

PLANNING GENERAL AND SPECIAL PHYSICAL TRAINING OF YOUNG VOLLEYBALL PLAYERS DURING TRAINING

Haydarov Muhammad Rahmonovich*

*Teacher of Physical Education at the 37th School of Samarkand city,
Samarkand, UZBEKISTAN

Email id: xaudarovmuxmmad@icloud.com

DOI: 10.5958/2249-7137.2022.00745.5

ABSTRACT

Physical exercise is effective for improving and activating both the mental and the mental functioning system. All physical exercises or sports are as necessary for the human factor as water and life. This article describes in detail the benefits of volleyball, the physical and mental training exercises that are important in the organization of volleyball teams, as well as the planning of general and special physical training of young volleyball players during training.

KEYWORDS: *Physical Exercises, Volleyball, Teams, Youth And Adolescent Schools, Sports, Mental Activity, Psychology Of Athletes, Etc.*

REFERENCES:

1. B Mamurov, A Mamanazarov, K Abdullaev, I Davronov. Acmeological Approach to the Formation of Healthy Lifestyle Among University Students. III International Scientific Congress Society of Ambient ..., 2020. <https://www.atlantis-press.com/proceedings/isc-sai-20/125937241>
 2. Bakhodir Mamurov. Scientific basis of the acmeological approach to the process of training and education. <http://pnap.ap.edu.pl/index.php/pnap/article/view/348>
 3. Mamurov Bakhodir B. Forming skills of academic process design for future teachers and methods of determining its quality. <https://www.elibrary.ru/item.asp?id=28408580>
 4. Mamurov B. B. The Need to Prepare Future Teachers to Design a Student-Centered Educational Process. Eastern European Scientific Journal, 2017. <http://journale.auris-verlag.de/index.php/EESJ/article/viewFile/600/596>
 5. Mirzayeva Sayyora Rustamovna. Formation of a healthy lifestyle among students The text of a scientific article in the specialty "Science and health". <https://cyberleninka.ru/article/n/formation-of-a-healthy-lifestyleamong-students>
 6. Mirzayeva Sayyora Rustamovna. Psychological features of attitudes of students to their own health in conflict situations. journal of critical reviews. ISSN- 2394-5125 VOL 7, ISSUE 17, 2020. <http://www.jcreview.com/?sec=cissue>.
 7. Samarova Sh.R. Fairy Picture Of The World: Gender Scenario Of The Person [Fabulous Picture of the World: Gender Script Personality]. <https://scientific-conference.com/h/sborniki/pedagogicheskie-nauki2/956-fairy-picture.html>
-