

# THE IMPORTANCE OF DEVELOPING PHYSICAL QUALITIES IN THE SPORT OF VOLLEYBALL

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## Abstract

This scientific article explores the importance and methods of developing the physical qualities of volleyball players. Physical fitness is a key factor in achieving success in volleyball, requiring the enhancement of physical traits such as speed, endurance, strength, and coordination. The article analyzes various training methods, exercises, and their effectiveness in volleyball. It also examines specialized training aimed at improving muscle strength, flexibility, and overall physical condition, as well as their impact on players' technical and tactical skills.

**Keywords:** Volleyball, physical qualities, training, strength, speed, endurance, coordination, fitness, player, muscle strength, flexibility.

## Introduction

Volleyball is one of the most popular sports in Uzbekistan and contributes significantly to physical and mental development for young athletes. The system of sports education in Uzbekistan, in particular educational manuals and textbooks on volleyball, pays great attention to the development of physical qualities. In young volleyball players, the development of physical qualities such as stamina, strength, speed and reaction speed increases their play efficiency. This article will analyze the existing training manuals and textbooks on volleyball in Uzbekistan and consider methodologies for the development of physical qualities of young volleyball players. The development of the physical qualities of young volleyball players is very important to improve their overall sports skills and play efficiency. Volleyball is a sport that requires fast movements, endurance and strength. These physical qualities can be developed in young volleyball players with proper training and regularity, which allows them to demonstrate a high level of skills throughout the game.

## Literature Review

Power-according to its character: absolute power, relative strength, can be "explosive" and "startling". Absolute force is the force that occurs at a time of contraction, regardless of the

weight of the muscle (or group of muscles) itself. Relative strength is the amount per kilogram of the player's body weight. "Explosive force" means the ability to achieve a large voltage that rises to the surface in a minimum period of time, which is regulated in the sphere of a sports exercise or its movement. This force is used by athletes in jumping, rapid cracking, long-distance ball passing with solid force. Also, the level of the "explosive" force ensures that the initial stretch from which the elastic change of the muscle is released is saved by some voltage potential, which is due to the fact that it contains kinetic energy. Exercise for the development of strength can be recommended from 8-10 years old. To develop strength at this age, it is necessary to practice overcoming one's own body weight (arm-to-arm correspondence while leaning on the arms, sitting down) or to counteract the partner (to face each other in pairs, pull-ups, etc.k.) at the same time, exercises performed using weights are recommended. Each strength training has its own achievements and disadvantages. Exercises with weights are therefore convenient in that with the help of ulaming, it is possible to influence the groups of large and small musculature, which are lightly normalized.

Nurture agility. By speed, which is built on physical qualities, we mean the ability of the athlete to do the most in a short period of time under certain conditions. There are the following forms of manifestation of agility. The speed of the thought (thinking) process, the simple and complex reactivation that is the speed at which you respond to any external influences or complex influences, the speed at which you perform a single movement, the speed at which you move (the time to perform some series of actions). The speed of movement activity of the player should be worthy of the activity of the central nervous system, which primarily coordinates the movement. The speed of Sportchilaming is clearly expressed in the speed of a certain reaction, rapid shaking, the speed of walking, which is indicated at a distance of 25-30 m, and the speed of performing a technical method with or without a ball. To develop speed, running uses cyclic exercises that are performed with different maximum speeds, such as re-acceleration, cycling and diving. It is necessary to increase the speed slowly, evenly, and increase the amplitude of the movement so that it reaches its maximum at a re-acceleration.

Endurance training-deh is understood as the body's ability to resist the fiber that occurs in the process of muscle activity. It is determined by the state of the central nervous system, functional training, physical qualities, tolerance of motor skills to exhaustion, as well as psychological stagnation. The level of endurance is assessed by the effectiveness of active actions. The development of endurance in sports games is characterized by special and general endurance: general endurance is understood as the ability of an athlete to perform work for a long time. It is nurtured by long-term uniform running, while at the same time uniformly continuous, exercises of moving sports nets. (skiing, swimming, cycling, and x.k.) it is necessary to achieve long-lasting execution of special endurance Play technique techniques, transfer of training games on reinforced fields, lengthening the playing time, reducing the rest time between assignments and other exercises. Coordinated endurance is developed by leading the game's structure between two or more players to a complex system of interrelated exercises of fatigue. Taking into account the possibilities of ulaming when working with children, it is advisable to choose an exercise and comply with the load norm, widely use pedagogical-varch control.



