

**PURPOSEFUL DEVELOPMENT OF TECHNICAL TRAINING OF VOLLEYBALL
PLAYERS FROM THE PRIMARY TRAINING STAGE**

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Annototsiya: Yosh voleybolchilarning tayyorgarlik tomonlariga asosan jismoniy tayyorgarlik, texnik tayyorgarlik, taktik tayyorgarlik va ma'naviy ruxiy tayyorgarliklar kiradi. Tayyorgarlik tomonlarining ichida eng asosiy tayyorgarlik bu- texnik tayyorgarlik hisoblanadi. Texnik tayyorgarlikni rivojlantirishda esa jismoniy tarbiyaning vositalaridan foydalaniladi.

Kalit so'zlar: Jismoniy tayyorgarlik tomonlari, jismoniy holat, mashq, harakat, malaka, texnika, taktika, jismoniy sifatlar, ruhiy holat, vosita.

Annotation: The training aspects of young volleyball players mainly include physical training, technical training, tactical training and spiritual training. Among the aspects of preparation, the most basic preparation is technical preparation. In the development of technical training, the means of physical education are used.

Key words: Aspects of physical training, physical condition, exercise, movement, skill, technique, tactics, physical qualities, mental state, aspect.

Introduction. Volleyball is an effective and multifaceted tool for physical education and personality development. Volleyball effectively affects many important systems of the body and improves them at a high level. For these reasons, volleyball has a significant role in the physical education system of many countries. Volleyball is included in the programs of physical culture of children (children's sports school), secondary schools, universities. Physical culture teams play volleyball in sports sections and military units. Volleyball is used as a means of active recreation and recreation in parks, baths, holiday homes, and many public sports activities, which is a pleasure for people with low-effort lifestyles. Volleyball has an effective effect on many functions of the body and the personal qualities of the players, including: - Many physical qualities of players: - Strength, speed, agility, endurance improve; -The intellectual abilities of the players develop, the sensory organs, most mental states are improved. It is a good testing ground for the formation of positive signs in this regard: diligence, goal striving, determination, confidence in victory, and the sense of teamwork; - As with any other type of sports, it is certainly an exaggeration to draw conclusions about the full usefulness of volleyball. Given that any living organism only improves during exercise, their quantity and norms should not be overlooked. From time immemorial, doctors have argued that anything (in our case - exercise) can be a medicine or a poison for the body - everything depends on the norm. In particular, volleyball is a very serious workout that rarely heals an athlete. Many injuries, physical and mental strain will ultimately have a negative impact on the health of professional athletes; - On the other hand, if there is a lot of time for sports (almost two or three exercises, meetings, tournaments), a number of aspects of improving the functions of the professional player organism, vital areas of human activity other areas that provide are overlooked. This leads to limiting the individual to a certain limit. This is an inevitable additional result for a person who chooses sports as a profession, and all professions have a certain effect on the human personality; - Other members of the organism are strained and tired. Constant stressful stress is also dangerous - they can lead to much earlier emotional stress, depression and other illnesses for athletes (primarily coaches); - In the system of physical culture, it is necessary to organize this

interesting game - volleyball, so that these exercises do not interfere with learning, career, health, effective work, and sincere solving of family problems. Only then will play volleyball be enjoyed. This fun and rewarding game leads to strong emotional experiences, as well as exercise can feel the improvement of the body's functional systems, and the formation of many positive qualities of a volleyball player. The national traditions of the Uzbeks are diverse in both content and form. They also have a role in the spiritual and physical perfection of the traditions. In particular, it is the technical training of young people in sports. Technic preparation is a multi-year-old process of preparation for the development and formation of play skills that decide the fate of the players. In the first training, it is very important to organize the training of technic. Effective formation of palsy indicators is how accurate it is to be used to be prepared, to be, and to practice.

Technical training in volleyball includes teaching the skills of movement related to attack and defense techniques performed during the game and the processes of gradually forming these skills. When teaching offensive and defensive techniques, first of all, volleyball player situations and moving around the field, then passing - receiving, passing - receiving, hitting and blocking skills are important. Positions and movements are as follows: the position when passing the ball: legs, knees, torso, shoulders, arms - the position of the fingers. Situations when entering the ball, are hitting, blocking.

Movements on the field are also different and are performed in different directions. For example, walking to the right, left, forward, backward, running, moving, walking, jumping, sliding, and so on. These movement skills are first learned separately, and then they are performed in addition to game skills. To date, the essence, content and characteristics of the technical training process in the training of young volleyball players have been expressed and thoroughly studied in scientific and methodological literature.

Organization of the preliminary training process of young volleyball players and, in particular, the development of their technical skills at the initial training stage, requires the determination of selection events, formation of groups and the rules of training.

The main direction of training sessions held in the initial training group is to organize them based on the principle of universality (comprehensiveness). The following tasks should be solved in these exercises:

- strengthening of health;
- proper physical development of a person (weight, size of body and body parts, vital capacity of lungs, etc.);
- formation of vital movement skills (walking, running, jumping, stopping, pulling, etc.);
- development of physical qualities (strength, quickness, agility, endurance, flexibility);
- development of special physical qualities (agility, special speed and strength, special endurance);
- teaching the skills of a volleyball player, movement, passing, receiving, hitting, scoring, blocking.

The duration of each training session held in preliminary training groups should not exceed 2 academic hours. Technical training exercises consist mainly of specialized exercises. In our opinion, the use of action games suitable for volleyball gives effective results in the formation of

technical skills. In particular, the use of these action games in accordance with the characteristics of game skills leads to the formation of indicators of technical training more quickly.

It is worth admitting that these two questions, referred to the eyes of the coaches, are not significantly different from each other. It is known that the formation of technical skills is carried out by teaching technical skills. Therefore, the coaches' answers to these two intrinsically related questions with a sharp difference indicate the possibilities of using mobile games in the process of teaching sports, including volleyball, and their effective influence is strongly influenced by the activities of these coaches. It indicates that he did not receive rin.

If you pay attention to the scientific data on the theory and methodology of volleyball, it becomes clear that in the process of training, including the formation of technical training, action games are recognized not only as an effective tool, but also as a specialized standard, large volume or high intensity. It is recognized that it serves as a means of relieving the effects of congestion. If we consider the training of a volleyball player as a system, it is necessary to distinguish several components: it, in turn, consists of many elements.

It is necessary to take into account the main components of the sports training system:

- the competition system;
- training system;
- a system of factors for increasing the efficiency of personnel training and competitive activity.

All components of the education system are interrelated and complement each other. At the same time, they have an independent meaning with well-defined tasks and methodological features that give them.

Conclusion. From the analyzed scientific and methodological literature, it became clear that the practical importance of specially specialized action games in training young volleyball players, including in the formation of their technical skills, is incomparable. According to the results of the questionnaire aimed at determining the effectiveness and importance of mobile games in the development of technical training of young volleyball players, most of the respondents - coaches could not correctly assess the positive value of mobile games in the process of technical training. Therefore, it is not appropriate to use mobile games in their professional activities, and it was observed that this issue is not emphasized enough.

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