



## THE PEDAGOGICAL SIGNIFICANCE OF THE FORMATION OF STUDENTS' SPIRITUAL AND MORAL VALUES THROUGH MOVEMENT GAMES IN SPORTS LESSONS

Ibragimov Alisher Karomatovich

Bukhara State University Faculty of Physical Culture

Associate Professor of Interfaculty Physical Culture and Sports

Tursunov Mirshod Shodiyevich

Bukhara State University, Faculty of Physical Culture Student

### Annotation

This article discusses ways to develop students' physical qualities and develop their spiritual and moral values through the provision of movement games in sports lessons.

**Keywords:** sports games, movement games, special exercises, technical and tactical movement components, special movement games, physical qualities.

### Introduction

A game is a general or team activity that differs significantly from other sports in that an athlete "competes" for every meter, kilogram, and second, trying to achieve personal success or the perfect form of movement.

At first glance, the role of style of play in sports is a bit loose, and the game itself is very emotional and it helps to nurture the team. This idea is wrong. Modern sports are a multi-faceted activity that requires endurance, willpower, and strategic thinking, along with high ball-handling techniques.

It is impossible to train an athlete in competitions without training these components. No matter how interesting and varied the training is, in the end it will be boring and tiring. That's why Pele said, "It's important to use fun action games during training."

In addition to special exercises, sports training activities include movement games that help athletes solve their physical, technical, and tactical training tasks. Most trainers recommend that players practice the ball in the form of a game during training. At the same time, moving games are gradually becoming more complex, incorporating elements of wrestling, and at the same time teaching students to make independent decisions. A similar movement will improve his skills in the immediate vicinity of the competition and allow him to strengthen the necessary skills.





The technical and tactical components of different sports are more similar. Therefore, it is possible to take the ball from the head of the game and move it in the game, as well as to work with their partners, for example, in basketball, football (longitudinal or linear and counter-relays, "Topartaga", "O" in games such as 'don't hit the ball on the head').

However, each action game has its own style and technical options. For example, basketball is characterized by the struggle for the ball that is hit, while in hockey it is characterized by the use of force, the ability to block in front of the net in volleyball, playing with the head and feet in football, and so on. The choice of auxiliary exercises here depends on the specifics of the sport.

Here are some of the special action games used in basketball, volleyball, and football.

### **Pass the ball**

Get ready for the game. The game is played on the carpet. Two players are assigned (the number can be increased to four during the game), and the rest of the players sit in a circle with their legs in the middle. There should be an equal distance between the hands of the players. Players are given a soccer ball with a little rest.

Game classification. At the teacher's signal, the players raise the ball in a circle by hand, the player moves in any way he wants, trying to catch the ball or knock it out of the hands of the occupants.

The player then takes the place of the player who lost the ball, and he takes his place. However, the game becomes more complicated, meaning that if one of the players takes the ball, he is attacked by the rest of the players and the player who loses the ball in the circle. The fight continues until one of the sitting players passes the ball. The player who completes this pass is out of the circle and replaces the player who lost the ball. The game lasts 10-12 minutes. The best players and players who are not in their place will be recorded.

Rules of the game. 1. It is allowed to sit with the feet facing the circle only. Only the player who lost the ball has the right to change this situation and fight for the ball. 2. Painful and suffocating methods are not allowed. 3. If he goes out of the circle when passing the ball, the child who did not throw the ball clearly becomes the player, and the player takes his place.

### **Did you pass, sit down!**

Get ready for the game. The players are divided into two equal teams, one in parallel in front of the other. Each team chooses its own player and they sit 5-8 steps away from their teams. The players will have one ball.





Game classification. At the signal of the leader, the players pass the ball to the number one player in the row (with both hands on the chest or in another agreed way). The player picks it up, returns the ball to the player, and quickly sits down. He then passes the ball to the player and the second, third and other players of the team. Each player sits down after passing the ball. After the last player in the line passes the ball to the player, he raises the ball and all members of the team quickly get up.

The team that finishes first without breaking the rules of passing the ball wins.

Rules of the game. Athletes must not miss their turn. The player who fails to catch the ball runs after the ball, returns it to its original position and passes it.

Here's how to make the game more complicated. In this case, the player at the end of the line takes the ball from the player, runs the ball and replaces the player, who stands at the head of the line. After that, the player at the top of the line passes the ball again with the rest of the players. That way, everyone will be in the lead role throughout the game. The game ends when the player who started the game first returns to his seat.

### **Overtaking with the ball**

Get ready for the game. Players line up on the sidelines and face the center. One team is on the right and the other is on the left. The distance between the players is 3 m. Players count in order.

Game classification. The leader throws the ball to the ball and calls the number he wants. Two players of the same number run forward and try to catch the ball. The successful player passes the ball to the last player on his team, who in turn passes it to the next players in the line (hand-to-hand or hitting the ball to the ground). A player who is unable to possess the ball goes around his players and tries to catch the ball passed to another player. If a runner reaches the end of the line before the ball, his team will be awarded points. If one of his players wins the ball, the other team gets one point. If the ball crosses the finish line first, the team is awarded two points. The manager then calls the other numbers. The players who fought for the ball will return to their seats. The team with the most points wins.

Rules of the game. The player who drops the ball picks it up and returns it.

### **Attack in groups of five**

Get ready for the game. There are three teams playing on the basketball court. The second and third five form a zonal defense under their shield. The ball will be in the top five players in a free order relative to the second five. Team players wear T-shirts of different colors.





