the activity of various functions of the body. This is especially evident during puberty, when an increase in the reactivity of the body contributes to a decrease in working capacity and an accelerated onset of fatigue.

The body of young athletes reacts extremely violently to various emotional influences. For example, the pre-start state of adolescents is characterized by more significant changes in heart rate and blood pressure compared to adults. Metabolic processes also proceed more intensively in childhood, which is explained, firstly, by the growth of the child's body, and, secondly, by the smaller size of the body per unit weight. With the same muscular work, the metabolism in children is higher than in adults, since, compared with the latter, they have a higher excitability of the nervous system and a greater reactivity of the body.

Volleyball (English volleyball from volley - "volley", "volley", and ball - "ball") - a sport, a team sports game, during which two teams compete on a special platform, divided by a grid, trying to send the ball to side of the opponent in such a way that he landed on the opponent's court, or a player of the defending team made a mistake. Volleyball is a non-contact, combinational sport, where each player has a strict specialization on the court. The most important qualities for volleyball players are jumping ability for the ability to rise high above the net, reaction, coordination, physical strength for the effective production of attacking blows. Volleyball has been an Olympic sport since 1964.

Volleyball is one of the most popular games in Russia and a popular game in many countries around the world. Volleyball was first played in the United States of America. In 1895, William Morgan, a college physical education teacher from the city of Heliok (Massachusetts), offered students a new entertaining game, the main idea of which was for the players to hit the ball with their hands, making it fly over the net. The game was called "volleyball", which in English means a flying ball. Since its inception, volleyball has experienced rapid development. This is reflected both in the growing number of volleyball players and in the growing number of member countries of the International Volleyball Federation. In terms of its prevalence, this game occupies a leading position in the world sports arena.

Volleyball has become more than just a sport. Volleyball is developing as a game for recreation, playing volleyball has become a means of organizing leisure, maintaining health and restoring working capacity. The massive, truly popular nature of volleyball explains its high emotionality and accessibility, based on the simplicity of the rules of the game and the complexity of the equipment.

Volleyball is very popular among young people. This game has absorbed the best qualities: simplicity, entertainment, accessibility, emotionality, and, most importantly, the ability to captivate and fall in love with any person, regardless of his age and profession. Volleyball is a game of the brave, temperamental, resolute, physically developed, with instant reaction and ingenuity. And the one who played volleyball

from an early age, as a rule, is distinguished by a beautiful physique, agility, endurance and strength. But all this is achieved by hard training. Mastering a large number of game techniques requires perseverance and courage. The very same game in a team brings up a sense of camaraderie, mutual assistance - undoubtedly very valuable qualities of a person

Volleyball in accordance with the Federal State Standard in the subject "Physical Education" is included in the curriculum of the fifth grade. This is quite justified, methodically thought out, well-constructed physical education lessons based on the material of this sports game are very effective. Firstly, they contribute to the versatile physical preparation of students. Secondly, they create a solid foundation for mastering the basic techniques of playing volleyball. And thirdly, they take place in an atmosphere of special emotional upsurge.

Conducting volleyball lessons should be based on the principle of an integrated approach. Classes by orientation should be combined so that they include the material of two or three types of training (physical, technical, tactical), in various combinations. Such classes allow solving the main problem of mastering the technique of playing techniques (initial training in game techniques) with the optimal level of development of the physical abilities necessary for this. All subsequent classes are built on the basis of the previous ones with the obligatory repetition of previously studied actions and with the inclusion of new techniques.

Each teacher of physical education is clear about the main task, which is to ensure that students successfully master the basics of playing volleyball skills. You need to learn how to quickly move around the site, stop and change direction, learn the transmission from above with two hands, the lower serve and the reception from below with two hands. Having studied these techniques well in the lessons in the fifth grade, you can confidently play according to the rules of mini-volleyball. All this will become the basis for the successful study of program material in the next grades 6-11. Students must learn certain rules of conduct in the classroom when learning the techniques of playing volleyball. Exercises with a volleyball must be preceded by exercises in the introductory part of the lesson. It is necessary to introduce students to the skills of selfinsurance during jumps, falls, which are many in volleyball. Those involved must ensure that when jumping the ball does not fall under their feet, in case of danger, be sure to give a signal to others. Students should not be in a hurry to perform game techniques that they have not yet learned. The teacher pays special attention to students so that they follow the correct position of their hands when passing from above with both hands, do not put their thumbs forward - this can lead to injuries.

In this regard, proper nutrition is of great importance for the growth and performance of children. Young athletes should have a significantly higher daily caloric intake than nonathletes. Schoolchildren who systematically train create favorable conditions for better stimulation and flow of metabolic processes.

