

THEORETICAL FOUNDATIONS OF TRAINING VOLLEYBALL PLAYERS SPORTS TECHNIQUES OF VOLLEYBALL IN YOUTH SHOES

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ABSTRACT

This article discusses the theoretical foundations of teaching volleyball techniques to volleyball players in children and youth sports schools and provides methodological recommendations.

Keywords: children and adolescents, adolescent sports schools, socio- economic, spiritual-moral, cultural-domestic, physical and psycho-functional, technical and tactical processes.

ТЕОРЕТИЧЕСКИЕ ОСНОВЫ ОБУЧЕНИЯ ВОЛЕЙБОЛИСТОВ СПОРТИВНОЙ ТЕХНИКЕ ВОЛЕЙБОЛА В ДЮСШ

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Аннотация

В данной статье рассмотрены теоретические основы обучения волейболистов спортивной технике волейбола в детско-юношеских спортивных школах и даны методические рекомендации.

Ключевые слова: детско - юношеские, юношеские спортивные школы, социально-экономические, духовно-нравственные, культурно-бытовые, физические и психофункциональные, технические и тактические процессы.

Introduction

Measures aimed at raising a healthy and harmonious generation in our country in every possible way, realizing the economic and intellectual potential of young people, bringing young girls of our country to adulthood as comprehensively developed individuals who fully meet the 21st century, are being implemented in a wide range of clearly oriented measures.

The Funks of sports competitions are not limited only to competing. Sport offers effective methods that help a person become a perfect person, develop his physical and spiritual worldview, nature. In addition to it, sports are a leading factor for self-education. Depending on the performance increase in sports, the athlete is not only physical, but also mental, mental, moral, spiritual and Homeland education is entering the process. The pedagogical significance of physical education and sports competitions in this regard is extremely great.

The main goal set in physical education and sports training is to strengthen health and achieve high

sports results, focusing primarily on the importance of developing general physical qualities from an early age. Most scientists say that regular activities in a particular sport and properly organized activities in terms of volume, intensity and content have a positive effect on the body of children and adolescents. But, it has been observed that specialized training, based on general physical fitness and in a narrow range, has negative consequences. Consequently, the correct planning of the ratio of physical and technical-tactical exercises at the initial training stage creates the opportunity for children to effectively formulate sports skills.

LITERATURE ANALYSIS AND METHODOLOGY

Modern classical volleyball has gained new meaning from the late 20th and 21st centuries due to its natural progress and at the expense of drastic changes in the rules of the competition. A radical change in the rules of the game is determined not only by the competition of teams that claim the title, but also to some extent depends on market relations.

As you know, when conducting major prestigious competitions (World, Asian Championships, Olympics and other high - ranking international tournaments, cup competitions), many broadcasters, journalists must meet special accretionary requirements for telecasting these competitions, conducting reportages.

If the intensity of the game in the recorded competitions is slow, points are often obtained due to "strong" shots, then the continuous process is often interrupted, and if there are many stops, interest in the competition begins to fade, the accreditation market is limited, the circle of spectators begins to narrow. It was these cases that lasted until 1996-98. Because the "strong" attackers, located in the protection zones according to the old rules, "worked" points as a result of hitting from zones 4 or 2, jumping violently, without pressing the attack and side lines. When a ball touches the legs and waist of the body, the game is stopped. If the ball fell far from the field, time was gone, it was forbidden to play with another ball, if the goal was "lost", the opposing team was not awarded points, if the entered ball hit the net, the game was stopped, etc. Such situations have often caused the game to "stand still".

In exchange for many of the principled changes in today's volleyball rules, such "standstill" cases were ended. In particular, the match was played with 3 balls (one ball in the Game, 2 balls in the Reserve) "in attendance". From the intersection of the lateral line and the offensive line to the outside of the field, the 1.75 m cross-section was limited to the lines. It was allowed to play the ball with any part of the body. The game was set to be done in a "tie-break" style, meaning that points were introduced to be awarded to the opposing team even when the goal was "lost". The "power" of the rule regarding receiving or passing the "first" ball was drastically relaxed, with the included ball being rated "correct" if it hit the net.

