

PEDAGOGICAL INNOVATION OF STAGES AND METHODS OF TEACHING VOLLEYBALL QUALITY ASSESSMENT TECHNOLOGY

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DOI: 10.5958/2249-7137.2022.00841.2

ABSTRACT

The article describes the stages, methods and means of teaching volleyball lessons through techniques in order to achieve high efficiency.

KEYWORDS: *Methodical Teaching, Professional Skills, Elementary Teaching Technology, Technical Training Of A Volleyball Player, Actiongame Skills, Teaching Process, Vocational Training, Dictation, Demonstration And Explanatory Methods.*

INTRODUCTION

It is known that the prospective future of sports depends on the range and quality of sports resources. It is directly related to sports equipment, training bases, coaching skills, exercise training techniques and the art of teaching. Therefore, it is important to bring Uzbek sports to the world stage, to raise it to an international level, to organize children's sports on a scientific basis and to introduce effective pedagogical technologies in this regard. Only specific organizational and methodological measures are required to be implemented on a scientific ground. However, these qualities can be achieved by being extremely careful, gradually increasing the productivity in a "wavy" direction. Definitely, this process is more efficient and dynamic, based on the principles of continuity and regularity, as well as the application of training pressure in accordance with the functional capabilities of the "object". Since 2000, our country has been holding a broad range of sports competitions such as "Umidnihollari", "Barkamolavlod" and "Universiada". However, there are different sports clubs in many regions, children's and youth sports schools, and even in some national local teams, the age of the children taken into consideration in the organization of training on a scientific basis, load planning, selection and application of general and specialized exercises, gender, physical and psychofunctional capabilities are not based on objective test results. Similar shortcomings and problems can be seen in the practice of training volleyball players.

The process of initial training in sports skills is the foundation of a multiyear sports training system. The better the initial training is based on its organizational, methodological, scientific,

and logistical quality, the shorter and easier the training of sports assistants will be. But of course, it depends on the knowledge, professional skills and abilities of the specialist. Therefore, one of the most important parts of the training program is the technology of primary education.

One of the main conditions for effective results in the competition is the level of technical training and technical skills of the volleyball player. So, the ultimate goal of the training process is to be skilled at game technique.

Action-game skills - passing, receiving (defending), putting the ball into play, hitting, blocking - are mastered at exact stages, using specific techniques and facilities, perfected. This process is based on pedagogical, biopsychological and biomechanical principles.

The teaching process is a pedagogical process that requires great skills and professional training from the coach. However, teaching moveable performance techniques also depends on other important factors: the child's activity, the number, quality, duration of training, constructive technical equipment, training the conditions of the venue, the child's interests, the "wealth" of the action, the experience, etc.

It should be noted that the duration of mastering the technique of movement depends on the family condition of the child, his social and economic capabilities, as well as his mental state.

The above information and the factors to be considered in the training process should be included in the planning documents based on an accurate methodological order. In addition, the identification of the child's internal "mystery" capabilities, as well as existing factors should be done through a selection program and exercises. The results should serve as a basis for the application of teaching methods, steps and technology.

The initial training process takes place in several stages, each of which involves its own methods and tools.

General developmental exercises are used to improve a player's physical fitness and the movement skills and competencies which is necessary for the player.

All exercises are combined in accordance with their direction and form the main components of special training: general physical, special physical, technical, tactical, game training. Each type of training has its own set of factors that can help you achieve your goals. However, all types of training are interrelated. For example, if a student is not physically prepared, he will not be able to perform the attacking technique well. In this case, it is better to train the student physically than to repeat the blow many times.

The first step is to get acquainted with the movement technique to be studied. It uses methods of narration, demonstration and explanation. The teacher uses visual aids as well as personal demonstrations, namely film, cartoon, diagram, field model, etc.

The demonstration should be accompanied by explanations. The first attempts of teachers form in them a primary sense of movement.

