



WAYS TO CHOOSE AND ATTRACT YOUNG PEOPLE TO THE VOLLEYBALL SPORTS CIRCLE

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Abstract

This article covers the issues of choosing young people and their effective involvement in the volleyball sports circle. When choosing young athletes, criteria have been developed based on their physical, psychological, physiological and social indicators. The selection process analyzes anthropometric dimensions, physical fitness, coordination skills, as well as their motivation for sports. The article presents methodological recommendations for improving the selection process, based on advanced foreign and domestic experiments. Socio-psychological factors that ensure the involvement of young people in sports circles have also been considered.

Keywords: Training process, young athletes, selection criteria, anthropometric indicators, physical fitness, psychological state, social flexibility, sports selection, recruitment strategy.

Introduction

Physical education and sports are an important factor in preparing the younger generation for a healthy, active, social life. In the process of globalization and digital transformations today, the orientation of children and adolescents to a healthy lifestyle, the organization of leisure activities are considered as one of the urgent tasks. From this point on, it is important to effectively organize the activities of clubs in sports in secondary schools and sports institutions, especially involving young people in team sports such as volleyball.

Therefore, it is an urgent issue to select talented young people in the volleyball sports circle, involve them in systematic training, assess their physical capabilities and develop ways on a scientific basis. This article covers selection criteria, motivational approaches, psychological preparation factors, modern selection methods and their practical application [1,2,3,4].





The purpose of the study: to select talented young people in the volleyball sports circle, to involve them in systematic training, to scientifically develop ways to assess and develop their physical capabilities.

Organizational and methodological solution of the study: we conducted at the specialized sports School of sports and athletics in the city of Samarkand. In this study, research work was carried out on the selection of talented young people in the volleyball sports circle, their involvement in systematic training.

The study consists of 3 Benchmarks: the following criteria are important when choosing young people for a volleyball sports circle.

- 1. Anthropometric indicators**
- 2. Level of physical fitness**
- 3. Psychological state and social flexibility**

1. Anthropometric indicators. Anthropometric measurements are an important factor when choosing young athletes for a volleyball tournament. Anthropometry is a science that studies the dimensions of the human body and serves as one of the especially fundamental criteria in sports medicine.

Basic anthropometric criteria:

1. Height length: for volleyball players, height growth is one of the important factors that determine sports potential. Bull advantage is of great importance in getting the ball into the game, making offensive shots, passing and blocking.

Ideal height (10–14 years old): 150–170 cm.

The degree that gives preference to the choice: to be 5-10 cm higher than their peers.

2. Arm length (or" reach span"): arm length plays a decisive role when stumbling at the ball, attacking or passing the ball from above. It is often positively assessed that athletes have a slightly higher arm length compared to their height.

Normative indicator: +2-5 cm in relation to height

For example, if an athlete with a height of 160 cm has a hand length of 162-165 cm, this will show good results.

3. Body mass (weight): in volleyball, the compatibility of body weight and muscle mass is important, as movement speed and jumping are necessary. Excess weight negatively affects jumping and movement.



Average body weight: (10-14 years old) at 40-55 kg

BMI (Body Mass Index): being in the 17-21 range is considered a healthy anthropometric indicator.

4. jumping ability (vertical jump height): the ability to jump indicates the dynamics of movement and explosive power potential.

Good jumpiness: (10-14 years old) at 35-45 cm

Athletes who have demonstrated high performance are developed through special strength-building programs in their training.

5. Body structure (somatotype): athletes are divided into three main body types:

Ectomorph (thin, bailando): the most suitable type

Endomorph (round, heavy): Quieter movement

Mesomorph (weak muscle): has good flexibility

When choosing, an integrated approach is necessary: the athlete's height gain, body ratio, muscle and bone mass, health are assessed through a medical examination.

2. Level of physical fitness. The high performance of young volleyball players in the future is directly related to their level of physical fitness. Therefore, in the selection process, the comprehensive physical quality of athletes was analyzed. These were evaluated through general and special fitness criteria.

General physical training (GPT): this type of training reflects the general health, endurance, muscle activity and balance of the child. It is evaluated through the following criteria:

| No | Criteria | Normative indicators of 10-14 years | footnote |
|----|----------------------|-------------------------------------|------------------------------------|
| 1 | 60-yard dash | 9.9–9.5 seconds | Agility |
| 2 | 1000 m cross country | 4.30.0–4.10.0 minut | Overall durability |
| 3 | Long jump | 170–190 cm | Explosive force |
| 4 | Tortilis in turnik | 4–8 | Strength of the arm and upper body |
| 5 | Leaning forward | 10–18 cm | strengthening the bend |

General training indicates the comprehensive development of the athlete and the wellness of the musculoskeletal system.



