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METHODS OF DEVELOPING STUDENTS' SPEED SKILLS IN VOLLEYBALL CLUBS OF COMPREHENSIVE SCHOOLS

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Annotation. This article examines the problems of developing agility in schoolchildren and its assessment in volleyball players, as well as important aspects of organizing physical education classes and extracurricular activities to develop the physical qualities of senior schoolchildren.

Keywords. Volleyball, passes, receptions, blocking, strength, speed, endurance, agility and dexterity, running, special endurance, "krossfit", "fir" running, training loads.

Annotasiya. Mazkur maqolada maktab o'quvchilarining tezkorlik qobiliyatlarini rivojlantirish va ularni voleybolchilarda baholash muammolari, yuqori sinf o'quvchilarining jismoniy sifatlarini rivojlantirish maqsadida, jismoniy tarbiya darslari va sinfdan tashqarida o'tkaziladigan mashg'ulotlarni tashkil qilishning ahamiyatli tomonlari yoritilgan.

Kalit so'zlar. Voleybol, to'p uzatish, to'pni qabul qilish, to'siq qo'yish, kuch, tezkorlik, chidamlilik, chaqqonlik va epchillik, yugurish, maxsus chidamlilik, "Archasimon" yugurish, "krossfit", mashg'ulot yuklamalari.

Аннотация. В данной статье рассматриваются проблемы развития ловкости школьников и ее оценки у волейболистов, а также важные аспекты организации занятий по физической культуре и внеклассной работы по развитию физических качеств учащихся старших классов.

Ключевые слова. Волейбол, передачи, приемы, блокирование, сила, скорость, выносливость, ловкость и сноровка, бег, специальная выносливость, «еловый» бег, кроссфит, тренировочные нагрузки.

The results of scientific research conducted on the training of highly qualified volleyball players at the global level and their analysis are aimed at developing methods and tools for teaching and improving technical and tactical methods, developing physical qualities, and forming psychofunctional capabilities during multi-year training cycles. Although model indicators and criteria for normative requirements have been created, such as tests for monitoring the rate of formation of training types and assessing their use as targets in the process of training volleyball players, the lack of scientifically based approaches to the development of agility based on aerobic-anaerobic capabilities, and the lack of modern measuring equipment designed to objectively assess it, create the need to develop innovative developments. The Head of our state has determined the need

to "ensure the formation of a strong immune system against disease in every citizen through regular physical education and mass sports and the formation of life skills for a healthy lifestyle, abandon harmful habits, adhere to the principles of proper nutrition, systematically and effectively organize recovery and rehabilitation work and mass physical activity events, and create appropriate infrastructure and other necessary conditions in this regard" [1]. However, the club teams participating in the national championships of our country, as well as the national teams selected from them, are far from the international model-standard requirements in terms of professional training and skills.

Just as agility skills need to be developed in a way that is specific to each sport, in volleyball it is of paramount importance to develop these skills within the coordination content of movement in the areas of the court and the technical and tactical methods used (passing the ball during quick movements, receiving the ball, blocking, etc.). Most experts and scientists working in the field of volleyball theory and methodology recommend using repetition, combined action, rotation, interval, game and competition methods to develop agility skills in this sport. By using them: transferring the ball to the necessary zone based on quick movement depending on the speed, direction and height of the ball, or receiving the ball directed to the sides; performing attack strokes based on quick running and landing along different zones; Individual, group or collective blocking techniques are taught based on rapid movement through zones 2-3-4 and are formed in a rapid mode Y.D. Zheleznyak, [2.]

In the practice of training volleyball players, there are a number of officially introduced pedagogical tests for assessing general and special agility, through their use, normative criteria have been established for volleyball players of different ages and sports qualifications. In particular, according to the information provided by L.P. Serginko, A.V. Ablikova, general agility in volleyball players of different ages can be assessed using the 30 m. running test, and special agility can be assessed using the "Arch-shaped" running test - 92 m., "6x5 m." running tests. The results of these tests are presented in Table 1. [3.]

Table 1

Normative

Requirements for Assessing Agility in Volleyball Players of Different Ages

№	Age of the subjects	30 m. seconds	"Archasimon" 92 m. seconds	"6x5 m." running seconds
1.	11-12	5,2-5,3	29,0-28,0	12,0-11,5
2.	13-14	6,1-6,0	27,0-26,5	10,5-10,2
3.	15-16	4,8-4,8	26,0-25,5	10,0-9,8
4.	17-18	4,6-4,5	24,2-23,4	8,4-9,2

The normative requirements for speed indicators presented by S.V. Garkusha are determined as follows: in highly qualified volleyball players, the "Arkhasimon" running test is 24.65±1.81 seconds for 4x9 m., 8.93+0.29 seconds for 30 m., and 8.01±0.29 seconds for 30 m. [4.]

