

WAYS TO IMPROVE HIGHLY QUALIFIED VOLLEYBALL TRAINING

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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.*

INTRODUCTION

In our country, a number of normative-legal documents targeted at the growth of the physical education sector have been enacted and are being quickly implemented. In particular, a sentence [1, 2, 3] can be found in the decree of the President of the Republic of Uzbekistan “on measures for the further development of Physical Education and mass sport” PP-3031 dated June 3, 2017, on the laws of the Republic of Uzbekistan “on education,” “on Physical Education and sports.” This ensures that a healthy lifestyle is widely adopted among young people, as well as the popularity of sports. Uzbek athletes have earned significant honors in renowned international tournaments, displaying our country’s sporting potential to the rest of the globe.

Volleyball stands apart in sports because of its uniqueness, popularity, and enjoyment. In the organization of training for this sport, special attention should be made to the sequence of exercises. As a result, coaches, experts, and field personnel should always pay attention to exercises that contribute to the enhancement of the organism’s functional capacities during training and help volleyball players develop a wide range of positive attributes.

As a result, volleyball players’ physical growth is a natural process influenced by morphological and functional body characteristics, age and health, inherited variables, living conditions, and the unique impacts of volleyball exercise [3, 4].

It is critical to pay special attention to the following criteria when improving the training process of highly competent volleyball players:

1. In volleyball training, special attention is made to all equipment (equipment preparation);
2. Optimize the start and end times of training;
3. Adherence to good technical and tactical guidelines;
4. Physical and mental abilities are developed as a result of competitive training activities;
5. Create a training plan for volleyball players based on their age and previous athletic experience;
6. Effective establishment of a long-term training system for volleyball players, incorporating all training approaches;
7. Awareness of the factors that influence training efficacy.

It should be emphasized that the organization of the process of training highly competent volleyball players is complex and multifaceted.

It not only aids in the enhancement of these aspects’ effectiveness in the training of competitive volleyball players, but it also has a beneficial impact on the attainment of high outcomes.

The stages of volleyball sports training, as well as the sizes and proportions of the various types of sports training

Department of sports activities	Stages and years of sports training					
	Initial preparatory stage		Training stage (stage of specialization in sports)		Sports improve ment stage	High level of sports skills
	One year	For a year	Up to two years	More than two years		
General physical preparation (%)	28 - 30	25 - 28	18 - 20	8 - 12	6 - 8	8 - 10
Special physical training (%)	9 - 11	10 - 12	10 - 14	12 - 14	14 - 17	12 - 14
Technical preparation (%)	20 - 22	22 - 23	23 - 24	24 - 25	20 - 25	18 - 20
Tactical, theoretical, psychological preparation and restorative means (%)	12 - 15	15 - 20	22 - 25	25 - 30	26 - 32	26 - 34
Technical-tactical (integral)	12 - 15	10 - 14	8 - 10	8 - 10	8 - 10	8 - 10

preparation (%)						
Participation in competitions, coaching and arbitration practice (%)	8 - 12	10 - 12	10 - 14	13 - 15	14 - 16	14 - 16

General physical preparation: The major purpose of this stage is to improve athletes’ overall physical training, as well as their basic systems and functional skills, and to build the necessary sports, technical, tactical, and psychological attributes. At this stage, the overall growth includes of a great number of exercises in gaseous directions, as well as activities that target all muscular groups in athletes. The general training phase is crucial because it focuses on the overall growth of movement speed and diverse movements that are directed to athletes’ physical and functional training, which is based on special training. An important role of special training during the initial stage of the preparation period is to improve athletes’ ability to accomplish a huge load. Ability to select and implement competitive workouts based on the effectiveness of training at the start of the program.

Special physical training: The main goal of this stage is to increase the special physical training of athletes, focusing on the direct formation of their Sports form. Special physical training tasks consist in focusing on the functional capabilities of the whole organism of athletes and the development of muscular strength of the legs, explosive strength of the shoulder-belt and body. The development of special physical qualities of volleyball players and competitive exercises of their own sport, as well as the correct selection and application of specific exercises that are performed by their motor and complex movements, is a technique.

Technical preparation: Only the durable and effective execution of the methods, as well as the possibilities of their manifestation in every circumstance and under any counter-effects, will be the focus of an objectiv assessment of the degree of technical training of volleyball players. When it comes to rigging technical training, specialist equipment is used (exercises). In actuality, the term “means” has a vast range of meanings and forms. Naturally, side workouts, technical exercises (or basic exercises), and a two-way volleyball game are the most important. However, in order to tackle the problem successfully and effectively, it is beneficial to conduct preparatory and tactical exercises in the training and improvement process.

Tactical, theoretical, psychological preparation and restorative means: The level of development of general and special physical qualities of volleyball players, as well as their harmonious demonstration in the game process, will depend on the “wealth” of tactical thinking and the brilliance of their tactical actions. Theoretical (intellektual) preparation of volleyball players and psychophysical (memory, attention, emotion, thought, mind, will, Visual breadth, heart, breathing, etc.organs) will focus on the level of capacity formation, the ability to uniformly shape the tactics of the opposing players and the opposing team, as well as other possibilities.

The strategic goal of tactical training, which is carried out over many years of sports training, is the high-level construction of all the indicated opportunities within the framework of these variables.

Technical-tactical (integral) preparation: A high degree of physical training, technical-tactical training, and control games that promote integrated training in volleyball players. [6,7]

Specialization in sports by specialists does not negate the athlete's diverse development. On the contrary, as much as feasible is achieved in the chosen sport based on the overall upgrading of the organism's functional capacities, the comprehensive growth of physical and mental abilities. A lot of theoretical and experimental study data, as well as a lot of experience in sports practice, testify to this [4,6].

