

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

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### 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.*

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### INTRODUCTION

State organizations managing the development of volleyball in Uzbekistan, their composition and the development of volleyball in our republic state organizations for physical education and sports It is carried out by district, city and regional branches. Cultivation of athlete reserves and highly qualified athletes management responsibility for physical education and sports of the Republic of Uzbekistan will be assigned to the sports games under the care of the committee. Such committees exist in every district, city and region of our republic and they are responsible for ensuring the development of volleyball in the areas. The national teams of our republic are not only highly qualified training of volleyball players, but also talented substitutes in volleyball management of cultivation activities, theoretical and methodological support for them it is necessary to show.

At schools of Children's and Adolescent sports the tasks and importance of volleyball development in schools, general education schools, technical institutes and higher educational institutions. Volleyball is one of the most popular sports in all educational institutions of our Republic. Volleyball is included in the curriculum of all educational institutions as an educational activity. The reason why so much attention is paid to volleyball is its simplicity and the fact that it is a cheap, universal tool in the system of physical education. "Sports competition" is a multi-year program that provides an opportunity to find promising children who can achieve high results in these processes related to regular training sessions in a specific sport, including competitions. is a pedagogical process. Various normative tests (exercises) for purposeful organization of selection, objective assessment of children's genetic and lifelong motor skills, mental qualities and functional capabilities, accurate prediction of signs of volleyball talent and future skill It is customary to use the complex. In sports circles, children and teenagers sports, a young child (participant) who is biophysically progressive can be

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transferred to an older age group. Volleyball selection methods, normative tests and tools  
Pedagogical methods

1. Body length and weight
2. 30m. run 3. 5x6m. to run
3. Vertical jump from place
4. Long jump
5. Throwing a stuffed ball (1 kg) behind the head with two hands.

We can say that the set of methods of movement activities used in the game of volleyball, which make it possible to solve specific tasks, is a technique of the game. If all the movement methods in the volleyball game are combined, then the game technique is formed from them. Movement technique is evaluated by effective action in achieving the goal with the implementation of various tasks. This is the level of assessment-technique. that the performance of each technical method in the game is closely related to each other, and this connection is formed by the movement system. Dynamic and kinematic properties of movement are necessary and sufficient for solving movement technique tasks in a certain way, i.e. certain consistency of forces, coordination between some parts of the body, etc. General training period lasted 32 days; structural elements of the program; structure and content of training sessions in a microcycle. First microcycle, first day – morning practice. Volleyball players of both experimental groups worked on their speed and speed endurance. First-day evening practice: differentiated development of physical qualities of every player according to individual profiles of physical preparedness. Second-day morning practice: athletes from both experimental groups worked on their strength and strength endurance. Second-day evening practice: volleyball players from both experimental groups worked on coordination qualities and flexibility. Third-day morning practice: differentiated development of physical qualities. Third-day evening practice: volleyball players from both experimental groups worked on general and strength endurance. Fourth-day morning practice: rehabilitation processes stimulation. All other microcycles in the first two mesocycles were built in the same way.

During different periods of volleyball development, the methods, requirements, form and content of technical movements have changed and improved. The main reason was the change in the rules of the technical game, the improvement of tactical actions, and the increase in the level of physical fitness of the players. If we classify the technique of the volleyball game, it is divided into the following 2 major sections: 1. attack technique. 2. protective technique. → high when taking an offensive shot and blocking, medium when receiving a throw-in, low when receiving an offensive shot or a rebound from the fence. In this case, the position of the general center of gravity depends on the nature of the next movement. In a volleyball game, players must move with the ball in a short time. For this reason, a player needs to be highly prepared to play with the ball in this or that home environment. For this purpose, different movement methods should be mastered in order to perform different movement methods. A jump pass is used to execute complex attacking combinations, when the ball is passed high or to reduce the flight time of the ball. In this case, the hands are raised a little above the head, and the ball is passed from the high point of the jump due to the active work of the hands. In the same case, when passing a short ball, the main action is performed due to the active work of the fingers. Boys from the age of 12 and girls from the age of 13 can play in the volleyball club. In the organization of training

sessions for volleyball players, in addition to their technical and tactical training, as well as physical training, great attention should be paid to improving the qualities of agility and quickness. Multi-year sports training is a long-term pedagogical process, which is represented by training in certain age groups based on a specific program. This process is carried out in the following steps:

- wellness group - 7-8 years old;
- preliminary training group - 9-10 and 11-12 years old;
- training group - 13-14; 14-15; 15-16; 16-17 years old;
- improvement group - 17-18; 18-19; 19-20 years old; - group of high sports skills - age 17 and older.