The teacher needs to know that the development of the cardiovascular system in childhood is uneven. So, at the age of 10-11 years, the greatest lag in the increase in heart weight relative to body weight is observed, and at the age of 11-15 years, the weight of the heart increases compared to body weight more intensively. After the age of eighteen, this ratio levels off. By the age of 14 in the child's body, the amount of blood relative to body weight reaches 9% (in adults 7-8%). The heart rate in children is also greater than in adults. However, the stroke volume of the heart in adults is much greater than in children. With systematic training in young athletes, the heart muscle increases, becomes more efficient

and adapted to dosed loads. Compared to adults, blood pressure in children is slightly lower: at 7-8 years old it is 99/66 mm, at 13-15 years old - 117/73 mm, at 16-18 years old - 120/75 mm.

With the growth of the body in children, the need for oxygen increases, which has a beneficial effect on the increase in the chest and lung capacity. volleyball sports game training Respiratory rate also depends on age. For example, at the age of five, it is 26 in one minute, and at the age of 15 to 20 years - 20. The decrease in respiratory rate with age is associated with the depth of the respiratory cycle, that is, with an increase in the amount of air inhaled. During puberty in children, the functions of the endocrine glands sharply increase, which contributes to the intensive growth of the whole organism. At this time, there is an increase in working capacity, an increase in growth and weight indicators, as well as muscle strength and other physical qualities.

Thus, when playing sports, it is necessary to constantly exercise careful medical and medical control over schoolchildren. Each student must undergo a medical examination twice during the year. To achieve high sports results, it is necessary to have certain inclinations, which are expressed in the potential capabilities of an athlete. These inclinations, with the right methodology and the normal mode of training sessions, can be revealed and manifested in high sports achievements.

Motor inclinations are made up of morphological, functional and psychological characteristics. These inclinations suggest the possibility of selecting capable young people who have pronounced constitutional features and physical abilities necessary for volleyball.

Currently, in volleyball there has been a certain trend in the selection of those involved, in which attention is drawn to the growth and manifestation of speed-strength qualities.

The speed-strength qualities of volleyball players are most clearly manifested in the ability to jump high. At the same time, the existing inclinations in the manifestations of this complex quality make it possible to largely predict their further development and improvement.

The dynamism of movements in volleyball, the ability to quickly, freely and accurately differentiate muscle efforts in an extremely short time is a necessary condition for improving the motor functions of a volleyball player.

Therefore, one of the important means of proper selection of those involved should be certain tests that are adequate to the game activity of a volleyball player. The inclinations revealed in young athletes will be the foundation for the successful improvement of motor abilities and the achievement of sportsmanship.

As tests, it is advisable to use such data of morphological, functional and psychological indicators that most reflect the manifestations of the motor activity of a volleyball player. In particular, they can serve as: the ability to quickly respond to a light stimulus (within 0.20- 0.25 seconds at the age of 10-12 years), the ability to quickly run a distance of 15-20 m and jump high.

The functional indicators necessary for successful improvement in volleyball are: rapid recovery of heart rate after standard tests and especially after repeated performance of special non-standard tests, as well as high lung capacity.

Given the importance of the tests discussed above in the selection of children for volleyball, it should be emphasized that their use is of particular importance in the case when students have not yet begun to play sports.

If schoolchildren have already chosen a sports specialization for themselves and take part in bilateral games, then in this case, the coach, based on his experience, recommends the most capable students

(faster, dexterous, jumpy, accurate, orientated in the game environment and already possessing game skills and skills) to play volleyball in the children's or youth section of the physical education team of the school or the children's youth sports school (CYSS). Sports talents are most clearly manifested in the process of competitions with increased emotional and volitional tension. Therefore, it is important for the selection of children to watch competitions of various scales, ranging from intra-school to district and city. The learning process is based on some general provisions that reflect the laws of the pedagogical process and, in this regard, are mandatory in solving educational and educational problems.

In addition to the traditional explanation and demonstration of exercises to teachers or the use of visual aids in the form of posters, photographs of drawings, in our time it is also possible to use modern technical means, including video materials and computer technology. They significantly expand the possibilities of demonstrating the best examples of volleyball technique and tactics. The main role at this stage is assigned to the vestibular apparatus and muscle receptors. Accordingly, the leading means are physical exercises in all possible variations.

As independent methods in volleyball, he uses game and competitive methods. Their use creates a favorable emotional background for learning and improving gaming skills, arouses interest among those involved in systematic exercises. The studied game techniques and technical and tactical actions are fixed in outdoor games adapted to volleyball. And in the future, they polish themselves in preparatory, educational and control games, focused on acquiring the skills of a holistic game activity and direct preparation for participation in competitions. These means of complex influence in volleyball lessons are the most emotional, and, accordingly, the most popular among those involved.

In the process of improving the skills of playing volleyball, the flow method is especially good. It is effective in organizing exercises of a complex nature with sequential and alternate performance of several game techniques. Great opportunities lie in the use of the circuit training method. It is indispensable, if necessary, to normalize the load for those involved in different sexes and different preparedness.

The age period of 13-14 years is characterized by the following changes in the indicators of development of speed-strength qualities and their components in schoolchildren: development of speed, increase in strength, constant increase in indicators of speed-strength qualities.

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