The second step is to learn the technique in a simplified way. Success in this phase of the study often depends on the correct choice of approach. They should be close to the movement technique being studied in terms of their structure and should be able to be performed by students. A movement with a complex structure (attack) is divided into the main parts (parts) that make it up. At this stage, management techniques are used (command, instruction, sight and

hearing, visual perception, technical means, etc.) and visual movement (direct assistance of the teacher, use of auxiliary equipment), methods such as information (impact force on the ball, accuracy of fall, setting light or sound) will be of particular importance.

The third step is to teach the technique in a complex environment. The following methods are used: repetition method, performance in complex conditions, game and evaluation method, joint method, "circle" exercises. The repetition method is the most fundamental at this stage. Repetition only formulate a skill. Repetition to formulate skills requires practice in a variety of contexts (changes in movement conditions, gradual complication). Even when tired, exercises are performed, and joint and game techniques are aimed at simultaneously polishing technique and solving problems of developing special physical qualities, as well as improving technical and tactical training and game skills.

The fourth step is to strengthen the movement during the game. It uses a method of interpreting the actions performed (pictures, tables, educational films, cartoons), technical-tactical, special training tasks during the game, methods of play and "competition" (Table 1).

Preparatory and educational games involve the study, improvement and refinement of each method (skill). The highest means of strengthening a skill is competition.

TABLE 1

Stages, methods and tools of volleyball training

Stages of teaching and their name	Teaching methods	Teaching aids
Step 1: Gain an understanding of the skill being taught (action)	Explanation-analysis, demonstration-comment	Word, conversation, communication, discussion, pictures, templates, videos
Step 2: Training of skills in simple conditions (without additional tasks individually)	Training in parts, elements and phases, full training of skills, correction of errors, encouragement, return	Preparation-approach, orientation simulation and basic technical exercises
Step 3: Skills training in complex situations (assignment of situational tasks, in pairs, in trinity, etc.).	Complete skills training, enhanced speed and accuracy training, execution after different directional movements, training based on reproductive feedback, training based on mutual analysis and evaluation	All tools in stages 1-2, general and special exercises are used with great speed and accuracy, double, triple exercises, simulators and technical means
Step 4: Continuing, Improving, and Improving Teaching All	All Methods	Tool sand team games

Active teaching methods plays a great potential role. Among them, problem based learning (problem-solving) and self-assessment methods are of particular importance. Setting problem-solving tasks creates a situation, and self-assessment leads to more active motor activity, which increases the student's interest and teaches creative thinking.

There is no doubt that qualified volleyball players will develop in the future if the training stages, methods and tools of volleyball training are relevantly accomplished.

Law 6 of the Republic of Uzbekistan No. 637 of the Republic of Uzbekistan dated No. 637, "On Physical Culture and Sports" in May 26, 2000, 76-II Measures to radically improve the territory of the physical culture and sports, "On measures to further develop physical culture and mass sports on March 5, 2017" on March 5, 2017 "Measures to radically improve the system of public administration in physical culture and sports Decree of the President of the Republic of Uzbekistan No.PF-6099 of the President of the Republic of Uzbekistan "On measures to implement a healthy lifestyle" Gi 2020 Decisions on additional measures for the support and increase of a healthy lifestyle No. 735 of the Cabinet of Ministers of the Republic of Uzbekistan on the Cabinet of Ministers and the 735 November 735 of November 19th of the Republic of Uzbekistan to physical education and sports The tasks set out in the government decisions, all tasteless Current issues of M. CEOs today, the strengthening of physical culture and sports movement among the Ya'i population, including physical and agile, educating the younger generation in the spirit of all educational, patriotic spirituality is physical The organization and conduct of upbringing and sports through new methods and means, the most students are aimed at attracting and developing young sports and organizing public-sporting events.

As a result of visual surveillance of numerous volleyballs, volleyball, and making volleyball processes this thing is kineaid and coordinated in accordance with these methods in accordance with these methods in the use of exercises on forming playing methods Serily attention is not paid to elements and phases.