There are two basic reasons why an athlete's overall growth is linked to his or her sporting achievements. The interdependence of all of the organism's members, systems, and functions in the activity and development process is the first reason for the organism's indispensability. What physical quality is more important, what type of development is less important, what type of sport is more specific, in order for any physical ability to develop at an extremely high level, the functional capacity of the organism as a whole must be high, that is, the general instruction that this can be achieved only through the process of development in the organism. Secondly, many movement talents and abilities interact with one another. The broader the range of skills and abilities obtained by volleyball players during training, the more favorable the foundation for developing new types of movement activity and improving previously mastered talents will be. New action forms appear based on previously assembled forms, and they comprise the same or similar features. The ability to further improve movement activity as a result of overcoming the problems faced in this way, as well as the development of workouts, is even more crucial in the process of mastering new movement coordinates.

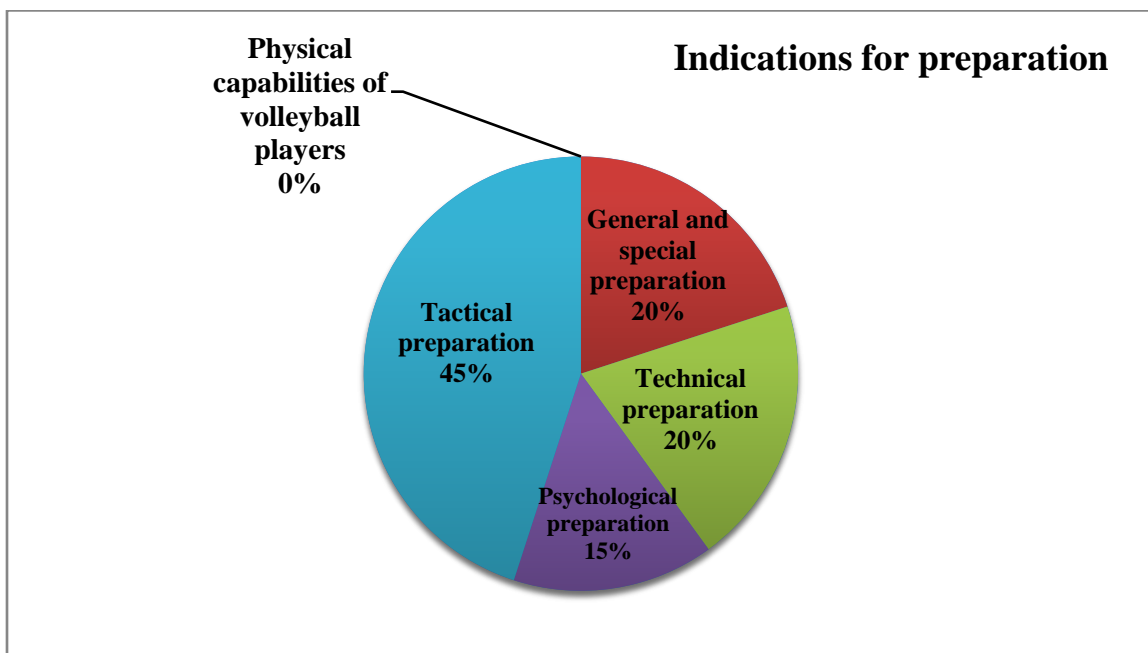
As a result, the goal of finding in sports is to require that, in addition to being a highly specialized process, sports training leads to broader development. As a result, general and special training in sports are carried out simultaneously and inextricably linked.

The organic harmony of general and particular training not only fulfills the legalities of sports improvement, but also everything adheres to the general legalities of the training structure, which is aimed at man's comprehensive development. As a result, the most essential premise of a sports school must be the unity of general and specialized training, which embodies the basic principle of an individual's comprehensive development in sports training.

Because the general and specialized training of volleyball players are so intertwined, it is hard to exclude some aspects of this unit from training without jeopardizing the achievement of a wide range of goals, as well as the use as a training tool. The content of general and special training is also dependent on one another, as the content of general physical training is decided by the characteristics of the selected sport, whilst the content of special training is determined by the conditions that occur as a result of General Training.

The unity of general and specialized training must be viewed as a dialectically dependent one. During training, each side of this unit will not gain from the same tasks in the same way. In each scenario, there is a set of rules that must be followed or advancement in sport would be hampered. This standard is determined by the sport's special qualities, as well as a number of other factors. In actuality, it is feasible to see both examples of insufficient general training evaluation and cases of giving it too much room at some point during the training process. This is exacerbated even further by the fact that the best ratio of general and specialized training does not remain constant over time, but rather varies in a lawful way at different phases of athletic

development. Although the main tendencies of these changes have been identified, the problem has not yet been entirely solved. It is demonstrated below [5,6,7] in combination with the explanation of the structure of one-year and multi-year training on how to tackle this problem.



Analysis of highly qualified volleyball players' training processes is linked to the formation of technical and tactical actions, as well as physical and psychophysical opportunities, which will serve as the foundation for victory in a variety of prestigious competitions that will be fiercely contested. To do so, each coach must be well-versed in the methods, tools, and principles of training and improvement used in his professional and pedagogical activities, as well as the technology that enables them to be implemented. [5,8]

To conclude that it should be highlighted that ensuring the continuity and consistency of training of highly qualified volleyball players is essential. The efficiency of purposeful implementation of these procedures via systematic methodologies is thought to be high.

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