

Methodology for Preparing the General Physical Condition of Young Volleyball Players in the Existing Conditions in the Republic

Abadan Ismailova

Department of Physical Education
Karakalpak State University named after Berdakh

Abstract

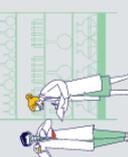
The article discusses issues related to the methodology of training young volleyball players in modern conditions. The author focuses on the versatile physical and technical training of children based on mastering the elements of volleyball and other sports.

Keywords: athletes, training, education, volleyball, preliminary preparation, physical qualities of the child.

INTRODUCTION

The preparation of highly qualified athletes begins in the first stages of a multi-year cycle. It is carried out in youth sports schools, sports schools, sports classes of secondary schools. But we must not forget that initial training can be carried out through a sports hour in the extended day of a comprehensive school. Daily physical education classes for one hour contribute to the harmonious development of the child's physical qualities, improve health, and teach them to systematically play sports. In this regard, the question arises: why not prepare worthy additions to the training groups of a sports school? Children who have undergone preliminary training in primary groups subsequently master the program material of the sports school well and are conscious of the educational and training process.

Significant losses of capable young athletes are also due to methodological reasons, the main ones of which are: focus on selecting capable athletes already at the age of 10–11 without preliminary initial training and subsequent specialized training, which differs little from the training of qualified athletes; lack of stages in the preparation of young athletes, ignoring the basic principles, as well as the very structure of training. This means that the main task of preliminary training in our work is the versatile physical and technical training of children based on mastering the elements of volleyball and other sports. Preliminary three-year studies have shown that in the first two years of classes it is necessary to lay the foundation of versatile physical training; in the third year, children can be taught elements of volleyball technique, preparing them for orientation in this sport. Implementing this provision, we conducted a year-long pedagogical experiment, in which young volleyball athletes who completed two years of training in an extended day at a comprehensive school participated. The method of physical training for young athletes was based on the target orientation of one lesson. When drawing up training tasks, the following basic organizational and methodological provisions were taken into account:



- rational selection of training tools;
- quantity and nature of exercises;
- sequence of exercises;
- pace of exercises;
- rest breaks between individual exercises;
- total number of executions or approaches;
- amount of work performed depending on the intensity zone;
- method of performing exercises;
- total load volume;
- load performed in the previous training task.

Based on the experience of specialists and relevant research, it was found that in order to ensure the technical and physical training of beginning athletes, it is better to use exercises in a complex, which makes it possible to conduct training in a more organized, targeted and varied manner.

Sets of exercises and games in the form of training tasks included 6–9 exercises of varying difficulty and provided for the development of all physical qualities. Game exercises were considered as a training task. Sets of exercises and game tasks were grouped according to their targeted impact on developing the physical qualities of young volleyball athletes.

1. Sets of exercises and games aimed at developing speed (quick movements of the whole body, speed of motor reaction from various starting positions, strong blows, etc.).
2. Sets of exercises and games aimed at developing speed and strength qualities.
3. Sets of exercises and games aimed at developing endurance, increasing the load on the body by expanding the playing space, increasing the number of running movements, throwing exercises, increasing the duration of tasks without significant breaks.
4. Sets of exercises and games aimed at developing strength (increased muscle work due to a given body position, types of movements and throws using heavier objects, balls, equipment). Games played outdoors in the winter in the fresh air were of especially great health value. When organizing outdoor training sessions, it was important to combine more active games and tasks with less active games, adjusting the load by the duration and number of repetitions of the task. The educational and training process used sports games accessible to children of this age, played according to simplified rules on smaller grounds and in a shorter time.

Before the start of the pedagogical experiment, all experimental groups were compared with each other in terms of physical fitness. The difference in indicators in the groups did not have statistical confirmation. But at the end of the experiment, control tests were carried out in May. An increase in training loads makes it possible to conduct initial orientation in volleyball for the enrollment of young athletes in educational and training groups of the first year of study in children's and youth sports schools.

Construction of the educational and training process for young athletes in the extended day mode of a comprehensive school based on the use of standard training tasks allows us to ensure:



1. uniformity of methods of versatile training;
2. differentiation and targeted influence on the young organism in order to develop basic physical qualities;
3. reducing monotony in classes using the method of exercise variability;
4. increasing the range of appropriate variations of the main motor action;
5. creating conditions for an optimal balance of repeatability and variability.

During the annual training cycle, the following main tasks are solved: improving general physical fitness; increasing the functional capabilities of the body; education of necessary physical qualities.

The relevance of this topic lies in the fact that the use of volleyball to attract students to useful pastime, learning to use mastered types of physical exercises for active recreation and useful leisure, independent physical education and sports to improve physical fitness. Together, all these factors ensure harmonious development, provide positive development to a person's psychological health, and also reduce stress and prevent the development of depression.

