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## IMPROVING PHYSICAL FITNESS AND TRAINING PROCESS IN YOUNG VOLLEYBALL PLAYERS

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### ABSTRACT

*The article discusses the possibilities for young volleyball players to perform actions that determine the effectiveness of offensive and defensive actions in optimizing the process of physical training and training in youth volleyball. During the game, situations and their immediate impact are constantly changing. During the competition, the volleyball player performs a variety of actions, which can be conditionally divided into 3 groups: moving from place to place, transfers - blows and jumps. In addition, they are distinguished by high magnitude of power, fast-power capabilities and speed. Fifth, young volleyball players in the Libero category have good performance, reflecting different coordination skills in all other athletes, and are on an equal footing with others in terms of speed.*

**KEYWORDS:** *Movement Qualities, Morpho-Force Factor, Speed-Strength Endurance, Complex Exercises, Quality And Quantity Parameters, Dynamic Characteristics, Differential*

### INTRODUCTION

Implementing specific programs in the field of physical culture and sports to strengthen the health of the population, attracting young people to sports and selecting talented athletes from among them, training national teams with skilled athletes who will achieve high results in sports. there is a need to create and create additional conditions for coaches.

The level of physical fitness of an athlete is of great importance in achieving high sports results in any sport. Therefore, the problem of developing the physical qualities of the athlete in each specific sport is currently one of the most pressing issues. Physical training is also very important in volleyball, where the qualities of movement are nurtured, high techniques and effective tactics of movement are implemented. The level of physical fitness of volleyball players is largely determined by the results of the team in competitions.

Now, this issue is not considered secondary in the process of sports training of a young volleyball player. At the same time, an analysis of the literature shows that there is no single view on the proposed list of physical qualities required for young volleyball players and no single interpretation in the definition of physical qualities. In many cases, the authors did not fully disclose the content of the physical attributes they proposed, although a large list of such recommendations was obtained from here (A.V. Dukalskaya, 1995).

The literature lists a very large variety of physical qualities required for young volleyball players. Special literature focuses on the need to develop one or another physical quality, discusses the importance of this or that quality, and suggests exercises or methods to develop this quality without fully disclosing the structure of physical quality (BAPodlivaev, OK Tarnopolskaya, 1979).

It is emphasized that in volleyball, the level of development plays an important role in determining the effectiveness of the players' offensive and defensive movements. At the same time, the most important factor in the development of special endurance in volleyball players is the high level of lactate anaerobic energy, which is accompanied by an increase in aerobic efficiency.

In addition, the ability to move in conditions of oxygen deficiency, which is evident in the accumulation of lactic acid, is also important (N.A. Belyaev, 1975).

The speed-strength endurance of a young volleyball player differs in its various types: running, kicking and jumping endurance, each of which, in turn, allows the athlete to successfully perform a variety of and many movement activities during the game. helps. The main quality that the training process should be subject to development is the agility and endurance of the young volleyball player.

It is emphasized that the endurance of young volleyball players is not the sum of strength, quick endurance, which is due to the fact that each specific movement is performed during the activity in a certain order or proportion. is a complex "complex", integral quality, which is concentrated from the manifestation (for 2-3 hours), the basis of which is durability.

The performance of young volleyball players is positively correlated with their level of physical development, in particular:

- a) Special speed with the long dimensions of the body and its parts, the height of the inner part and the raised part of the toes;
- b) special force with absolute and relative muscle components of body weight, length and circumference of the body and its parts, the inner part and the raised part of the legs; negative with the 'fat' part of body mass;
- c) total (maximum) force - the circumference, transverse and total dimensions of the body, with the length of the upper and lower parts of the body (except for 11-15 years) (AG Taripov, 1990). Based on the analysis of correlation models, the main indicators of speed-strength training of young volleyball players of all age groups were identified: jumping up to the mark of maximum height in running, throwing the ball with the right hand, flexing the paws and the strength of the muscles that record the body. In addition, general physical training in the strength of the muscles of the arms, legs and torso is typical for all age groups (AT Garilov, 1990).

During the game, young volleyball players perform very complex movement activities: various movements from place to place to put the ball into play or to receive a flying ball after an attack kick, performing a hurdle or blockers, and very diverse transfers, ball throws, attack shots, etc. to provide the attackers with a header.

