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THE EFFECTIVENESS OF THE USE OF MOVING GAMES IN THE DEVELOPMENT OF OPERATIONAL-STRENGTH QUALITIES OF YOUNG VOLLEYBALL PLAYERS

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ABSTRACT

This article is aimed at studying the effectiveness of the use of moving games in combination with different styles in the development of operational-strength qualities. The first digit player holds the stick in the middle of the circle perpendicular to the ground. With a solid voice, he'll call the digital player he wants and release the stick. The player who is called must hold the stick, which quickly falls. During the same competitions, it is inevitable that the longer an athlete can keep his or her work capacity in terms of quality and efficiency, the more "strength" he or she can gain, the more success he or she can "laugh" at him.

KEYWORD: *Volleyball, Fast-Strength Quality, Technical Tactical Elements, Pedagogical Research, Special Physical Quality.*

INTRODUCTION

Achieving high results in modern sports practice is associated with the ability of the athlete to maintain a high quality and effective working capacity for a long period of time.[1]

The duration of competitions in various sports is determined by the rules of international competitions. During the same competitions, it is inevitable that the longer an athlete can keep his or her work capacity in terms of quality and efficiency, the more "strength" he or she can gain, the more success he or she can "laugh" at him. In other words, the quality and efficiency and level of the work ability to be maintained for more or less time is determined by how well the types of general and special endurance qualities are developed.[2]

The problems of the development of technical tactical elements in sports games by the leading specialists of the Republic of Uzbekistan, Foreign experienced pedagogues, many scientists have

found their solution in many scientific and methodological literature. L.R. Ayrapetyans (2006), A.A.Pulatov (2012), Sh.X.Israilov (2014), Z.B.Boltaev (2019), including from foreign scientists V.M.Zatsiorsky(1995), L.P.Matvyev(1997), V. N. Sakalov (1999), David Lavalley, John Kremer (2004), Edmunds J, Ntaumani N (2006), V.Y.Ignateva, A.V. Ignatev, A.A.Ignatev, Y.D.Zheleznyak (2018), who conducted scientific research in the years.

Speed-the use of moving games in combination with different styles in the development of strength qualities is effective. Based on the purpose of this work, we used motion games to develop the quality of speed. We divided the participants into 2 groups, from 10 people. In the first group, the training was conducted on the basis of a traditional program. The second group exercises were followed by action games.Helping the second group develop operational-strength quality "Olomon poyga", "Qo'vlashmachoq", "Qo'l ushlab qo'vlashmachoq'yni", "Yiqilayotgan tayoqcha", "Qarmoqcha", "Qurbaqacha sakrash estafetasi" o'yinlari berildi.

"Olomonpoyga" the riders of the team whose game is given pocket handkerchief with a signal ride their horses and send pocket handkerchief across. The riders of the second team try to master the pocket handkerchief, which is being transferred. If they achieve this, then in turn they will begin to stretch pocket handkerchief among themselves. Pocket handkerchief is given in the event of falling to the ground.

"Qo'vlashmachoq"beginner says I will chase up his hand. After that, all the players run inside the field. The beginner will try to catch the runners. The captured player takes the place of the beginner. The game continues in this way.

"Qo'lushlabqo'vlashmachoq'ynash". For the game, all sides of the field are limited by a line. The corporal stands among the players. Players will all be scattered across the field and run away. A bully will want to catch a child. At the moment when the danger does not arise, he can hold hands with him by calling his next companion to him for help. Those who hold hands are not considered caught. If a mother holds a child who does not turn to hold hands with her partner, she will share her role with the same seized child. If the mother cannot catch anyone for a long time, another mother is appointed. The game continues in this way. A player who is not caught in general is considered a winner.

"Yiqilayotgantayoqcha" game. All players stand around the circle with a diameter of 6-8 m and count consecutively. The first digit player holds the stick in the middle of the circle perpendicular to the ground. With a solid voice, he'll call the digital player he wants and release the stick. The player who is called must hold the stick, which quickly falls. If the stick cannot be held, then there will be a manager. It is not possible to put a stick without a digital call. Players must not interfere with one another.

"Qarmoqcha" all children are made of circle dressing. When the beginner stands in the middle of the circle and spins the rope around himself, the players jump so as not to touch the bag. The game continues in this way.