Game classification. At the signal of the leader, the first five attack the second five shots and try to get the ball into the ring. As soon as the second five players take possession of the ball, they continue to attack the third five shots. After the first five have taken the ball, the second five will form a zone defense instead. After the third five have taken possession of the ball, the first five start attacking, and so on. Points are awarded to the team that throws the ball into the hoop, and they form a zone defense, and the losers attack.

The game lasts 10-15 minutes. The team with the most points wins. The game is played according to the rules of basketball.

### **To the target on the ground**

Get ready for the game. On each side of the volleyball court, in front of the offensive line, draw a circle with a diameter of 1.5 m. The two teams are at different distances from the net. One team will have a tennis ball in their hands.

Game classification. At the signal of the leader, two players from each team move towards the net at the same time. The player with the ball in his hand jumps as high as possible and emphasizes the movement, throwing the ball into one of the circles on the opponent's side. The player behind the net tries to block it. The striker gets two points if he hits the ball in the desired circle. If he overcomes the obstacle and throws the ball into the circle (off the field), he will not be able to land - 1 point.

### **Shooting again**

Get ready for the game. Players sit on either side of the net (as in volleyball). Each team will have 6-8 people.

Game classification. The game begins with one of the teams putting the ball into play. The other team receives the ball and plays it according to the rules of volleyball, directing the ball to the opponent with the third shot. They also pass the ball to each other. A player who makes a technical error will be sent to the line of captives on the opposite side. The team loses the opportunity to pass the ball. The game resumes. A captive tries to catch the ball during the game (without leaving the field) and raises it to his court (without being interrupted by the opponent). His team pushes the ball back in the way the players want it to (three raises). If the attack is successful, the "captive" player returns to his partner, and if a mistake is made, another player is sent behind the "captive" line.

Offensive team players can deliberately pass the ball to their captive teammates during the game.





The game lasts 10-15 minutes. One of the teams can lose all its players during this time. The game ends with the number of players left on the field.

Rules of the game. The game is played according to the rules of volleyball. It is possible to agree to play the game according to a simplified rule (after studying), if he hangs the ball in the air without hanging it from the wall, he can enter the game again. He can also talk about other moments of the game.

### **Volleyball with a cut**

Get ready for the game. Both teams will be on the same side of the volleyball court (as in a volleyball game).

Game classification. The volleyball game starts at the signal of the leader. If a player of one of the teams makes a third mistake, the referee removes him from the game. The deficient team restores the game and passes the ball to the opponent. If the team makes another mistake during the game (the sixth is the mistake), the number of players will be reduced by one.

The game continues when both sides "lose" their players, but the team that made the next, third mistake (based on a tactical understanding, to exclude the player from the game or leave him in the previous squad) decides whether the opposing team's player will return to the field (this rule should not be applied as much as possible. The game consists of 3-5 games. yin ends. Each party time is 12-15 minutes. The team with the most players left in each party is the winner.

Rules of the game. 1. The error is recorded according to the rules of the volleyball game. 2. After a player leaves the game, the team that made the mistake enters the ball. 3. Players return to the game in the order in which they left the game. 4. Players take turns putting the ball on the field clockwise (as in volleyball).

### **A wall kick game**

Get ready for the game. Divide the field by a line in the middle. A line 1.5 m high is drawn in front of the wall. The space from the floor to the line or zone serves as a gate. Players are divided into two teams of 5-8 people. Each team chooses which side of the field they want.

Game classification. The ball is thrown between two players. The ball is passed to one side of the court, and the players pass it to each other and hit the target at a convenient time. Where there is no ball, the team will defend against the zone where the ball is, a "wall" will be set up, and the ball will be caught individually. If the attackers can direct the ball into the goal area (to the front line), they get points. The opponent then passes the ball to each other to try to complete the attack. You can catch the ball with your





feet, body, and head. The match lasts 10 minutes, after which the teams exchange sides. The team with the most points in 20 minutes wins the game. The game can be played with two balls.

Rules of the game. 1. It is forbidden to cross the midfield and hold the ball by hand. 2. If the ball kicked by the attacking team bounces off the wall and returns to the field (without touching the defenders), the ball is returned to the opponent. 3. When the ball is touched by hand or three times the "goal" line is struck by the midfield of the conditional goal, which is defended by one player.

### **A game of passing the ball over the net with your feet and head**

Get ready for the game. There will be 5-8 players on each side of the volleyball court. The height of the net is 180-200 cm.

Game classification. At the whistle of the leader, one of the players of the team passes the ball to the opponent on the round with his foot (hand). The task is for the players on the falling side to hit the ball three times with their feet or heads. If one of the teams makes a mistake, the game is stopped, and the team that made a mistake loses the right to pass points or the ball. The score is the same as in volleyball. When the ball is passed (after the team that made the mistake made a mistake), the players move clockwise across the field, as in a volleyball game.

The game is played in 3 games, each game is played up to 10 points. After each game, the players change teams.

Rules of the game. If a player touches a wall twice with his hand, hits a wall (outside the field line) or goes under the net, it is an error.

Through the above games, it teaches students honesty and generosity, and serves as a key tool for transmitting the experience of adults to children and young people. Forms a conscious attitude to work in boys and girls. It helps them to be strong, agile, agile, resilient, active, alert, resourceful, brave, courageous, mutual partners.

For the game to be a pedagogical factor, the pedagogical task must be consciously and purposefully linked to it, and it must be used to solve educational goals and objectives. The richness of the features of action games also allows them to perform a variety of educational tasks.

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