Special physical training (SPT): movements specific to volleyball (jumping, hurdling, fast-changing runs) fall into this type. The following special tests were carried out at the competition:

| No | Tests | Evaluation criterion (10-14 years old) | Significance |
|----|---|--|-------------------|
| 1 | High jump (from place) | 30–45 cm | Jumping |
| 2 | Moccisimon running (3×10 m) | 7.0–6.8 seconds | Speed of movement |
| 3 | Receiving imitation of the ball (catching the ball from the bottom) | 0.3–0.5 seconds | Reaction rate |
| 4 | Choosing the right place, ball-running action (slalom) | 8–10 seconds | Coordination |
| 5 | Blocking efforts | 5-8 times | Jump-reaction |

1. Psychomotor skills: in this, the athlete's attention, quick decision-making, balance, coordination and spatial thinking are determined. Such skills are extremely important for connecting players, especially in volleyball.

2. Analysis and recommendations: when analyzing the level of physical fitness, mathematical-statistical methods are used. Through averages, dispersion, standard deviations, high potentials are determined within candidates.

For example: of the 20 students studied, 12 fulfilled the norm in the 60 m race, which was 60%. This indicates the need to further optimize selection criteria.

3. Psychological state and social flexibility. The effective participation of young volleyball players in the circle is directly related not only to their physical, but also to their psychological state and social flexibility. The mental stability of volleyball players, the ability to work with the team and the degree of adaptation to the social environment have a huge impact on the success of the activities of the circle.

1. Psychological state: psychological state is expressed by the emotional stability of the child, resistance to stress and the level of behavior in competitive situations. Volleyball is a sport with a high psychological load, in which the following aspects of the athlete play an important role:

Motivation and interest in sports: the presence of an internal motivation for constant engagement.

Being able to resist stress: being able to behave at the mental pressure in competitions.



Self-confidence: determination in decision making.

Emotional stability: correct attitude to victory or defeat.

With the help of psychological tests, these indicators are determined. For example, through the Luscher test, the SCL-90-r test or the “emotional reactivity” tests, a mental portrait of students is compiled.

2. Social flexibility: the athlete's ability to understand the culture of behavior, social role of the child in team activities and their compatibility with those around him is also the key to sports success. Social flexibility is assessed through the following criteria:

| Nº | Indicator | Analysis form | Significance |
|----|-----------------------------|------------------------------------|---|
| 1 | Ability to work with a team | Observation, team exercises | Compliance in tactical plans |
| 2 | Leadership potential | Social role test | Preparation for decision making |
| 3 | Communication skills | Mutual conversations, Roller Games | Finding a language with a coach and team |
| 4 | Attitude towards conflict | Questionnaires, event analysis | Maintaining a positive atmosphere in the team |

3. State of psychosocial adaptation (integrated approach): coaches and psychologists use an integrated approach when working with athletes. Through personal conversations, Group Training, Simulation of social situations, it is possible to determine in advance how the child will act in what conditions.

4. Statistics and analysis: based on experiments, athletes with high psychological training used their physical potential 15-20% more effectively during the competition. Students with a high level of social adaptation have a 70-80% chance of active participation in a volleyball circle for more than 1 year.

For example: of the 20 students studied, 16 had a high score on the social adjustment test. Among them, the collective conformity index was 0.85 (maximum 1.0).

1. Sports festivals and open days: competitions held in schools and sports institutions, sports holidays arouse the interest of young people.

2. Working with parents: the family environment is important for the child to play sports. Therefore, parents are explained the benefits of sports through seminars, outreach work



3. Propaganda through social networks and media: on the official pages of school and sports sections, the activities of clubs, achievements of athletes should be regularly covered.

4. Motivational systems: it is possible to increase motivation by encouraging active participants with certificates, gifts, sending athletes who have shown high results to regional or Republican competitions.

In conclusion, it should be said that the selection and involvement of young people in the volleyball sports circle is an important process based on a scientific approach in the modern sports system. Studies suggest that achieving athletic achievement depends largely on their level of biological, psychological, and social training. In the selection process, it is necessary not only physical strength or anthropometric data, but also an in-depth analysis of the psychological stability of the athlete, the ability to adapt to the social environment, motivation.

Methodological approaches and statistical analysis studied in this article showed that when 70-75% of the members of the circle are attracted to volleyball based on advanced selection criteria, their results in sports are stable, and the rate of leaving the circle decreases to 40%. In particular, students with high levels of social adaptation and mental fitness have been observed to have significantly higher rates of competition participation and team success.

Also, the results are much more accurate and efficient when interactive methods, test tests, and it-based follow-up analysis are used by coaches in the selection and recruitment process. This serves to increase the quality level of the activities of sports schools and clubs.

Therefore, in the selection and involvement of young people in the volleyball sports circle, it is recommended to pay special attention to the following aspects:

- Comprehensive assessment of anthropometric, physical, and psychological indicators;
- Using selection methods based on an Individual approach;
- Practical implementation of tests analyzing the socio-psychological adaptation of athletes;
- Focusing on educational-motivational work that serves to increase Team Coordination;

In conclusion, volleyball is an important stage in the selection of young people in sports circles on a correct and scientific basis, not only in the formation of an athlete's





personality, but also in their penetration into social life as an active and healthy personality.

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