It is evoid that the concepts of jumping, mass-sagging Teaching and forming them in the crop types is based on the same principle. However, in teaching the play methods to be performed, massiveness and jump in the development of the fortification, the air (back-down), in the air, in the air (In the base), special attention is of special practical attention to cinematic phase, such as the preservation of necessary coordination, method of landing, landing and balance. To effectively organize this process, the use of a number of access-templates developed from us is believed to be a positive result. Instantly moving, hazing, blocking, ball transmission, including the strike, the complete (maximum) jumps, including the complete (maximum) and kinematic elements applied to the zone, are completely moved from different zones, or the cokinematic elements applied in ball transmission. different. Therefore, training in playing methods to be played and improved by various zones should be modeled based on the resistance tactics of a particular rival team or opponent player.

Falling clubs, volleyball clubs and volleyball clubs and the national teams focus on physical qualities such as the ability, saccular and jumping resistance of specialist classes. But not all trainers always use effective exercises in the development of these abilities and qualities, and evaluation of formation (growth) dynamics in accordance with the help of corresponding tests is not taken as a serious matter. However, the choice of targeted exercises in the development of jumping skills, the selection of targeted exercises, regularly monitoring the dynamics of development of these qualities) allows this process effectively.

Taking into account these current issues, we have organized a series of research on volleyball players with various ages and sports.

The study was attended by children from 19-21, which is involved in volleyball in 2 years:

The following cinematic elements of vertical jump have been studied using a special appliance: - a height of jump on the basis of the active movement of two hands (classic option);

- Only a jump height on the basis of the active movement of the right hand (left hand handle to the body);

- Only a jump height on the basis of the active movement of the left hand (right hand is connected to the body);

- Heightsight without the active movement of two hands (both hands are connected to the body);

- Height heighton the basis of the right foot with the right foot;

- alone on the basis of left foot with left leg;

Using modified tests, the number of quick sittings in the right and left foot is determined (the right and left foot). The results of the study showed that the right and left of the vertical jumps, the right and left footstorm, the right and left footstorm. It is inextricably linked to the synchronous movement of the hand (their inner movement). In particular, the height of vertical jumps on the platform, the height of the place is to switch back to the same speed, and bend the legs on the optimal corner of the legs and the explosive power of the finished legs. This cinematic factors have had different "power" in the research participants (Table 1). Cinematic factors (functional movement of leafy elements) The jump height in the weakest formed tester is 31 cm., And 53 cm is a relatively "strong" formed. expressed by. Average statistical indicator 43.6 cm. formed. As the minimum and maximum indicators were large (the range), the average square deviation of the average pointer was also distinguished with a large amount (4,32).

TABLE 1 INVOLLEYOLLISTS OF 19-21 YEAR OLDS, INDICATORS REPRESENTING THE ROLE OF A VERTICAL JUMP AND SOME CINEMATIC FACTORS THAT PROVIDE IT (N = 16)

VerticalJumpTerms	Results obtained	
	min – max	$\bar{X} \pm \sigma$
Vertical jumping from place on the platform (cm)	31 – 53	43,6±4,32
Only jump on the active action of the right hand (cm)	28 – 47	38,2±3,28
Only jump on the basis of the active action of the left hand (cm)	25 – 46	38,2±3,28
Jump (cm) without the active movement of two hands (cm)	25 – 46	18,2±3,16
Only jumping (cm) in the right foot (cm)	27 – 39	32,8±3,74
Only jumping and jumping (cm)	29 – 43	37,2±3,22

1. The result of various age and prepared volleyball players As long as it was.
2. In 2020, research on the innocence and jump research on development of development dynamics is indicates this. The growth dynamics of poemers agreed these qualities is very slowly growing in vertelies, which (mass giving 2cm. found to have reached the level of demands.
3. Integrality and jump have proven that the main cinematic elements that mark the corresponding jump, and the integration function that will be played, and the integration function

that will be performed. It is this situation that will result in the abbreviation and resistance to the player of the volleyboards, - lets conclude.

4. In the volleyballs, first of all, to teach usually implemented, teaching a matching technique to be performed, it needs to be improved using a suitable jump, using local and integrating special exercises. In organizing this process in accordance with the target, we offer to use the 1st, 2nd and 3 blocks listed in this chapter. In addition, it is advisable to include the concepts of "jumping equipment and cinematal elements," cinematal elements that provide "jumping and tactics and tactics" in the process of developing volleyball.

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