

IMPORTANCE OF PHYSICAL QUALITIES IN TRAINING YOUNG VOLLEYBALL PLAYERS.

<https://doi.org/10.5281/zenodo.10091175>

Shermatov G'ulom Kaxxorovich

Senior teacher of the Department of Physical Culture and Sports Activities of the Tashkent Financial Institute

Abstract

The importance of physical qualities in training young volleyball players. The specific physical qualities of different sports differ from each other. The relationship of physical qualities of volleyball players.

Keywords

specification – specifications, intensive – intensively.

INTRODUCTION

Physical preparation four issue: health _ strengthen physical perfection level increase, organism functional opportunities increase physical abilities bring up the issue solution does.

Pedagogical from the point of view physical preparation common preparation and allocated to special training. General physical fitness shown above service to strengthen the passed health and increase the level of physical maturity if he does special physical preparation while organism functional opportunities It is the main foundation for raising and educating physical abilities. As the main means of improving the general physical fitness of a volleyball player items with and without items general developmental gymnastics exercises, executable actions intensity regularly respectively instead of in pairs being exercise to do mobile and sports games, relays, cross run, swimming and from others is used.

DISCUSSION AND RESULTS

A person's physical abilities or qualities, his ability to act (strength, speed, agility, durability) that acceptance done them improvement based on the organism own work ability from the level repeated excess physical to downloads answer give take lies This the only one in progress, exercise of doing initial stages common physical preparation, deepened exercise to do stage while vice versa special physical advantage of preparation sides there is Various sports specific physical qualities differ from each other. It's heavy of athletes power or of gymnasts agility,

long to the distance endurance of running athletes, ensuring harmony in playing volleyball will give. Volleyball player power dynamic to the character have to be and start suddenly stop and change the direction of movement, jump, block the ball from the opponent take to put to the ball blow to give such as in actions manifestation to be need It is known that a volleyball player does not require the weight of the specification to be heavy , but rather body and the ball inertia overcome with is evaluated.

Therefore, it is known that volleyball players should have strong legs and arms special importance is given. But the game activity of the back and abdominal muscles It requires good development to perform complex movements and one-sidedness on the support high shoulder of the belt muscles when enlarged balance storage allows.

Strength developing exercises.

Primary preparation stage 9-10 year old everyone muscle groups development for exercises use need They are to say maybe breath get muscles strengthening muscle corset organize does. This on purpose on the gymnastic ladder, filler balls, volleyball ball, double exercises (3-7 complex) swimming, mobile games, light items away throw, running come to the height jump like common developing from exercises is used.

11-13 year old soft stretchable rubber, filling balls, rope as well as strength exercises performed in pairs, for length and height jumping, multiple jumps (8-12 complex) exercises are used. Remember that it is necessary that the volume of physical loads should not exceed 3-4% of body weight.

For example, when the weight is 40 kg, a dumbbell weighing 1.5 kg, with filler balls exercise to do possible 14-15 year old maximum of weight 15-20% the organize doer attraction from exercises use possible In this actions (eg body tilt, to sit or jumps) maximum level there is strength with fast, perform in parts 5-10 times, resting 2.5 minutes between each part need In parts repetitions the number preparation depends will be however in this according to the initial scheme, 5 repetitions (3Q x 5T) do not exceed three parts need Six weekly exercise in the making cycle (5M x 10T) in the form of will be.

Such exercises develop speed and strength, they are relative to the muscles jump high and kick and land, block the ball from the opponent take away ability forms.

Legs and your body to be written of the muscles "explosive" strength It is not necessary to strain for development, because they suddenly run and jump it is invisible and has a lot of tension in the minimum time. Muscle twitching to increase

its strength, its own body mass is used: from 50 to 70 centimeters (according to height) body up or up after jumping down from a height forward with such force that the knee of the leg during landing bending is equal to at least 90% (jumping over the low hurdles of athletics when passing). Young beginners who started volleyball practice such jumps In the 2M x 5T scheme, and for those who are more prepared, the 4M x 8T scheme is enough level rest taking muscles relax exercises adding perform need.

To develop the "explosive" power of the legs, rope, inclined ladder running and jumping exercises, multiple jumps, triple jump, short 5-6 meters jumps with one or two legs up after the kick (13-14 complex) very is useful. In developing strength exercises below help will give.

