

## SPECIAL TRAINING OF YOUNG VOLLEYBALL PLAYERS ENHANCEMENT THROUGH ACTION GAMES

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**Annotation:** In this article, the methods of developing physical qualities (strength, quickness, agility, endurance and flexibility), the methods of strong contraction of the leg muscles in a short time as speed-strength belongs to the physical qualities, the games and methods of forming vital movement skills (walking, running, jumping, stopping, hanging, etc.) have been developed in this article.

Current issues and aspects of high-level coordination of movements for young volleyball players according to the characteristics of volleyball players are described.

**Key words:** physical quality, volleyball, physical culture, strength, quickness, agility, endurance, flexibility, kick, technique, tactics, physical training.

### INTRODUCTION

Various championships, cup competitions and international competitions in volleyball are held in our country among girls, teenagers, youth and adult men and women. In recent years, under the initiative, efforts and direct leadership of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev, physical education, mass and professional sports, like all other spheres, have been developing in a completely new way within the framework of the priority areas of our state policy. A number of decrees and resolutions have been adopted in this regard, and today they are gradually and consistently finding their practical expression.

Nowadays, it is well known that the use of standard exercises aimed only at improving volleyball-specific and specific physical qualities extinguishes interest in volleyball in young children, while intense stereotyped (same type) exercises quickly tire the players. Therefore, current leading sports experts, researchers and aspiring scientists have presented their ideas and opinions in their works and studies on the advantages of using movement games that are appropriate for the content of these sports skills in teaching sports techniques and for their effective formation. According to scientists, it has been proven that these physical qualities and vital movement skills are most usefully developed with the help of movement games. In the process of explaining and learning the game technique, it is necessary to deeply study the basis of the technique, the sequence of movements of individual parts of the body, the speed and amplitude of various techniques. These factors are the main means of achieving the effectiveness of volleyball players' movements. When performing an attack blow and blocking, it is important to control the opponent during the execution of the technique.

The use of this sport in the physical education of young volleyball players has a number of advantages over the use of other sports: people can play volleyball outdoors, the game does not require large areas, high requirements for equipment, it can be played by a different number of players or mixed teams. The rules of the game are clear, they can be adapted depending on the conditions. It is necessary to work methodically correctly and consistently throughout the formation of the basics of volleyball playing techniques.

Thanks to the methods of analysis and synthesis, it is possible to assess the importance and difficulty of individual elements of the assessment of sports games. Due to the specificity of



volleyball, young volleyball players are required to have a high level of coordination of movements. The training process with a young volleyball player must be properly planned, as well as various injuries. They are most affected by the spine, knees and lower back.

These injuries represent a source of disability and reduced work capacity among professional volleyball players. We envisioned that by developing a methodology for teaching young volleyball players the technique of playing this sport, we would address the main tasks of technical preparation and effectively use the knowledge and skills acquired during various competitions. A well-prepared volleyball player has an advantage over a volleyball player who focuses only on ball handling during training. Therefore, beginners need to understand the importance of mastering all their movements.

In the process of training techniques, volleyball players master the necessary technical skills of the game and learn more complex techniques based on them. Young volleyball players need to be active during the game and during competitions.

In the special training of young volleyball players, the importance of movement games is great, young athletes are at an important stage of physical development, and attention should be paid to the formation and development of basic skills such as coordination of movements, physical qualities such as speed, strength, endurance and reaction. The following are recommended movement games and methods to achieve this goal:

#### 1. Movement games for speed and reaction

- "Catch and return the ball": Young volleyball players stand in a circle and quickly and accurately pass the ball to each other. It is necessary not to drop the ball and continue the movement.

- "Run on the signal": When the coach or teacher gives a certain signal and gesture (for example, a whistle or hand gesture), young children run in a certain direction or stop moving.

#### 2. For coordination and accuracy of movement

- "Going around obstacles with the ball": Young volleyball players must control the ball and move quickly and accurately through the designated obstacles.

- "Catching the ball in the air": The coach or teacher throws the ball in different directions, and the players must try to catch it in the air.

#### 3. Action games to develop endurance.

- "Relay games": In a team relay, young children must take turns running and perform assigned tasks (bringing the ball, passing it, returning).

#### 4. Action games to develop team games and cooperation.

- "Mini-volleyball": Playing young volleyball players in small teams based on the rules of standard volleyball. This game improves the technique and teamwork of volleyball players.

- "Passing and distracting the ball": Teams try to distract the opponent and pass the ball to a specific place.

#### 5. Increasing motivation and interest



Organizing active games in an interesting way, introducing prizes or holding small competitions will motivate young children more.

Develop special abilities and physical qualities, ensure faster mastery of techniques and successful formation of tactical skills. All players in the team must act as a whole, in general, the desire to achieve the main goal and have good physical fitness. During the pedagogical experiment, the boys passed the control standards characterizing their general physical fitness. The use and mastery of games that included techniques had a positive effect on the physical fitness of boys in the experimental group.

The correct selection of special physical education tools and methods can ensure the optimal level of development of specific physical qualities. They are necessary for the successful mastering of volleyball skills. "Analysis of scientific and methodological literature, interviews with coaches and athletes, and own research work helped to determine whether changes in the rules of the game affected the content of competition activities. When organizing the training process of young volleyball players, especially the training process of substitutes, it is necessary to take into account changes in its composition and content. Otherwise, the direction and content of the training will not correspond to the specifics of competitive activities and will negatively affect the results of the competition."

The results of volleyball competition activities show that the main mistakes during the game are made by athletes during their interaction, on average, the percentage of errors is more than 60% of all possible mistakes in the game. This is due to the weak interaction of players and the inability to predict game situations in volleyball during the game.

The goal of coaches and educators is to notice the mistake and explain to the player how to correct it. Repetition of exercises helps to master the correct skills. For example, if a blocking player constantly jumps forward, he should practice near the wall, gradually transferring the line of push to the wall.

Mastering the jump is included in the main and preparatory parts of the lessons. The desire to win is met with resistance from an opponent, in order to overcome this resistance, players must not only achieve technical superiority, but also anticipate the opponent's plans, use more effective tactics and achieve a positive result. Teams prepare for serious games in advance, study and observe the opponent in order to draw up a plan and prepare the necessary tactical actions, including the appropriate technique.

## CONCLUSION

An integrated approach to the quality of mastering techniques through mobile games in the special training of 12-14-year-old volleyball players is promising. The game activity of young volleyball players, on the one hand, is the starting point for the classification of the means used in the training of volleyball players (physical exercises), and on the other hand, the game is the final stage of skill formation - achieving mastery and the effective use of technical and tactical methods.

The boys' collective interaction is adjusted and trained in specific tactical combinations, and during the pedagogical experience they have become well-oriented in defense and attack during the game.

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