

SELECTION AND IMPROVEMENT OF TECHNICAL TACTICAL SKILLS OF YOUNG VOLLEYBALL PLAYERS.

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Abstract: *The article presents theoretical and practical experience on selection of young volleyball players and technology of improving their technical and tactical skills. Training sessions of young athletes are organized by periods. In the preparatory period young volleyball players master elements of technique and tactics of volleyball, develop physical qualities. At the same time spiritual, moral and spiritual and volitional training of young athletes is organized.*

Keywords: *volleyball player, selection, technique, tactical skill, improvement, technology, sport, training, coaching.*

Introduction

state bodies managing the development of volleyball in Uzbekistan, structure, functions of volleyball development in our republic, districts, cities, towns, villages, which are part of the state organizations for physical culture and sports. Responsibility for the management of the sports reserve and the education of highly qualified athletes is vested in the sports games subordinate to the Committee on Physical Culture and Sports of the Republic of Uzbekistan. There are such committees in every district, city and region of our republic, they are the guarantor of ensuring the development of volleyball. It is necessary for the national teams of our republic to lead, provide theoretical and methodical assistance to the management in training of highly qualified volleyball players, as well as in training of talented volleyball substitutes.

Tasks and importance of volleyball development in secondary schools, technical institutes and higher educational institutions. Volleyball is one of the mass sports in all educational institutions of our republic.

Sports competition is inseparably connected with long-term sports training, which goes from the initial stage of mastering sportsmanship to the highest, that is, in the activity of national teams. The concept "selection 'includes' suitability", i.e. the question of whether a person is suitable for a certain field (a certain activity) based on his/her talent. It means that a person with his/her capabilities (development, physical qualities, mental features, etc.) is oriented only to a certain activity (profession, labor, sport, etc.). k.) should not be compatible, but this activity should be compatible with his/her activity. it is the person's client. fit (issues of emotions, activation, motivation). The term "choice 'again includes the concept' skill" related to sports.

The guessing can be done in kindergartens, schools and elementary groups of sports schools. The correct assessment depends on the talent, knowledge and experience of the coach. The child's gender and lifestyle indicators must also be taken into account. Sports competition is a long-term pedagogical process. The system of multi-year sports training by its essence and purpose includes multi-year sports competitions and requires the implementation of this process in 4 stages:

I. Pre-selection - (7-14);

II. Special selection of athletes by specialty (function) of the game (15-17);

III. Competition for senior teams (18-20);

IV. Competition for national teams.

The organizational order of the selection process in the system of multi-year sports training is presented in the following block pattern. Preparation of children for the initial selection is carried out by the physical education teacher in the school setting, students can be selected on the basis of the program and with the help of evaluation exercises and dynamic folk games. It is desirable that these selection tools be very close to the essence of the game of volleyball. Such tools are covered extensively in the recommended literature. In preparation for the initial screening, students should undergo regular medical examinations. The higher the quality and efficiency of this activity, the higher the quality of competitions organized in sports schools will be.

If when conducting competitions for sports clubs and sports clubs in determining the norms of the loads used, their magnitude on the dynamics of their physical and functional capabilities was not applied normative and uniform approach to the age of children, the number of participants and other indicators. When raising the principle "Wave" serious biopedagogical errors are possible. Therefore, in order to avoid such negative situations in long-term sports training, A.G. It is advisable to create groups of children according to the following age groups, classified by violin:

1 group - 5-6 years;

2 group - 7-8 years old;

3 group - 9-10 years;

4 group - 11-12 years;

5 group - 13-14 years;

6 group - 15-16 years old;

7 group - 17-18 years old.

Volleyball selection methods, normative tests and tools pedagogical methods

1. Body length and weight

2. 30m jogging

3. 5x6m. jogging

4. Vertical jump from a place

5. Long jump from a place

It can be said that a game technique is a set of movement techniques used in volleyball game that allow solving specific tasks. If all movement techniques in volleyball are combined, they form the technique of the game. Movement technique is evaluated by the effective action in achieving the goal with the fulfillment of various tasks. This is the level of technique evaluation. that the execution of each technique in the game is closely related to each other and that this relationship is formed by a system of actions. Dynamic and kinematic properties of movement are necessary and sufficient to solve the tasks of movement technique in a certain way, i.e. with a certain consistency of forces, coordination between individual body parts, etc.

When performing technical actions, individual stages of actions differ in time. In general, the following 3 stages of actions can be distinguished:

1. Preparatory stage

2. main stage

3. Final stage

The importance of the preparatory stage is to create more favorable conditions for the realization of this mechanism of action. These conditions are created by running, jumping, rotating. the better the preparatory part, the more accurate will be the fulfillment of the main part

Actions at the main stage are aimed directly at solving the main motor tasks. from the biodynamic point of view, this stage is the most important.

In the final phase, movements are slowed down or braked sharply to maintain body balance. Since volleyball is a dynamic game, a volleyball player must be able to master various techniques, select them depending on the game situation and perform them quickly and accurately. This determines the technical skill of a volleyball player.

In different periods of volleyball development, the methods, requirements, form and content of technical actions changed and improved. The main reason for this was the change of technical rules of the game, improvement of tactical actions, increase in the level of physical fitness of players. If we classify the technique of volleyball, it is divided into the following 2 large sections:

1. attack technique.
2. defense technique.

High when receiving an attacking shot and interception, medium when serving the ball, low when receiving the ball from an attacking shot or interception. The position of the overall center of gravity depends on the nature of the subsequent movement.

In the game of volleyball, players must move with the ball for a short period of time. For this reason, a player must be prepared at a high level to play with the ball in a particular home environment. For this, he must have different movement to perform different movement techniques. The jump pass is used when the ball is passed overhead or to perform complex attacking combinations to shorten the ball's flight time. The arms are raised slightly above the head and the ball is passed from the top of the jump by active work of the arms. In the same position, when passing a short ball, the main movement is performed by active work of the fingers. In volleyball club can play boys from 12 years old and girls from 13 years old. When organizing training volleyball players should pay great attention to their technical and tactical training, physical training, as well as improving agility and speed qualities.

Multiyear sports training is a long pedagogical process, which is expressed in classes on a certain program in certain age groups.

This process is carried out in the following stages:

- health group-7-8 years;
- initial preparatory group-9-10 and 11-12 years old;
- Study group-13-14; 14-15; 15-16; 16-17 years of age;
- improvement group-17-18; 18-19; 19-20 years old;
- higher sportsmanship group-17 years and older.

Depending on the physical, psychological and morphofunctional capabilities of the children involved, they may be transferred from the younger group to the older group. Admission of children to groups and their transfer from one group to another is based on the results of standardized tests. It is possible to familiarize children with volleyball from the age of 12-14. Initial training of young volleyball players should be aimed at the formation of physical qualities of speed and agility appropriate for volleyball players. It is necessary to prepare for the acquisition of skills and abilities in the main forms of volleyball technique and tactics. Jumping, running, sitting and biting movements of a volleyball player are mainly important, as well as the technique of putting the ball into play, receiving the ball, passing the ball.

Abstract: In conclusion, it is very important for coaches-instructors to be more careful when selecting young volleyball players, because it is through these coaches that the talents of young people are revealed. Therefore, when selecting young volleyball players it is necessary to choose a real volleyball coach that is, like every profession, this direction will have its own master, and God will infect this person with this estedodom, only then he will achieve the goal.

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