



STEP BY STEP DESCRIPTION OF PHYSICAL QUALITIES IN VOLLEYBALL TRAINING

Ruziyev Sherzod

Teacher of Shahrizabz State Pedagogical Institute

Abstract

Volleyball is the most popular sport in the world, second only to football. Volleyball is a competitive sport with a competitive spirit that can make players and their families want to win. It is described as a creative combination of other familiar sports such as tennis, basketball, handball and baseball. Starting a volleyball club can be fun, but it's also hard work. The article offers suggestions and recommendations regarding the importance of organizing volleyball clubs in higher education institutions.

Keywords. Volleyball, circle, perseverance, recommendation, physical education, hard work, physical education.

Волейбол – самый популярный вид спорта в мире, уступающий только футболу. Волейбол — это соревновательный вид спорта с соревновательным духом, который может заставить игроков и их семьи хотеть побеждать. Его описывают как творческое сочетание других знакомых видов спорта, таких как теннис, баскетбол, гандбол и бейсбол. Открыть волейбольный клуб может быть весело, но это также и тяжелая работа. В статье предложены предложения и рекомендации относительно важности организации волейбольных клубов в высших учебных заведениях.

Ключевые слова: Волейбол, кружок, упорство, рекомендация, физическое воспитание, трудолюбие, физическое воспитание.

Volleyball is one of the most popular sports as a means of physical education and socialization. As announced at the World Congress held in Atlanta, USA in July 1996, this sport takes the second place after football in the world. Volleyball, with its universality, beautiful game content, offensive and defensive combinations that attract the attention of people of all ages, is a competition not only in the centers of cities and districts, but also in distant villages, neighborhoods, weddings and holidays. - as a means of competition, health, physical and mental well-being, it is entering the lives of people of different ages and strata. Volleyball is included in the curriculum of all educational institutions as a subject and a source of health. Especially in recent





years, volleyball has been included in the program of multi-level and regularly held prestigious sports events such as "Umid Nihollar", "Barkamol Avlod", "Universiade", "Women's Spartakiad", "Fakhrylar" competitions. Its geographical boundaries and the number of participants have sharply increased. While talented coaches are highly respected, sometimes after long hours and the stress of competition, staff turnover pays off.

Volleyball was invented in the USA in 1895 and the first volleyball club was created in 1900. Since then, the number of clubs around the world has increased significantly. Currently, there are many professional volleyball clubs participating in international competitions and championships. Volleyball clubs appeared in Russia in the 1920s. Since then, they have become popular, and many of them have a long history and tradition. Some famous Russian volleyball clubs are Dynamo-Moscow, Zenit-Kazon, Lokomotiv-Novosibirsk, Yaroslavich, etc.

With the advent of new technologies and training methods, volleyball clubs have begun to use new approaches to improve the game of their players. Clubs are also actively developing their social networks and websites in order to attract more people to their ranks and popularize volleyball. In recent years, more and more attention has been paid to the development of junior teams and children's volleyball. Many clubs organize special programs for children and teenagers to play sports and develop volleyball skills.

Volleyball club is a place where you can practice your favorite sport, improve your game skills and find like-minded people. Clubs provide an opportunity to participate in competitions of various levels, as well as to develop together with the team. With the advent of new technologies and approaches, volleyball clubs continue to develop and attract more and more people to this sport.

The main goals of the volleyball club:

- creation of favorable conditions and opportunities to satisfy the interests of different strata of the population in the field of physical education and sports;
- establishing cooperation with educational institutions of the city of Perm, which conduct volleyball training;

The main tasks of the circle are as follows:

- all-round personality development;
- improvement of education of children, adolescents, young people as highly civilized citizens of Russia;
- fostering a sense of friendship and cooperation among people;
- organization of appropriate free time for schoolchildren;





To understand that volleyball players have become an important part of their sports life, it is enough to look at the regularity of their training. Volleyball unites all members. The formed sports garage should have its own characteristics and requirements. It should have a microclimate and a culture of sports education. By immersing in this environment, each participant has a sense of commonality. Volleyball unites members and makes them stronger.

There should be three directions for the development of the club - training for beginners, organization of tournaments and competitions, as well as trips to professional club games. Already, it is necessary to fully use the huge social potential of physical education and sports for benefit and well-being. These are the cheapest and most effective means of forced spiritual and physical recovery. They are based, first of all, on the good will, moral and psychological attitude of a person, team and society. Everyone knows that volleyball is a team game. As an organizer, the coach connects the members. In the circle, it is necessary to try to support each player as much as possible, to be as close and comfortable as possible not only for beginners and amateurs, but also for professional players. Age does not matter at all - everyone participates.

By the way, sports management is the practice and theory of effective management of sports industry enterprises in the market economy. This process is also an important stage for the perspective of volleyball clubs. After all, in recent years, an important part of the work of specialists in the field of physical education and sports, as a rule, has become the provision of various wellness services, which are provided on a commercial basis in competition with similar organizations.

In market conditions, the independence of physical education and sports organizations, especially volleyball clubs, the complexity of the nature of their work and the increase in the volume of activity require a significant expansion of the management sphere.

In conclusion, 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.

References:

1. Kdirova M.A., Pulatov A.Л., Ummatov A.A. Voleybol nazariyasi va uslubiyati. –T.: Fan va texnologiya, 2018, 480-bet.
2. Qo'chqarova O.V., Qipchoqov V.V., Boltaev G.V. Voleybol. O'quv qo'llanma, –T., 2001-y.
3. Salomov R.S., Kerimov F.A. Jismoniy tarbiyada pedagogik texnologiyalar. O'quv qo'llanma, –T., 2002 y.
4. Usmonxodjayev T.S. va boshqa. Bolalar va o'smirlar sporti mashg'ulotlari nazariyasi va uslubiyatlari. –T., 2005 y.

<https://fayllar.org/download/voleybol-togaragini-tashkil-qilishning-metodik-xususiyatlari.doc>

