

THE ROLE OF PHYSICAL EXERCISES IN TRAINING YOUNG VOLLEYBALL PLAYERS

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Abstract:

The article describes the specific importance of systematic physical training of volleyball players from the age of 10-12 and the results of scientific research on establishing a systematic approach to conducting general and special physical training.

Keywords: Physical training, physical qualities, exercises, system, training, stage, means, methods.

YOSH VOLEYBOLCHILARNI TAYYORLASHDA JISMONIY MASHG'ULOTLARNING O'RNI

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Annotatsiya:

Maqolada voleybol bilan shug'ullanuvchilarni 10-12 yoshdan boshlab, tizimli ravishda jismoniy tayyorlashning o'ziga xos ahamiyati va umumiy va maxsus jismoniy tayyorgarlikni olib borishda tizimli yondashuvni yo'lga qo'yish bo'yicha olib borilgan ilmiy izlanishlar natijalari bayon qilingan.

Kalit so'zlar: Jismoniy tayyorlash, jismoniy sifatlar, mashqlar, tizim, mashg'ulot, bosqich, vosita, usullar.

Nowadays, there are many people who play volleyball. The results of our questionnaires showed that 83.5% of students want to play this sport. The modern volleyball game makes high demands on the athlete's movement skills and functional capabilities. For this, it is necessary to develop physical qualities in every way.

Physical training is understood as a pedagogical process aimed at educating the physical qualities of participants, acquiring the necessary movement skills and competencies, and increasing their functional capabilities. High development of functional capabilities and physical qualities of the participants, such as strength, agility (coordination of movements), quickness, endurance, flexibility, plays a key role in acquiring movement skills. At the same time, the implementation of physical training tasks also helps in the formation of psychological and volitional qualities.

The process of physical training of volleyball players is divided into general and special parts.



The tasks of general physical training are as follows:

1. Strengthening health, general development of the player's organism, formation of the correct figure.
2. Development and improvement of basic movement skills and skills needed for a volleyball player.
3. Strengthening the body system of the volleyball player, which is the main load during the game.

General development exercises, exercises aimed at the development of all qualities in the process of walking, running, jumping, throwing, as well as various projectiles, exercises on simulators, engaging in other types of sports are the means of general physical training.

The tasks of special physical training are as follows:

1. Development of physical qualities necessary for playing.
2. Development of physical qualities and abilities necessary for mastering game techniques and tactics.

The tools are:

Preparatory exercises aimed at developing the speed and strength of muscle contraction. These muscles are involved in performing technical methods, quickness, agility, special agility, endurance (speed, jumping, strength, game), quick transition from one action to another.

- 1) Exercises aimed at strengthening the nervous-muscular system and activating movement.
- 2) Acrobatic exercises.
- 3) Action and sports games.
- 4) Special relays and control exercises (tests).

In the course of our research, we witnessed that the process of training participants in the volleyball section of the school for volleyball, which is one of the interesting sports, is a unique system. Because the process of training volleyball players is one of the most difficult pedagogical processes. And this process is constantly improving. One of the important aspects of such improvement is a systematic approach during preparation for competitions. The concept of the system represents the interconnectedness of the elements of volleyball in this process and implies a diverse set of them. It follows that matching all elements and looking at achieving a specific goal as one system ensures the necessary success in comprehensive preparation of volleyball players for competitions.

Systematic training of young volleyball players varies from district to district. We, as a system, consider this from a multi-year perspective, that is, methods of developing children's physical qualities at the age of 10-12.

It takes a long time to solve the task of training volleyball players, and it includes a contingent of volleyball players from 10 to 30 years old. It is necessary to select 10-12-year-old children and pay great attention to their physical training. Only then, at the age of 18-20, volleyball players record high results.

It should not be forgotten that team character is one of the most important aspects of victory in volleyball. The best interactions between athletes are based on their individual skills. A fixed period of time is required for the players of the team to act with a single goal. Experience shows that it takes several years to achieve high levels of joint action. The need for many years of



training since childhood is based on this, and volleyball is distinguished by its complex technical methods.

First of all, this complexity is that all technical methods of the game require touching the ball with the hand in a very short time. Therefore, all technical methods must be effective in a fast-changing game situation.

In order to acquire high-level game skills, from childhood, planned and skillful training is required. Long-term training of volleyball players is organized taking into account the age characteristics of the players and taking into account the opportunities at each age level.

It is advisable to start playing volleyball at the age of 10-12. At this age, the level of development of higher nervous activity leads to the successful formation of sports-specific movement skills in children. The game of volleyball is one of the main forms that increase vital activity in children.

Our research has shown that a physical education teacher, a coach, when planning volleyball lessons, should organize them based on the tasks of the studied subject and in accordance with the contingent of students. Tasks should be set separately for each period of work, several lessons, parts of the lesson and each physical exercise. The coach should know how to set a task to be solved during this training. At the same time, he should be ready to perform more tasks that will be solved in the next lessons. It should not be forgotten that 3-4 tasks are solved in one training session. It is necessary to distinguish primary and secondary tasks.