Physical and technical (volleyball) exercises given during training and academic classes should be regulated in terms of their size, intensity, complexity and number of repetitions, taking into account the functional and physical capabilities of children of different ages and genders. The correct distribution of physical and technical-tactical exercises used in the training process determines the effectiveness of training skilled volleyball players. One of the important conditions is that the majority of exercises during primary education should be aimed at forming the physical and functional readiness of children, and the remaining part should be aimed at mastering technical and tactical skills. At this stage, the use of various action games, including action games specialized for the game of volleyball, helps to organize the preparation process effectively. Such action games should be used at all stages of the training and improvement process. In the improvement phase, the percentage of general physical exercises is gradually reduced, and the percentage of special physical exercises and technical-tactical exercises is significantly increased. The volume of exercises is slightly reduced, and the intensity and number of repetitions are increased. In the process of perfecting (strengthening) skills, the intensity of the exercises should be brought to the competition level. At this stage, it is of great importance that most of the competition exercises are used in accordance with different game situations. Teaching each skill of the game (passing, passing, blocking, receiving, kicking) in different ways, for example, the right-handed and left-handed kicks are relatively the same performance expands the range of performance of game skills and enriches the stock of movement. In the process of training and improvement, in order to ensure long-term physical, technical-tactical, fast, strong, agile, accurate and effective execution of game skills, in most cases, exercises are performed in cases where there are complications of fatigue. However, such exercises should be used very carefully. Because excessive load (nagruzka) can expose the child's body to stress, injury or pathological conditions. In the training of young volleyball players, it is important to develop their psychological qualities in parallel. It is known that success in the game of volleyball or in certain situations of the game requires the development of all qualities, skills and abilities, as well as quick thinking, analysis, discernment, correct assessment, attention, memory, foresight. (anticipation), requires the formation of will, ingenuity and "cunning" qualities. The effectiveness of training talented young volleyball players largely depends on the appropriate organization of the selection process for admission to sports clubs and sports schools. Preparatory period starts a new cycle of volleyball players training. It is sometimes called a period of fundamental training. In this period, coaches build base for future sports achievements. That is why this period should be long-term, if possible. According to many specialists the term and duration of the period is different. It depends on

tasks of training, competition calendar, preparedness and qualification of athletes. For high-qualification teams, a term of around 2-2,5 months is optimal. Training workload throughout the period gradually increases. It reaches its highest peak in the middle part of the period and then gradually decreases, but intensity grows. Its tasks are: to bring athletes to the appropriate level of mastery and sports shape before competition starts; achieve better teamwork. Preparatory period ends before schedules games of the national championship.

Planning is an integral attribute of competitive training activity in modern sport. Starting from youth sports, the entire training process is preceded by its planning. The final result depends on how scientifically substantiated and practically advisable the preparation process is planned, and also how accurately it is practically executed. In highly qualified teams, training planning (including athletic) is divided, as a rule, into operational, current and perspective. The central part of the entire planning process is the current or annual planning, under which most volleyball specialists plan a large annual macro-cycle. In turn, a large macro-cycle, in accordance with the theory of sports training, is divided into three periods: preparatory, competitive and transitional. Depending on the calendar of sporting events and the possibilities of developing a sport, in volleyball a large macro-cycle can be divided into two large macro-cycles: autumn-winter and spring-summer. Each of them has a preparatory and competitive periods, interconnected by a transitional period. Sports federations that are responsible for the development of a particular sport can put into practice any of the options. Also, the autumn-winter macro-cycle is considered the more important one, in which the country's championship and cup are held, and the spring-summer ensures the participation of teams in international competitions of various ranks –both commercial and official. Along with planning for periods, another form of planning is often implemented – meso-cycles. To ensure integrity and a higher degree of visibility, a meso-cycle planning form is preferable. This led to the use of this form of planning in our study. The aim of the study was to find the optimal distribution of athletic training volumes by meso-cycles during the annual macro-cycle of highly qualified teams. Even as small children, many boys and girls are crazy about ball games. As soon as they see a ball, it is picked up, thrown, bounced or smashed over a rope. Most likely that is how you became interested in ball sports, and especially in volleyball. And maybe you even practiced with our beginning book Learning Volleyball. In the beginning volleyball can be played at home in the backyard, in the schoolyard, in a park, or wherever. You can usually find a suitable grassy area or a playing surface with a rope or some other obstacle. Once you have decided to learn more, to do volleyball training and maybe even become a successful volleyball player, it is definitely time to join a volleyball club. There you will train under the direction of trainers and coaches who know how to teach volleyball to children and adolescents, and who may even have been good players themselves. At a club you can play better with friends and teammates, practice and learn a lot by watching. Dear Volleyball Player Of course the best part is that after all that training you can finally be in a tournament with a wellprepared team. You will have a fantastic team. Everyone does his best, and you cheer together when you win and bolster each other's spirits when you lose.

Increase of competition in volleyball at national and international levels calls for further improvement of leading experience and general scientific substantiation of the system of volleyball players training. Appropriate level of physical preparedness is an important component of improvement of technical and tactical mastery of athletes during educational and training process as well as of increase of efficiency of competition activity. Only systematic training by a rationally-developed program of physical training of qualified volleyball players

with consideration to individual profiles and model parameters of physical preparedness can provide efficient development of adaptation processes and physical qualities. The tasks of directing children to volleyball and organizing qualifying events from a methodological point of view, training highly qualified volleyball athletes are carried out. It is important to take into account their personal interests and physical abilities when guiding and selecting children for sports. Children can be introduced to volleyball from the age of 12-14. The preliminary training of young volleyball players should be aimed at developing the physical qualities of quickness and agility that are suitable for volleyball players. It is necessary to prepare for the acquisition of qualifications and skills in the basic forms of volleyball technique and tactics. Basically, the volleyball player's jumping, running, sitting and biting movements, as well as the technique of putting the ball into the game, receiving the ball, and passing the ball are taught. Skills for participation in a volleyball game, fake moves, feints are formed from tactical actions. Training sessions of young athletes are organized in periods. During the preparatory period, young volleyball players learn the technical and tactical elements of the volleyball game, and develop their physical qualities. At the same time, spiritual, moral and spiritual training of young athletes is organized. The preparatory period is carried out before the start of the competitions.

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