1-TABLE THE LEVEL OF DEVELOPMENT OF OPERATIONAL-STRENGTH QUALITY IN THE CONTROL GROUP AFTER PEDAGOGICAL RESEARCH (N=10)

№	Name, Surname	Jump on the ball where it stands, m	Jump up and down, sm	4x10 shuttle race to m, s
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1	Abdullaev SH.	21	31	11,6
2	Azimov SH.	22	32	11,5
3	Turdiyev R.	20	31	11,5
4	Xabibullaev A.	21	31	11,5
5	Xayitboev S.	22	32	11,3
6	Ibragimov Z.	23	33	11,2
7	Iskandarov A.	23	32	11,1
8	Kenjaev A.	22	32	11,1
9	Matkarimov I.	21	33	11,2
10	Navruzov A.	22	33	11,2
	Z xi	217	320	113,2
	Min-max	20-23	31-33	11,1-11,6
	$X \pm 8$	21,7±0,6	32,0±0,9	11,32±0,4

“Qurbaqachasakrashestafetasi” two teams are formed and one player from each team stands on the start line. Whoever first goes to the specified finish will win. In this way the game will continue.

The degree of development of operational-strength qualities in children engaged in both groups after pedagogical research is presented in tables.

2-jadval

THE DEGREE OF DEVELOPMENT OF THE QUALITY OF CHEWING AND FASTNESS IN THE RESEARCH GROUP AFTER PEDAGOGICAL RESEARCH (N=10)

№	Name, Surname	Jump on the ball where it stands, m	Jump up and down, sm	4x10 shuttle race to m, s
1	DJurayevM.	24	34	10,2
2	Raximov J.	22	35	10,3
3	Rahmatov Sh.	23	34	11,0
4	Ruzimov I.	24	33	10,2
5	Rametov M.	24	33	10,3
6	Sapaev E.	24	37	11,0
7	Ulliev A.	24	37	10,3
8	Shomuratov U.	25	36	10,4
9	Xujaev D.	24	36	10,9
10	Kurbonov J.	25	36	11,0
	Z xi	239	351	105,6
	Min-max	22-25	33-37	10,2-11,0
	$X \pm 8$	23,9±0,2	35,1±0,3	10,5±0,1

If the results of both groups were compared before and after the study, the mean results in the control group at the height jump test at the place of standing were only improved from 20.8 to

21.7 and increased by 4.3%, this indicator in the research group was improved from 21.5 to 23.9, that is, the increase was 11%. While the difference was 0.9 in the control group, the difference was 2.4 in the research group.

In the control group at the height jump test, the average results were improved from 31 to 32 while the increase was 32 % while the research group average result was improved from 32 to 35.1 and the increase was 9.7%. If the difference in the control group was equal to 1, the difference in the study group was equal to 3.1.

3-TABLE BEFORE AND AFTER PEDAGOGICAL RESEARCH IN BOTH GROUPS

№	Test exercises	Groups		
		Control X ± 5	Study X ± 5	
1	Jump to the height where it stands , m	Before the study	20,8±0,9	21,5±0,7
		After the study	21,7±0,6	23,9±0,2
2	Jump up and down , sm	Before the study	31,0±0,4	32,0±0,6
		After the study	32,0±0,9	35,1±0,3
3	4x10 shuttle race to m, s	Before the study	11,7±0,8	11,5±0,5
		After the study	11,32±0,4	10,5±0,1

Results (n=20)

While in the 4x10 to m shuttle jump test, which develops speed, the average result in the control group was improved from 11.7 to 11.32 and the growth was equal to 3.3%, the average result in the research group was improved from 11.5 to 10.1 and the growth was 9.4%. The difference in the control group was 3.8, while the difference in the study group was 10.0.

In the study group, the exercise performed for 6 months in different styles, that is, using special exercises and moving games, resulted in an increase in the quality of chewing gum and fastness.

So, he found his own proof that the use of different methods in the development of special physical qualities of young volleyball players is effective. Therefore, the results of pedagogical research conducted by us, the use of moving games in the development of their special physical qualities, the introduction of their methods into the preparatory process, have an important role.

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