Knowing how to set and implement teaching tasks at different levels in accordance with the age and readiness of the participants requires pedagogical skills.

In turn, the training of young volleyball players is a unique independent system that has its own specific element. The training of young volleyball players is carried out taking into account the supply of reserves to the team that will defend the honor of our independent country in the future.

The organization of the preparation process and its structure are characteristic for such a system. The arrangement of the system includes the order of the elements, the interdependence of the parts for each system, the level of the systems, and the general condition. When the system is called a structure, it is understood that it is organized according to the purpose of their individual elements. Briefly, the structure of the system is a chain of communication with its elements. Concepts such as "input" and "output" are also characteristic for the system. "Input" refers to raw data, and "output" refers to specific metrics.

Based on the initial data and the nature of the quality of the process, the final result is achieved. A well-organized process does not require proof to show a high result. If the initial results are good, but the organizational flow is bad, high results cannot be achieved.

The preliminary data obtained for the training system of multi-year Olympic reserves in volleyball are input: the contingent of 10-12-year-old volleyball players, the level of coaches, material and technical base.

At the end, it is envisaged to train athletes who meet the requirements for volleyball players in high-level teams and the national team. Thus, any process has an input and an output.

In the process of training volleyball players, a systematic approach includes training, competitions and other factors. It is very important to know the level of training of an athlete



(complex of indicators, sports results), to choose a set of training methods and tools, to organize training and competition calendar, and to organize all components of the athlete's activity and life.

Several movements are included in volleyball techniques: acceleration and jumping when attacking and blocking, falling when receiving the ball, etc. It should not be forgotten that on the basis of getting to the ball on time lies the psychological-physiological mechanism of several functions of the difficult organism; aiming (orientation), movement reaction, ability to quickly get out of difficult situations in movement and speed. Therefore, this section requires not only to be attentive, but also to be creative in choosing special tools. This will help in the development of special physical qualities of students.

Long-term observations have shown that the issue of adaptation of the organism to different natural conditions is of great practical importance. In this matter, the study of adaptation of the body to high and low temperatures occupies a special place. Therefore, natural-scientific substantiation of the systems and methods of sports training should be carried out by taking into account all biological factors that represent the ability of a person to act in concrete natural-meteorological conditions.

Our many years of experience have shown that, starting from the initial training stage, focusing on the development of their physical qualities and taking into account the age and individual characteristics of the players, a systematic approach in the future serves as an effective tool to ensure success.

Under the initiative of the President of the Republic of Uzbekistan Sh. M. Mirziyoyev, his active efforts and direct leadership, in recent years, physical education, mass and professional sports, like all other fields, have become one of the priority tasks of our state policy. Decrees and decisions on the development of this field were issued and a number of regulatory and legal documents were adopted. Although volleyball is one of the most popular sports in our country, the fact that our athletes are not able to achieve high results in international sports competitions of the world and Asian level shows that there are enough mistakes and shortcomings in the volleyball training system. Because the goal cannot be achieved if the special skills specific to volleyball are not developed in the training process of young volleyball players. This, in turn, is one of the pressing problems in the system of training highly qualified athletes in volleyball.

Achieving high results in modern sports practice is related to the ability of athletes to maintain high-quality and effective work ability for a long time.

The duration of competitions held in various sports is determined by the rules of international competitions. During these competitions, the longer the athlete is able to maintain his work ability in terms of quality and efficiency or has the "power" to increase it, the more success will inevitably be "laughed" at him. In other words, maintaining the quality and efficiency of work ability for a longer or shorter period of time, general and special endurance types of qualities (speed, strength, quick-strength endurance, jumping endurance, "technical-tactical endurance" and so on)) is determined by how developed it is.

It is known that when it comes to work ability, especially when it comes to its quality and efficiency, the ultimate essence and basis of the matter lies in the formation or non-formation



of other physical qualities. That is, general and special endurance suitable for an effective result will embody the qualities of strength, quickness, agility, and flexibility. The interrelationship of these qualities and their high-level integrated result determine the specific destiny of sportsmanship.

Physical training planned according to the purpose is one of the most important factors in the formation of sports skills and achieving high results during the competition. However, in sports practice, there are often cases where planned physical exercises do not give the expected result in the development of appropriate movement qualities. One of the main reasons for this is that the volume and intensity of this or that physical exercise used in training and the level of influence of these parameters on the body of the participants (the reaction of the body to the load) are not objectively evaluated. Therefore, taking into account the compliance of the physical load (physical exercises) used during the training process with the functional capabilities of the body of the participants creates the possibility of planning this load in accordance with the purpose.

The high level of development of modern volleyball as a sport has made it one of the most effective means of all-round physical development. It is known that modern volleyball makes great demands on a person's physical qualities and the functional state of the body. Studies have shown that playing volleyball is characterized by continuous maximal and submaximal performance. Thus, during an intensive game, a volleyball player's heart beats 200 times per minute or more.