- strength development and muscles relaxing exercises replace perform;
 - exercises in the sheep in consistency choose: first of all hand and high shoulder belt, then the body (shovel, belly), legs strength development exercises;
 - exercises breath in between adjustment is enough, power load depending on size 1 2.5 per minute up to a minute need;
 - system at work muscles with much effort increase strength possible
- Speed developing exercises.

Volleyball player speed, hard sure to the distance signal according to start will receive of a track and field athlete the difference in speed does.

In volleyball promptness usually in the sheep in indicators manifestation will be: reaction speed and tactical perception, starting and transitioning from one action to another at speed. All of these components that make up the quickness of a volleyball player are they are not related to each other, and they are both individually and in a complex of game exercises can be practiced. The volleyball player in the game sees the ball before the ball is passed to know situation assessment, one to the decision coming need That's it thing found that of these all for volleyball player of this time, spending up to a second 70% should be able to see the ball . Therefore, to see the ball in the game it should not be removed from the field of vision. It's like the reaction of seeing and moving complex reaction speed makes the eye quickly see the object, and the movement apparatus how movement to do fast which increases in exercises will be improved. Reaction speed educator exercises in pairs be lib perform especially interesting:

Before the attack, the volleyball player relies mainly on the "explosive" power of the legs and partially depends on increasing step length. The "explosive" power of the legs and step to improve the length exercises in sheep help will give:

- 10 -15 per meter jumping up and down running;

- different of cases standing up 7-10 per meter fast running;
- to run 10 meters fast from a squatting position according to a conditional signal, possible as long as as if hand with the ball as if hitting higher jump and again squatting again to the signal according to of this exercise himself repetition and etc.;
- one player swings the ball and throws it to another player high jumping hand returns to him with After 3-4 minutes, the players are seated they exchange;

As fast as other types of exercises that develop the volleyball player's quickness such as the speed of running and stopping immediately, switching from one action to another use of exercises can:

15-30 per meter "mushy" running;

fast running for 5-10 meters; stop immediately, while jumping or falling hand with hitting the ball;

There are many ways to improve some types of speed sports games, relays and mobile in games.

Agility developing exercises.

Agility is a volleyball player's ability to quickly acquire new movements and play to the situation looking is adaptation. Otherwise by doing so to speak agility – this swiftness, strength, coordination of possibilities is a unit.

One of the mandatory requirements for agility exercises is novelty is an element. That's why more for _ active and sporty play games useful, because the situation in them is characterized by constant novelty. General agility development good tool – acrobatics elements, to run jumps, complicated actions (crawl, pulled exit, thrust) and another mixed is to do the exercises. But prepare to develop agility all stages volleyball from exercises is used. In volleyball three, physical quality - strength, quickness and agility are inextricably linked with each other, the basis of their upbringing is the general rules of the sheep. These qualities are the organism when not tired, that is, it should be developed after writing exercises. Each the exercise is performed with maximum effort. Full recovery after every workout should be . It should also be noted that physical qualities are technical training interrelated with If volleyball players have adequate strength, speed and agility if not, technical of the game cannot perform the methods.

Volleyball players physical qualities mutually relatedness.

Education of physical qualities in volleyball for their harmonious development should bring, but this thing should be in such a proportion that they the highest to the playing activity of volleyball players be effective. Whole idea instilled in the

training process – the volleyball player is just a simple quick or It is the opinion that it should not only be strong and flexible, dexterous . Player this each of the qualities is needed standard, mentally hand let him enter.

CONCLUSION

Volleyball players physical quality and performance of skill mutually in connection they should strive for perfection. All their thoughts are of physical qualities should be focused on creating such a basis that these qualities are more and more game techniques let it improve. At this point, it should be said that the achievement is not due to the body, but because of playing with game technique and logical perception, volleyball players, Our country reach the level of leaders must.

One of the famous athletes said : "Ignorance of athletics or lack of technical skill and the game collective organization in reaching achievements with is filled. However, athletics caution not to his importance admit not get coach It would be the worst mistake ." And so, volleyball player athleticism when you say physical qualities so connection to understand must she is the game to the effectiveness of his activities , to his achievement of high technical skills let him help.

There then, ie athleticism performance skills open to give the most high level only when they help volleyball for physical of adjectives harmonic about development if he speaks will be.

