## WAYS TO IMPROVE HIGHLY QUALIFIED VOLLEYBALL TRAINING

Umarov Komil Majitovich\*; Abduraximov Ziyodullo Xojiakbar ogli\*\*; Nasimov Ulugbek Orif ogli\*\*\*

> \*Teacher, Faculty of Sports Activities and Arts, Samarkand State University named after Sharaf Rashidov, UZBEKISTAN Email id: komilumarov8601@gmail.com

> \*\*Teacher, Faculty of Sports Activities and Arts, Samarkand State University named after Sharaf Rashidov, UZBEKISTAN

> \*\*\*Teacher, Faculty of Sports Activities and Arts, Samarkand State University named after Sharaf Rashidov, UZBEKISTAN DOI: 10.5958/2249-7137.2022.00554.7

## ABSTRACT

This article discusses the features associated with the training process of highly skilled volleyball players. Conclusions have been developed to improve the efficiency of the educational process. Highly qualified volleyball players were analyzed and made recommendations.

**KEYWORDS:** The Process Of Training, Physical Characteristics, Dynamics, Volleyball.

## REFERENCES

- 1. Law of the Republic of Uzbekistan "on education". T.: Uzbekistan, 1997. 25 p.
- **2.** Law of the Republic of Uzbekistan "on Physical Education and sports". Tashkent, 4sentabr 2015.
- **3.** Decree of the president of the Republic of Uzbekistan on measures to ensure more effective organization of the process of acquisition of rights over land parcels and other immovable property as part of the South Caucasus pipeline expansion project more
- **4.** A.A.Pulatov young volleyball players agility-method of formation of power attributes. // Methodical guide. T.: 2008. 38p.
- **5.** Schneider V.Yu. Methods of teaching the game of volleyball. // Manual for st-in the faculty in physics. M.: Olympia. Human. 2008. 55 p.
- **6.** Yu.M.Yunusova Theoretical foundations of physical culture and sports. //Tutorial. T.: 2005. 260 p.

## ACADEMICIA: An International Multidisciplinary Research Journal ISSN: 2249-7137 Vol. 12, Issue 05, May 2022 SJIF 2022 = 8.252 A peer reviewed journal

- 7. Yu.D.Zheleznyak, A.V.Chachin, Yu.P.Syromyatnikov Volleyball. //Exemplary programs for children's and youth sports schools. M.: Soviet sport, 2009. 130 p.
- **8.** The Mini-Volleyball Handbook is a modified and expanded version of the Newest Soft Volleyball Handbook published in Japan in 2008 pg.