Flexibility is the ability of a person to perform movement with a large amplitude. This quality is determined by the development of joint movement. The term "flexibility" is intended to be used when mobility is present throughout the body joints. There are the following several types of joint mobility in a person: active flexibility - there are two main types of joint mobility in a person.

Active flexibility is the ability to perform movement at a large amplitude, personally at the expense of muscle stresses.

Sluggish flexibility is the ability to perform movements with a large amplitude at the expense of external forces: weights, opponent movements. Sluggish elasticity volume from the corresponding indicators of active elasticity yuqori. Bo 'insufficient mobility causes poor mastery of skills and competence. In the upbringing of elasticity, sluggish and active styles are used. Special physical exercises that affect joint mobility, it is necessary to carry out the age of development of the body in agreement with the natural course. The upbringing of elasticity is desirable from 7-10 years old.

Training agility-agility is the complex abilities of an athlete whose movements are coordinated and whose accuracy is directly related to the display of a high level of strength and speed. In terms of coordination, complex movement is well mastered by emergent situationsnii correct assessment, characterized by the ability to successfully solve complex movement tasks, following suddenly changing conditions. The athlete noted that his extremely important thing is the coordinated movements performed in the non-support position, the movements with the ball in rapidly changing conditions, the ability to maintain balance and the excellent development of maintaining direction.

### Methodology

In the process of training, the three main teaching methods the teacher-coach must have a good understanding of what and how children are able to achieve, both consciously and fully teach, and in what ways and methods they achieve the formation of practical skills and competencies. Interconnected work methods aimed at solving the educational tasks of students with a teacher are called teaching methods. Targeted instruction in actions requires teachers to know descriptions of teaching styles. The teacher explains and shows the movement skills, while the participants take over the ulami. The style is selected depending on the preparation of the participants. In the training process of sports games, teaching methods are divided into three main groups: word-use (verbal) methods, visual perception methods and practical methods. Of the three listed styles, the most used in physical education is the practical one. Because in this, not only requires knowledge from students, but with a system of action activities, practical knowledge is sufficiently reflected in the educational material. Various methodologies were used to study the importance of developing the physical qualities of young volleyball players. Purpose and objectives of the study: the goal is to determine how the development of the physical qualities of young volleyball players affects their playing activities. The main tasks of the study: to study the factors that affect the growth of physical qualities in young volleyball players. Analysis of methods and methods used in the educational process in increasing

physical fitness. Studying the impact of physical fitness on the effectiveness and results of the game.

Object and subject of study: object of study — young volleyball players. The subject is a group made up of volleyball players aged 14-16, whose performance and level of physical fitness are studied.

### Research Techniques:

Experimental method: training programs and training aimed at developing the physical qualities of volleyball players were held. During training, physical qualities such as strength, speed, endurance and elasticity were developed.

Questionnaires and polls: the results were collected through the assessment of the volleyball players themselves, the feedback of the coaches.

Statistical analysis: the data obtained was analyzed and the effectiveness of training processes was assessed using statistical methods. The study analyzed recommended methodologies, exercise programs, and experiments to develop the physical qualities of young volleyball players. Experiments were also conducted to assess student progress in the reading process.

### Results

The analyzed tutorials and textbooks contain a number of methodologies aimed at developing the physical qualities of young volleyball players. Several manuals in Uzbekistan, such as “volleyball: theory and practice” (1990) and “training-coaching activities in volleyball sports” (2005), offer an exercise system to increase the strength and endurance of young athletes. Also, the “volleyball tutorial” (2015) recommended training methodologies that include exercises aimed at developing speed and reaction speed. Experiments have shown significant increases in stamina and speed in junior volleyball players, with improved strength indicators in blocking and kicking.

### Discussion

Methodologies aimed at developing physical qualities in young volleyball players occupy an important place in the sports system of Uzbekistan. The exercises presented in the training manuals help to systematically develop the physical qualities of young athletes. Including exercises such as interval running and long-distance running to increase endurance, performing various complex exercises to increase strength, sprinting and reaction exercises to develop speed and reaction speed give effective results. However, some applications also outline the need to reinforce individual approaches, taking into account the totality of methodologies.

### Conclusion

The importance of training manuals on the development of physical qualities of young volleyball players in the Uzbek sports system is significant. Their effective training programs give young athletes the opportunity to achieve high results throughout the game. Also, improving methodologies and strengthening individual approaches based on scientific research and practical experiments will help athletes fully realize their capabilities. In the future, the

application of new technologies and methodologies in volleyball training manuals will serve to further develop the physical and technical qualities of young athletes.

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