The variety of game movements and movement skills not only in terms of intensity and coordination structure helps to develop all physical qualities of a person: strength, endurance, quickness, agility are developed by harmoniously adding together. The ability to quickly take aim in constantly changing situations, to choose the most rational one from a rich treasury of various technical means, to quickly switch from one action to another leads to high excitation of nervous processes. A large volume of training and competition loads in volleyball ensures high development of endurance.

In the training of skilled athletes, special attention is paid to two interrelated aspects of motor function:

- training the athlete in technical and tactical skills and improving them;
- education of the athlete's physical qualities in accordance with the characteristics of the chosen sport.

To develop special endurance, a volleyball player needs to perform special technical exercises for a long time, even in the presence of fatigue complications. General endurance is formed on the basis of continuous performance of high-volume exercises (long-distance running, rowing, swimming, cycling, etc.) at moderate intensity.

The quality of flexibility is also one of the necessary factors in training volleyball players and forming their technical skills. A volleyball player with highly developed flexibility will be able to skillfully perform technical skills such as a sudden release from the "bridge" position.

Flexibility is formed gradually, due to long-term training. If flexibility exercises are stopped for a while, this quality can be dramatically lost or reduced.



The methods used in volleyball develop flexibility. But this alone does not give the opportunity to fully develop this quality. In order to effectively improve this quality, it is necessary to gradually and regularly use special exercises such as stretching, bending, spreading, squeezing, and twisting of muscles, tendons, and joints.

It is desirable to form flexibility from a young age. At the same time, the development of this quality requires diligence. Violent and aggressive exercises can cause damage to muscles, tendons, joints, and even serious injury.

In training skilled volleyball players, it is also important to develop the qualities of agility and strength. It should be noted that the harmonious development of all physical qualities during training is the key to training skilled volleyball players.

In the training of skilled volleyball players, the qualities of special endurance and quickness are especially important, and the formation of these qualities with the help of action games plays an important role in the training process.

The results of the pedagogical research focus on the need to apply the complex variants of the action games used in the research group in the training of young athletes, and in particular, in the process of developing the qualities of quickness, special and general endurance.

Effective performance and high results in modern volleyball can only be achieved through well-developed physical qualities. In this regard, endurance quality, including game endurance and jumping endurance, is especially important. According to the well-known specialist Y. D. Zheleznyak, the most important physical quality for volleyball players is jumping endurance. However, whatever special endurance (jump, game, speed endurance) it can only be formed on the basis of general endurance. Therefore, it is appropriate to analyze the scientific data on the problems of development of endurance in general along with the quality of speed. It should be said that the effectiveness of the formation of sports training directly depends on the interconnected development of all physical qualities. Another important condition in this matter is that the level of development of physical qualities should be assessed using appropriate test exercises.

The following test exercises are recommended to assess the physical qualities of volleyball players:

- 30-meter run from a high start;
- climbing the rope without the help of legs (5m);
- determining the strength of arm-shoulder and back muscles;
- jumping up from a standing position;
- 2x800 meter run;
- 4x10 m shuttle run.

Most researchers, based on the results of their research, divided volleyball players into 3 conditional groups: volleyball players with "quick-power" characteristics; volleyball players with special endurance and the third "universal" volleyball players.

For many years, the results of the research with volleyball players of different ages and skills have shown that it is necessary to take into account that the physical qualities of the players have a direct impact on the technical skills and the competition process during the preparation process.



Loading and rest should be rationally mixed. There should be such a rest interval between training sessions that the positive effect obtained from the current training session should not be lost.

It is necessary to avoid unnecessary breaks in training. The fact is that the level of functional and morphological changes (skills, skills, movement abilities, general and special work ability) achieved as a result of training sessions gradually decreases when the training is stopped. At the same time, a number of retrograde changes are detected on the 5-7th day of the break.

The use of exercises that develop physical fitness in volleyball players throughout the year should not only be adapted to the purpose of training planned in training cycles and the nature of competitions, but should also be based on physical abilities that are a priority for players specialized in various game functions. In particular, speed ability for passers - 94.6%, speed endurance - 83.8%, agility - 59.5%, agility for forwards - 91.9%, jumping endurance - 86.5%, It has been proved by expert opinions that the quick movement of the hand during the shot is equal to 81.1%, and the quickness for the libero is equal to 97.3%.

In conclusion, it can be said that the higher the physical qualities are formed, the more perfect sports skills will grow. The modern volleyball game makes high demands on the athlete's movement skills and functional capabilities. For this, it is necessary to develop physical qualities in every way

The results of the experiment showed that all structural components of special work ability in young volleyball players were recorded with the dynamics of return by the end of the experiment in the control group that continued to engage in traditional training during the experiment, it is recommended in this process in the experimental group, which was engaged in specialized exercises and action games, all the studied indicators increased rapidly. Therefore, it can be concluded that the complicated variants of the games developed for the formation of physical, functional and technical-tactical components of special work ability are highly effective.

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