



TO COMPETITIONS OF YOUNG VOLLEYBALL PLAYERS THE IMPORTANCE OF PREPARATION

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Annotation: This methodical guide summarizes the theoretical knowledge of the content of the general education school's "Volleyball" section of the physical education program, and is intended for use in the training of the volleyball groups of secondary schools. It can be used by students of physical culture, physical education teachers of masters and secondary schools, coaches of primary training groups of children and teenagers playing volleyball, organizers of physical education and all lovers of this sport.

Keywords: Volleyball, Taem sports, Student cooperation, Leadership, Communicatsion, Discipline, Time management, Taemwork, Education and sports, Psychological development, Motivation, Strategic thinking.

INTRODUCTION

Among the sports, volleyball has a special importance in raising young people healthy and strong. The game of volleyball attracts millions of people with its fun and popularity. Modern volleyball belongs to the type of sports games that are extremely fast and require skill and enthusiasm. To achieve high technique and tactics, first of all, a volleyball player must have sufficient physical development and special qualities. Girls from the age of 11 and boys from the age of 10 can play in the volleyball club. The game of volleyball is a fast and dynamic sport that requires a lot of physical fitness from the player, because during the game of volleyball, the volleyball player jumps a lot, changes his position on the field with various movements, performs offensive and defensive actions. Almost all of this movement is performed in a jump. For this reason, attention is paid to training volleyball players' ability to jump from their physical fitness. It is possible to play effectively and achieve high results in modern volleyball only with highly developed physical training.

Volleyball has a great advantage with its place for the game and the simplicity of its rules, as well as its viewership. In volleyball, a large number of tactical combinations, the emotionality of the struggle, and teamwork attract people of different ages and professions.

The high level of development of modern volleyball as a sport has made it one of the 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 a 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.

The aesthetic effect of volleyball on a person is also great. It is not limited to the harmonious development of the athlete's body, liveliness and beauty of movements while playing volleyball. The harmony of actions in the execution of tactical combinations, the sports fight itself, and the triumphant shout bring deep enjoyment.



That is why people of different ages and professions are very interested in volleyball, and the army of volleyball players is constantly growing.

Playing volleyball gives an opportunity to develop the movement apparatus, educates vital physical qualities such as agility, endurance, reaction speed, strengthens the respiratory, cardiovascular and muscular systems, and relieves mental fatigue.

Volleyball has a great educational and promotional value from the point of view of health and hygiene.

LITERATURE ANALYSIS AND METHODS

This section showed that a physical education teacher, coach, when planning volleyball lessons, should organize them in accordance with the students' contingent based on the tasks of the studied subject. 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. This involves creating an idea of the technique that the trainees will learn (telling a story, showing cinemagraphs and videos and trying to do it again).

METHODOLOGY

Systematic training of young volleyball players varies from district to district. We consider this as a system from a multi-year point of view, that is, from the initial selection of children at the age of 10-12 to the period of preparation for team formation.

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.

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 of high level teams and 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 a training and competition calendar, and to organize all components of the athlete's activity and life in general.



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 pay great attention to the selection of 10-12-year-old children. 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.

RESULTS AND DISCUSSION

Execution of game methods based on simplified conditions.

A number of game methods are distinguished by their complexity in volleyball. Therefore, it is recommended to learn in simplified conditions, that is, at the beginning, using additional equipment with the help of a partner without a net.

At this stage, it is appropriate to use the following teaching methods.

Method of combined exercises with continuous addition of exercise parts;

A method of concentrated exercises with selective execution of the details of the exercises.

Learning technical methods in conditions close to the game. After the participants learn to perform the technical methods correctly in simplified conditions, the coach should make the exercise a little more difficult. For example, passing the ball, dribbling and attacking shots through the net.

Improving technical methods in group exercises and games. The main task of a teacher or trainer is to develop the skills and abilities of participants to perform group and team exercises together with their partners.

Participants perform auxiliary exercises with great interest. But sometimes they make mistakes. This can lead to equipment breakdown later. Therefore, the coach should pay special attention to the technique of performing these exercises and make timely corrections.

It should not be forgotten that in the game, volleyball players have to perform many jumps, various movements, falls and interactions with the flying ball at the same time. The size of loads is very high. If the exerciser is not prepared to perform such loads, injuries can occur.

CONCLUSION

Our research has shown that in the process of training volleyball players, the unity of training, competitions and other factors is considered in a systematic approach. It is very important to know the athlete's level of preparation (complex of indicators, sports results), to choose a complex of methods and tools of preparation, to organize training and competition calendar, to organize all components of the athlete's activity and life regime in the period specified here.

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It should be noted that the effectiveness of various actions is combined with carrying the ball, throwing and catching the ball. In addition to increasing the speed of movement of these exercises, it ensures the development of other special qualities and significantly eases the tasks performed with the volleyball ball.

It was found that action games are one of the important factors in the formation of movements. These games, in addition to developing the necessary qualities, significantly increase the interest of the participants in training, which plays a decisive role for the in-depth study of the game of volleyball at the first stage.



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