The novelty of the topic lies in the fact that in the additional educational program great importance is given to technical, physical, and tactical classes. Science has proven that such activities contribute to the proper development of children.

Since the invention of the game, it has experienced rapid development. This is reflected in the growing number of volleyball players, as well as in the growing number of member countries of the International Volleyball Federation. In terms of its popularity, this game occupies a leading position in the world sports arena.

In my scientific article I will talk about the development of volleyball in the world, about the rules of this game, about its technique and tactics.

The concept of "Volleyball"

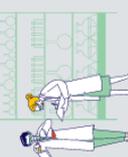
Volleyball is a type of sport, a team sports game, in which two teams compete on a special dedicated area, divided into two parts by a net, trying to direct the ball to the opposite side of the opponent in such a way that it lands on the opponent's court, or the player of the defending team makes a mistake.

Constant interaction with the ball helps improve deep peripheral vision, accuracy and spatial orientation

Volleyball specifics

One of the important tasks in volleyball is the task of predicting the trajectory and speed of the ball and the ability to "go to the ball" in time - to take a convenient starting position for receiving a pass, under achi, attacking blow, blocking. The ability to instantly solve such problems can be improved with special exercises and methods.

What is important is the speed of the motor reaction and the ability to control the timing of movements. Another distinctive feature of volleyball is the complexity and speed of solving motor problems in game situations.



The player must know the location of opponents and teammates on the playing field, and anticipate the actions of his partners. With a high-speed game, the degree and urgency of solving problems, which depend on the speed of the players' actions, increase significantly.

Technique of the game

When performing attack techniques, the player has to move. Movements can be performed by walking or running in different directions.

When performing attacking strikes, jumps are used with a push with two legs or one leg, from a place or a run.

Passes are one of the main technical techniques in volleyball. Depending on the position of the hands when performing gears, upper and lower gears with two and one hand are distinguished. The basis for correctly performing a pass is timely movement under the ball and taking the main stance.

Transmissions may vary in distance and height. By distance there are short and long transmissions, and by height - low, medium, high. A feature of performing long and high passes is more active work of the legs. When performing overhead passes, you should pay attention to the fact that the line of the player's shoulders was perpendicular to the direction in which the pass is being performed.

Serving is a way of putting the ball into play. In modern volleyball, the serve is used not only to start the game, but also as a powerful means of attack. There are different types of serves: lower straight, lower side, upper straight and upper side.

All submissions are made in accordance with the requirements specified in the rules. The result depends on the control of the serve.

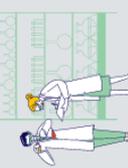
The effectiveness of volleyball training

Playing volleyball provides a number of health benefits, for example:

1. Regular play of volleyball has a hardening effect on the body and increases the body's endurance.
2. Strengthens the cardiovascular system and improves blood circulation.
3. Positively affects the respiratory system.
4. The variety of movements and variable intensity of the load when playing volleyball trains almost all muscle groups.
5. Volleyball strengthens the musculoskeletal system and improves joint mobility.

To summarize the material studied, we can say that volleyball is one of the most exciting and popular sports that has received nationwide recognition. It is distinguished by its rich and varied motor content.

The massive, truly folk character of volleyball is explained by its high emotionality and accessibility, based on the simplicity of the rules of the game and the simplicity of the equipment. A special advantage of volleyball as a means of physical education is its specific quality - the ability to self-dosage the load, i.e. correspondence between the player's



preparedness and the load he receives. This makes volleyball a game accessible to people of all ages.

Volleyball helps to develop a sense of collectivism, perseverance, determination, and commitment; attention and quick thinking; the ability to manage your emotions; improvement of basic physical qualities.

At the first general preparatory stage, the volume and intensity of training loads gradually increases. In this case, the degree of increase in volume outpaces the increase in intensity. At the second stage, the special preparatory stage, the volume of loads is gradually reduced and their intensity increases. At the competitive stage, a wide variety of physical training competitions are held: relay races, running, all kinds of "links".

In the studies, children were divided into three groups based on genetic factors. It is known that the basis of heredity is genetic information that is transmitted from parents to children. It largely determines the growth and formation of the organism, its basic adaptive reactions to external influences, and the pace of progressive development at various stages of ontogenesis. The hereditary factor largely determines physical development, the formation of motor qualities, aerobic and anaerobic performance of the body, and the magnitude of the increase in functional capabilities during sports training.

This approach to forming groups based on focus has fully justified itself. Thus, we can state that at the initial training stage it is necessary to orient young athletes towards a specific sport.

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