New game elements, special qualities, methods of movement that have arisen as a result of these changes determine the importance of a new approach to the content of training sessions, the inclusion of new exercises in the composition and the provision of training-competition unity. Such a need is based on official data obtained in recent years. According to the results of scientific observations conducted by experts of the Uzbek Volleyball Federation, modern volleyball is increasingly changing in terms of game content at the expense of new technical methods, tactical feature and technical and tactical directions radically different from "old-fashioned" volleyball. The wide introduction of the ball input method with a large "explosive-inertial force", which came running and jumped, sharply limited the possibility of an effective reception of the ball. This sent the opposing team down the productivity

of setting up a target attack.

Results

A positive solution to the fate of the current era and its prospects should be carried out in the upbringing of comprehensively perfect people, regardless of the area in which they are located, the development of physical qualities and, of course, the formation of these qualities for an active purpose. These physical qualities, technical and tactical uslibiotes do not arise on their own, but are carried out at the expense of regular participation in physical education and sports, of course, such activities are carried out under the advice, supervision and guidance of specialists, as a whole under the guidance of a coach. Otherwise, engaging in exercise without having special knowledge can lead to disappointing results.

Training of qualified, higher and Secondary Education coaches in sports and physical education is one of the pressing issues. We have a good education of the younger generation, to create suitable conditions for their comprehensive development, to the level of the policy of our state.

Currently, it is necessary to bring methodological documents to life in educational institutions of our Republic, relying on the conditions of the climate of our territory, the traditions of our country, customs, drawings, heritage advice of our ancestors. Training of highly qualified specialists, coach-teachers is no exception. The role of sports games in physical education and sports of our republic is incomparable. Sports games are an advanced upper stage of action games, each sports game has its own characteristics.

Within sports games, volleyball also has its place, its own characteristics. In volleyball, various movements are used: walking, running, jumping, stopping unexpectedly, dexterity and agility, consisting of various homogeneous movements. In the volleyball round, they try to achieve the advantage together with their teammates by doing the same techniques as in other sports. The educational significance of volleyball is also very great, it fosters mutual harmony. However, in volleyball, too, it is imperative to develop other physical qualities and techniques, tactics, and only then high results can be achieved.

DISCUSSION

Various breaks in the training process of a young volleyball player lead to the destruction of the goal set by the athlete and the coach. That is why it is necessary to break the regularity in the course of many years of training, to ensure its continuity without allowing various breaks to occur. However, this continuity should be carried out on the basis of alternating the training load with rest and recovery of working capacity.

Volleyball differs from other sports by its nature, meaning and characteristics. The volleyball game is played on a relatively small square-shaped court of 18x9 meters, divided equally in the middle. Modern volleyball is extremely rich in various game skills and tactical combinations, and it takes place at a great intensity and speed. Therefore, the above-mentioned unique characteristics of volleyball require the players to have perfect technical skills. In competitive games, the more extensive and perfectly developed technical skills are in relation to external influences, the greater the chance of winning.

A game technique is a specialized action or set of actions performed simultaneously in a sequence and in a certain purposeful order. The technique of the game should be designed to perform movements

precisely, quickly, lightly, in accordance with the situation, with low effort and high efficiency.

The term "technique" is a Greek word (tehnus) that is used in a very broad sense and means "art" in Uzbek. Starting from 776 BC, every 4 years in the village of Olympus, which is located at the foot of Mount Olympus in Greece, the participants of the All-Greek holiday competitions held in honor of God Zeus, competed in 2-wheeled chariot racing, boxing, and pentathlon. who demonstrated (technique). Interestingly, one of the conditions of this competition was that each participant should demonstrate his height, muscle formation and other sports-related qualities before the competition. So, as a result of playing a certain type of sport, a person's stature, muscles, and all the organs of the body are formed, as a result, the improvement of the athlete's technical skills and art is ensured.

Volleyball game technique consists of a set of movement methods necessary to play the game. Movement technique is evaluated by appropriate, effective movement in various situations.

CONCLUSION

In sports practice, the initial training process is a fundamental stage of many years of sports training, and the correct use of teaching methods and tools at this stage allows for the effective formation of sports skills at the next stages.

When planning and organizing the initial training process, it is necessary to take into account the ontogenetic and biopsychological characteristics of the child. In other words, the workload of the exercises conducted during the initial training should be adjusted and applied depending on the physical and functional capabilities of the children involved.

It is known that the size and intensity of movement (load) is important for human health, its physical and functional formation. However, the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports circles, should be consistent with the functional capabilities of the participant or be slightly higher.

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