



THE ROLE OF YOUNG VOLLYBOL PLAYERS IN THE DEVELOPMENT OF PHYSICAL QUALITIES IN MOTION

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ANNOTATION

The article provides a description of the scientific and analytical work on the physical development of volleyball players by outdoor games.

KEY WORDS: *Outdoor games, physical qualities of volleyball players, special endurance and speed.*

Аннотация: *Мақолада волейболчиларнинг ҳаракатли ўйинлар орқали жисмоний ривожланиши бўйича илмий-таҳлилий ишлар тавсифи берилган.*

Аннотация: *В статье дается описание научно-аналитической работы по физическому развитию волейболистов с помощью подвижных игр.*

Калит сўзлар: *Ҳаракатли ўйинлар, волейболчиларни жисмоний сифатлари, махсус чидамкорлик ва тезкорлик сифати.*

Ключевые слова: *Подвижных игры, физические качества волейболистов, особая выносливость и скорость.*

After Uzbekistan gained its independence, like all other spheres, physical education and sports have been fully formed in a new direction and are writing high-altitude wings. In Fact, Our Compatriot Sh. On the initiative of Mirziyoyev, a number of laws and decisions on physical education and sports were adopted in recent years in order to educate the younger generation healthy.[1]

Training of young athletes is a complex pedagogical process with a multi-stage, which requires the organization of training on a scientific basis. It is important that the volume of physical and technical-tactical exercises to be performed during training of severe plan and train in accordance with the age, physical and functional capabilities of the engaged children.

The size of this exercise, bravour, the time to return and continue should be based on biological laws. If the load of the exercise is more than the capacity of the child, then such a load can adversely affect the body of this child. On the contrary, it is inevitable that the process of formation will be

slowed down if the load is less than the capacity. It can be said that the phenomenon of " Game " begins almost from the birth stage of a person's life. The baby responds to certain sounds, sounds and gestures: laughs, acts otherwise, strives to catch certain things. Over time, such imitations and actions are formed from the content, efficiency and quality aspects. Then, children compete in chopsticks, jumps, precise movement (sniper), playing games that they know or not. The Games discover a wide range of significance in the mental, aesthetic, physical and functional formation of children. The games are divided into different categories, with their co-existence (universality), multiplicity and wide expediency. In particular, games that develop physical attributes, speech, pronunciation, marksmanship, entrepreneurship, calculus and et cetre characterization these are included in the sentence. But no matter what kind of game, it will have an action element or a set of actions. [1]

Moving games are fundamentally different from sports games in terms of their content and



essence. Moving games do not require a specific normative causes, such as special preparation for sports games, the rule of a particular competition, sports clothing, duration, area, composition of participants. Only one moving game can be played in a different place, over time, in clothes, in composition (in terms of number and age). The most important thing is that free and voluntary movements (non-standard direction of movement, scream, cheerfulness and others), which are observed during the action game, cause a positive emotional state (reaction). This condition, in turn, contributes to the fact that in sports training (or when performing a standard series of exercises) faster "bypasses" the qualities of fatigue in the body, or appears later. In summary, the above-mentioned theoretical considerations for the action games in terms of their physical education and sports [1] determines the capacity. This means that the importance of mobility in the training of young athletes, including the national games of the people, cannot be overemphasized.

In recent years, numerous scientific publications have been published that prove that moving games are an extremely effective tool for training athletes, the formation of movement skills and physical qualities. But at the same time, in the training of young volleyball players, scientific research, which reveals the possibility of using moving games in the development of their physical qualities, is extremely limited. In modern volleyball, effective playing and achieving high results can only be done with a well-developed physical quality evasion. Particularly important in this regard is the quality of durability, including Game durability and jumping durability. Zheleznyak Yu. The most notable among the physical attributes for volleyball players in the opinion of D is jumping endurance. But, no matter what kind of special endurance (jumping, playing, fast endurance) it can be formed only on the basis of general endurance. Therefore, it is worthwhile to analyze the scientific data on the problems of developing endurance in general along with the quality of agility. It should be said that the effectiveness of the formation of sports training is directly related to develop interconnection of all physical attributes. Another important condition in this matter is that the level of development of physical qualities should be assessed with the help of purposeful test exercises.

To assess the physical qualities of volleyball players recommended the following test exercises:

- running from high start to 30 meters;
- output without the help of feet on the rope (5m);
- to determine the strength of the arm-shoulder and waist muscles;
- jump up without being in place;

- Running up to 2x800 meters;
- lifting the mannequin at great speed (20 C).

The authors, based on the results of their research, divided the wrestlers into 3 Conditional groups: fighters with the property of "quick-force"; wrestlers with the property of special endurance and wrestlers who "universal" it.

Nabatnikova M. Eat it. as a result of research on volleyball players of different ages and qualifications for many years, he argues that physical qualities are directly related to technical skills and the process of competition (shooting). He believes that the higher the physical qualities are formed, the more perfect the sports skills will grow. [1]

Consequently, the use of physical training exercises in the process of training requires the attention of each athlete to the age, characteristics of the sport and the qualification and pedigree of the athlete. Therefore, the issue of training of qualified athletes is provoked by the fact that in the process of sports training consists of a set of physical exercises aimed at a specific goal.

Physical training, which is planned for the purpose of training qualified athletes, is one of the most important factors in the formation of technical and tactical skills and achieving a high result during the competition. But, in sports practice, there are often cases when not always the expected result is achieved when developing the qualities of movement in accordance with the planned physical exercises. One of the main reasons for this is that the volume of those or those physical exercises that are used in training, and severe, as well as the degree of influence of these indicators on the body of the participants (the reaction of the body to the opposite reaction to the installation) are not objectively evaluated. Therefore, the compatibility of the physical installation (physical exercises), which is used in the process of training, with the functional capabilities of the organism of the participants, should be taken into account, creates the opportunity to plan this installation for its intended purpose. [1]

In the preparation of qualified athletes, special attention is paid to two, inextricably linked sides of the movement function:

- training and improvement of technical and tactical skills of athletes;
- educating the physical qualities of the athlete in accordance with the characteristics of the chosen sport.

Of course, in the "big" sport, this is also necessary. However, it is unlikely that such a practice and the method of training based on it will slow down the effectiveness of training of qualified athletes and achieving a high competition result. Because, due to the fact that each sport has its own unique and individual characteristics, the quality of endurance in one sport plays a leading role, or the



quality of elasticity in a third sport becomes the main thing.

However, from the stated opinion does not come to the conclusion that in a particular sport a certain physical quality is very necessary, and in another it is not important. On the contrary, each adjective will have a small, but significant "share" in a certain sporting situation.

In the preparation of qualified volleyball players, in particular, special qualities of endurance and speed play an important role in the formation of these qualities in the training process with the help of moving games.

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