REFERENCES:

1. Tashpulatov F. A., Shermatov G. K. Wrestling–The Honor of Uzbek Nation //Eurasian Scientific Herald. – 2022. – T. 8. – C. 205-208.
2. Alisherovich T. F. Sog'lom turmush tarzini shakillantirishda jismoniy madaniyatning inson hayotidagi roli //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMYIY JURNALI. – 2022. – C. 187-190.
3. Ташпулатов Ф. ГАНДОЛЧИЛАР О'ЙИН FAOLIYATI SAMARADORLIGINI HAR TOMONLAMA BAHOLASH METODIKASI //Scienceproblems. uz. – 2023. – T. 3. – №. 1. – C. 96-104.Shermatov G. K. Classification of Methods of Sports Wrestling, System //EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY. – 2022. – T. 2. – №. 2. – C. 39-42.
4. Myxаметов A.M. (2021) Methodology for Normalizing Workload in Health Classes, european journal of life safety and stability,<http://www.ejlss.indexedresearch.org/>

5. Шерматов F.К. (2021) DYNAMICS OF PHYSICAL DEVELOPMENT OF STUDENTS WITH ONE AND TWO TIME COMPULSORY LESSONS, World Economics & Finance Bulletin (WEFB) <https://www.scholarexpress.net/>
6. Мухамметов, А.М. (2022). Научно-методические основы нормирования нагрузок в физкультурно-спортивном здравоохранении. Евразийский научный вестник, 8, 194-197.
7. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. *Academicia Globe: Inderscience Research*, 3(04), 165-169.
8. Alisherovich, T. F., & Toshboyeva, M. B. Innovative Pedagogical Activity: Content and Structure.
9. Tashpulatov Farkhad Alisherovich, METHODOLOGY OF COMPREHENSIVE EVALUATION OF GAME ACTIVITY EFFICIENCY OF HANDBALL PLAYERS, 2023/1, ACTUAL PROBLEMS OF HUMANITIES AND SOCIAL SCIENCES, 96-104, <https://doi.org/10.47390/1342V3I1Y2023N10>
10. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. *Academicia Globe: Inderscience Research*, 3(04), 165-169.
11. Khurramovich, K. F. (2022). METHODOLOGY OF WEIGHTLIFTING WITH ATHLETES. *Web of Scientist: International Scientific Research Journal*, 3(4), 1228-1233.
12. Karimov, F. X. (2022). Scientific and Methodological Bases of Normalization of Loads in Physical Education and Mass Sports-Health Training. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 2(2), 24-28.
13. Karimov, F. X. (2021). Plan Individual Fitness Training Programs for Middle-Aged Men. *European Journal of Life Safety and Stability* (2660-9630), 11, 238-244.
14. Каримов, Ф. X. (2020). CLASSIFICATION, SYSTEM AND TERMS OF SPORT WRESTLING METHODS. *INTERNATIONAL JOURNAL OF DISCOURSE ON INNOVATION, INTEGRATION AND EDUCATION*, 1(4), 84-88.
15. Каримов, Ф. X., & Ташпулатов, Ф. А. (2020). РЕСПУБЛИКАМИЗДАГИ ЮНОН-РИМ КУРАШИ БИЛАН ШУҒУЛЛАНУВЧИ ЎСМИРЛАРНИ ҚАРШИ ХУЖУМ УСУЛЛАРИГА

ЎРГАТИШ САМАРАДОРЛИГИНИ ОШИРИШ. ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ, (SI-2№ 4).

16. Каримов, Ф. Х. (2017). Физическая культура и её связь с общей культурой. Высшая школа, (4), 65-66.
17. Каримов, Ф. Х. (2017). Физическая культура и её связь с общей культурой. Высшая школа, (4), 65-66.
18. Karimov, F. K. (2022). Developing A Combination of Health Exercises for Middle-Aged Men Aged 45-60. Eurasian Scientific Herald, 8, 201-204.
19. Tashbaeva, M. (2022). Pedagogical Opportunities of Wrestling Sports in the Formation of a Sense of National Pride in Students. Eurasian Scientific Herald, 8, 213-216.
20. Toshboyeva, M. B. (2022). WELLNESS EXERCISES FOR HUMAN ENDURANCE DEVELOPMENT. Web of Scientist: International Scientific Research Journal, 3(4), 1214-1220.
21. Toshboyeva, M. B. (2022). Wrestling is a Kind of Sport with an Example of the First Training jar the Importance of the Formation of FastPaced Power Attributes with the Help of Moving Games. Texas Journal of Multidisciplinary Studies, 6, 291-294.