



METHODS OF DEVELOPING STRENGTH QUALITIES OF YOUNG VOLLEYBALL PLAYERS

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Annotation. This article provides basic information about sample exercises, types of strength, the order of strength work and the main means of developing strength qualities in young volleyball players.

Keywords. Strength, static, isometric, myometric, plyometric, relative, absolute, fast, explosive.

YOSH VOLEYBOLCHILARNING KUCH SIFATLARINI RIVOJLANTIRISH USULLARI

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Annotatsiya. Ushbu maqolada yosh voleybolchilarning kuch sifatlarini rivojlantirish uchun namunaviy mashqlar, kuch turlari, kuchni ishlashi tartibi va kuch sifatini rivojlantirishning asosiy vositalari haqida asosli ma'lumotlar berilgan.

Kalit so'zlar. Kuch, statik, izometrik, miometrik, pliometrik, nisbiy, absolut, tezkor, portlovchi.

Introduction.

A number of volleyball game skills - shooting, hitting, blocking - require a high level of development of the quality of strength. Consequently, in order to effectively perform these skills, the muscles of the arms and legs, and in general the body parts, must have the ability to contract quickly and strongly. In other words, muscle contraction must be carried out with explosive force. Therefore, in the formation of a volleyball player's strength, the main attention should be paid to special exercises aimed at developing the quality of quick-strength.

Overcoming or resisting external resistance with the help of muscle strength describes the quality of strength. Muscle strength is manifested as follows:

- 1) without changing their length (static, isometric);
- 2) by reducing their length (overcoming resistance, myometric);
- 3) by lengthening (yielding, plyometric).

Muscle forces that overcome resistance and yield to it are also collectively referred to as the "dynamic mode". When comparing the quality of strength, the following types of strength are distinguished:



1. Relative strength. Relative strength is understood as the amount of force per kilogram of one's own weight.

2. Absolute strength. It is understood as the force exerted in a single movement, regardless of one's own weight.

3. Rapid strength (explosive strength). It is understood as the manifestation of a large amount of force in a short time.

Exercises with increased resistance are considered the main means of developing strength. These means are divided into two groups.

1. Exercises performed by overcoming external resistance. Usually, the following are used as external resistance: the weight of objects; the resistance of a partner; the resistance of elastic objects; the resistance of the external environment;

2. Exercises performed by overcoming the weight of one's own weight.

Exercises performed by lifting weights are very convenient, with the help of which you can influence both small and large muscle groups. These exercises are also easy to standardize. Since the initial position plays a leading role in weightlifting exercises, it is necessary to pay special attention to this. In exercises performed with stretchable and elastic objects (spring expanders, rubber bands), it is characteristic that the tension increases towards the end of the movement.

Exercises to overcome the weight of the body are usually performed in hanging and leaning positions. In addition to the above classification of strength exercises, it is necessary to take into account their division into static and dynamic, strength and speed-strength, resistance-overcoming and yielding exercises, depending on the degree of selective impact (general and relatively specific impact on a specific area), as well as the mode of muscle work.

If the strength of the exerciser is not regularly challenged, muscle strength may not grow, or even decrease.

Maximal exertion can be achieved in various ways:

1. Repeating the overcoming of weights (resistances) not close to the limit many times at the limit level;

2. Increasing external resistance to the limit level (in dynamic and static activities);

3. Overcoming resistances at the limit speed.

Sample exercises used to develop strength qualities

1. Exercises in bending and writing the palms and paws, overcoming the resistance of a partner (or with dumbbells).

2. Throwing stuffed balls of different weights. The main emphasis is on hand movements.

3. Exercises in bending and writing them while lying on the hands, lifting them off the ground and clapping them

4. Performing exercises with stretching shock-absorbing equipment, similar in structure to technical methods.

5. Exercises in rotational movements of the body with weights (barbells, dumbbells, sandbags).

6. Exercises in sitting and standing with the barbell on the chest.

7. Jumps with the barbell on the shoulders. Weight is 50% of the maximum.

8. Jumps with a rope.

9. Touching or catching an object suspended from a standing position and running.

10 Long jumps on one and two legs.

11. Multiple jumps over obstacles.



12. Depth jumps

Conclusion

Most of the game skills in volleyball are performed in jumping positions. For example, shooting, hitting, blocking and passing the ball are the main technical elements of the volleyball sport. Therefore, it requires a high level of development of strength qualities and is a decisive factor in achieving high results. Therefore, in the formation of the strength of a volleyball player, the main attention should be paid to special exercises aimed at developing speed-strength qualities.

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