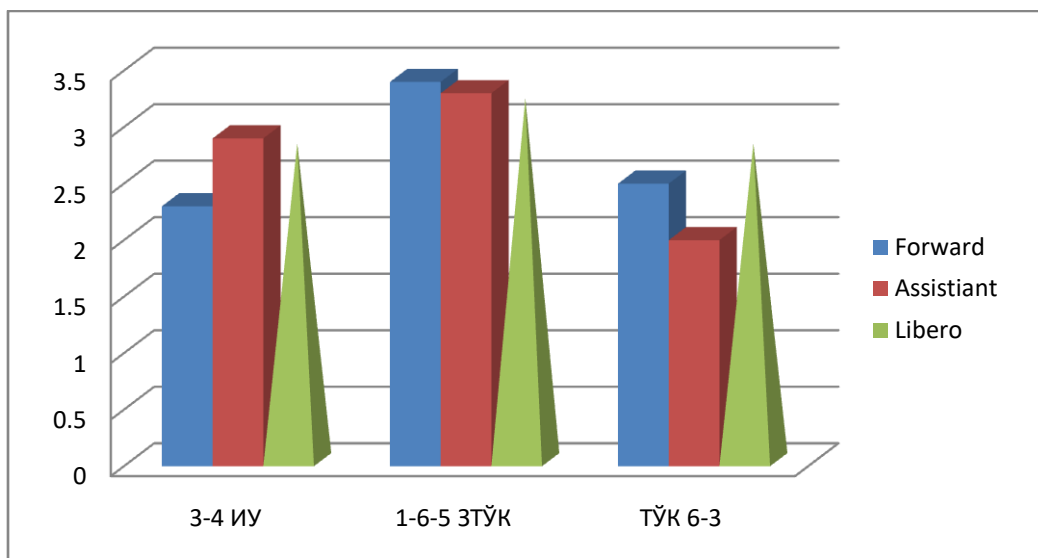
However, the place and sequence of such activities are not known to young volleyball players. During the game, situations and their immediate impact are constantly changing. During the competition, the volleyball player performs a variety of actions, which can be conditionally divided into 3 groups: moving from place to place, transfers - blows and jumps. The volleyball player must be able to successfully complete all possible passes, such as kicks and jumps. From here, we can conditionally distinguish three types of volleyball endurance according to the types of movement that underlie each of the three groups listed above.

At the heart of the separated groups of movement activities are movements with their environment, time and dynamic characteristics, quantitative and qualitative parameters, which differ from other groups and are always performed in their own order, specific to this particular physical activity group.

The results of special training tests for young volleyball players of different game levels are presented. In special tests, the leaders were distinguished sufficiently clearly. In the test "IU 3-4" "passer" and "libero" showed good results, in the test "TOK 1-6-5" "forwards" showed good results, in the test "TQ-6-3" and the "libero" took the lead.

It was in this test that the "forwards" showed relatively high results. The difference in the results of special tests is probably due to the usual functional commitment of volleyball players in the game. Analysis of the correlation of the parameters of physical development, physical fitness, physical activity and autonomic functions of young volleyball players of different game specialties showed significant differences in their structure.

Special training indicators for volleyball players of different specialties. The structure of physical training of young volleyball players of different game scales showed its similarity in the main components and images. At the same time, the specific structural features of physical training in each game specialty were identified. Forwards have a broad and close relationship to many parameters that reflect physical development, physical fitness, work ability, autonomic functions, and special training. In the "passers" the density and number of these connections decreases, while in the "liberos" they decrease even more.



Thus, the data allowed to conclude that the young volleyball players have a moderate level of physical fitness and its specificity is based on the specialization of the game. This, in turn, leads young volleyball players to conclude that it is necessary to increase the effectiveness of physical training processes and to differentiate it based on the amplitude of the game in general.

A comparative analysis of the level of physical fitness of volleyball players of different ages allowed to draw the following conclusions.

First, it was observed that the physical level of young volleyball players increased rapidly as they got older. This applies to all the parameters studied - physical development, physical fitness, work ability and autonomic transmission of the organism, which, in turn, is fully explained by the laws of youth development.

Second, the analysis of the level of physical development and physical fitness of young girls volleyball players in different game specialties allowed to distinguish the distinctive features of each game.

Thirdly, it was found that the "Forwards" differ from other athletes with a much higher level of physical development. They have relatively high performance in terms of speed and strength, and relatively good performance in terms of strength and endurance.

Fourth, the Passers-by have a much higher level of flexibility and reliability. In addition, they are distinguished by high magnitude of power, fast-power capabilities and speed. Fifth, young volleyball players in the Libero category have good performance, reflecting different coordination skills in all other athletes, and are on an equal footing with others in terms of speed. Testing the condition of the vegetative systems of the body of young volleyball players of different specialties shows that relatively good results were observed in the "attackers", which is probably due to the predominance of physical activity and aerobic productivity, although they are not reliable.

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