According to the data of T.K. Komarova and S.V. Legonkov, the speed indicators of volleyball players who studied at a higher educational institution specializing in physical education and sports and practiced volleyball are 4.7-4.8 seconds for 30 m., and 8.4-8.3 seconds for "5x6 m." [5.]

In the data provided by A.A. Pulatov, the result of the 30 m. run for boys in the initial preparatory group should be 5.5-5.1 seconds, in the training group 5.0-4.0 seconds, in the sports improvement group

4.6-4.4 seconds, in the group for improving sports skills 4.3 and less seconds. [11,12,13,14.]

The result of the "5x6 m." run is given for the initial group and is 12.0-11.0 seconds. "Arch-shaped" run for 92 m. -28.0-29.0 seconds; 27.0-26.0.; 24.5-24.3 seconds.; 24.0-23.5 seconds.

Girls: 30 m. running 5.9-5.7 seconds. 5.6-5.4 seconds.; 5.5-5.3 seconds.

"Arch-like" running should be equal to 30.0-29.0 s.; 28.0-26.2 s.; 26.0-25.7 s.; 25.2-25.0 s.

According to B.E. Lisin, in assessing the quality of speed, reflecting anaerobic performance in qualified volleyball students, it is important to use the "Arch-like" running test in them, as well as the 1000 m. running test. In the author's opinion, "Arch-like" running – 92 m. time in volleyball students can be evaluated in the following differentiated manner: 25.6 s.-satisfactory or poor; 25.2 s.-below average; 24.1 s. - average; 23.7 s. - above average; 23.6 s. - high. The time for running 1000 m. is: 5.03 minutes - slow; 4.18 d. - below average; 3.23 d. - average; 3.08 d. - above average; 3.08 minutes short high. [6.]

V.V. Kostyukov M.M. Shestakov's studies used the tests of speed ability and speed endurance in the 30 m. run and the "Arch-shaped" run-92 m., which in volleyball players aged 13-14 should be 5.2±0.2-5.7±0.3 s. and 28.1±0.03-31.2±0.03 s., respectively. [8.]

According to a number of experts, the speed of running "arch-like" 92 m. in 17-18-year-old qualified volleyball players should be on average 26, 04-24, 96 s.
E.Lmojayev., A.P.Grigoryev., E.R.Zalyalova emphasize that the regular use of "Crossfit" exercises (training muscles, respiratory and cardiovascular activity) in such volleyball players' trainings allows not only to purposefully develop physical qualities,
but also to ensure the long-term preservation of the results of all relevant tests. [9.].
A. Abdullayev, based on his research, put forward the idea that technical-tactical actions performed against the opponent's tactics in competitive games in rapidly changing situations require, on the one hand, the need to predict (predict) the opponent's plan in the short term, and on the other hand, the need to implement one's actions at a convenient time. Therefore, it can be argued that achieving high game efficiency in today's volleyball primarily depends on the player's speed of movement along changing directions and the effective implementation of technical-tactical methods. [7, 10.]
According to O.Y. Fedoseyeva, R.S. Zhukov, in order to ensure the effectiveness of technical-tactical actions performed in modern volleyball, it is advisable to emphasize the systematic formation of speed-strength and coordination abilities in training, and to periodically evaluate them. The results of tests designed to assess such abilities in 16-18-year-old volleyball players show that: "Arch-like" running length - 24.4 s.; Throwing a stuffed ball - 7.5 m; Bending and writing them while lying on your hands - 30.9 times; Long jump from a standing position - not less than 257.7 cm. Thus, based on the comparative analysis of the scientific and methodological data discussed above and the opinions recognized by expert scientists, it can be noted that in sports games, including volleyball practice, the possibilities of effectively forming technical and tactical methods and increasing their effectiveness primarily depend on agility, or rather agility-strength qualities, based on aerobic-anaerobic endurance. In order to educate them in a specialized direction and correctly select exercises, it is advisable to assess the growth rates of these qualities using objective information-providing methods or appropriate pedagogical tests.
In modern sports games, and in particular in today's volleyball practice, the purposeful organization of many years of sports training, the effectiveness of technical and tactical methods and the

effectiveness of competitions, along with all general physical qualities, it is advisable to use speed components, especially exercises suitable for sharply changing directions. When educating the speed of movement-running along changing directions, it is important to pay attention to its structural components (simple and complex reaction, number and time of repetition of movement, reactions to observing and selecting an object) and to form them in a differentiated manner and on an integral basis.

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