

VOLLEYBALL PLAYERS SPORTS TRAINING GENERAL BASICS

Pulatova Shahnoza Ikrom qizi

is the Chief Specialist of the Department of quality control of Education of the Fergana branch of the Uzbek State University of physical education and sports.

Annotation: *this article provides information about the styles, technical and tactical qualifications, physical development of volleyball players, the process, principles and principles of sports training.*

Keywords: *sports, volleyball, process, principles, principles, styles, trainings, loadings (nagruzkas), psychofunctional, hurdle, aspiration.*

Аннотация: *В данной статье представлена информация о характерных и применяемых методах спортивной тренировки волейболистов, технико-тактических навыках, физическом развитии, процессе, принципах и принципах спортивной тренировки.*

Ключевые слова: *спорт, волейбол, процесс, принципы, принципы, стили, тренировки, нагрузки (нагрузки), психофункциональные, препятствия, стремление.*

Sports - in a broad sense, competition activities include special training for it, socio-economic, spiritual-moral, cultural-domestic, physical and psychofunctional, technical and tactical processes associated with this direction. The essence of the concept of " Sport " consists in the desire of a person to further expand the limits of his capabilities by overcoming obstacles and difficulties.

Sport is an extreme mass social movement, corresponding to the time that "sharpens" the psyche, forms the mood-raising person physically, faithfully and spiritually, perfects his "inner" and "external" culture (morphology – qaddi - qamati and functional resource), endlessly gifts joy to humanity. So, sport is a multifaceted social factor with a deep meaning.

As a result of regular sports training, a person's movement activity is formed, new forms of movement are formed, vital necessary movement skills (running, jumping, walking, etc.), skills are improved, psychological qualities (thinking, mind, will, attention, emotion, etc.) are polished. Movement qualifications specific to a particular sport are honed.

Volleyball - as a sport, leads a person to develop physically in every possible way. As you know, modern volleyball with its character, essence, content makes great demands on the body of a person. Regular training in volleyball will improve all physical, technical, tactical, psychofunction qualities. Technical and tactical skills, which are performed for a long time (up to 1.5-2 hours) in different directions and speeds inherent in volleyball, shape the practitioner's general and special endurance. The solo, group, and team movements performed in the game exhibit traits of mutual support-chasing, mutual support-solidarity.

Conditionally, sports training styles can be divided into three groups: verbal visual and practical. These techniques should be individually or together (in the amount of) training suitable for the tasks of the training, be able to solve these tasks. In addition, it is desirable

that these styles correspond to the principles of training, the age and training (qualifications) of those involved.

Word style - consists in the description, explanation, formation of an idea of the essence, structural features of some technical element, qualification or exercise by a coach, coordination, biomechanical and kinematics. The visual style is usually used at the same time as the verbal style, and consists of displaying the practice pattern, Technical copies, and the execution pattern Using video Films, slides, and pictures.

Practical styles in turn are divided into two groups:

1) technical qualifications specific to a particular sport, methods aimed at the formation and formation of movement skills, that is, techniques aimed at mastering most sports techniques.

2) methods aimed at the education and development of physical qualities i.e., methods aimed at the upbringing of the qualities of most actions. But one style or another can be used in both cases where it is noted.

There are styles of teaching sports techniques (movement skills) in full or in parts (elements). In some cases, such actions are taught in full, if there is no possibility to train movements in parts. But, in order to train Sports Tex-kasi in accordance with the exact structural structure (structure), it is of great effect to train it in parts as much as im-koniyati. In this, especially imitation (imitation), exercises performed without a ball (or a comfortable piece instead of a ball, a suitable-lama) are very handy.

Teaching style in parts. It is of particular importance in the process of initial, initial training. As the technical parts of the movement take shape (using the feedback style), the style of teaching it in its entirety takes its place.

During the initial training process, it is important to pay attention to the preparatory and approach exercises. The method of teaching sports techniques in parts does not lose its relevance not only in the process of initial training, but also in the highest stages of technical-tactical skill new technical method or is very handy in discovering tactical combinations.

Most styles aimed at training the qualities of movement (physical) - the structural essence of such styles differs depending on the nature of the application of exercises (nagruzka) (the number of exercises is heavy - light, intense). During sports training, all exercises are performed within the framework of two main styles: non-blunt and stop-to-stop application styles.

A standing style is one in which an exercise is performed without interruption or without interruption of any movement activity. The stop - to-stop (repetition) style is represented by the application (giving rest) of the exercise at certain intervals. Even when the two styles are used, the exercises can be performed without interruption or interruption. Depending on the nature of the choice of exercises and their application, the training session can be generalized-resurrected (integral) or focused on a specific direction. The maximum tension style is recommended to be hand-lashed compared to most athletes with good training. This technique is usually explained by the maximum weights or strength training-the maximum return time. Applying exercises in a generalized way will help them develop several qualities at the same time. And the application of exercises in a specific direction, in

the overwhelming majority, is focused on quality shaping. In addition there are styles of play and competition, which are used in the form of independent styles.

A style of play is the bilan expression of an action being played in a style of play or during play. This technique is incredibly effective, and in its application, exercises are performed within the framework of a particular game situation. It is in this way that the training is carried out that raises the emotional state of those involved. In this method yordamid, complex technical and tactical issues (tactical thoughts, appropriate choice of tactical combinations, etc.) and psychological situations are solved. The style of the competition is precisely the performance of the competition exercises, the training in the style of the competition and the participation in various competitions. This technique assumes that the exercises are performed at a high intensity, or the victory in the competition is performed in such a way that it requires intensity, method, accuracy. The method of competition plays the main role in generalizing, linking (integralizing) technical and tactical skills, combi-Nats, qualities, abilities, which are formed in the process of sports training. At the same time, when applying this style, it is necessary to take into account the qualifications, skills and capabilities of sportsmen. In addition to the noted styles, there is a combined or mixed style, movement analysis techniques. As a result of the use of a joint method, several qualities (strength, speed, endurance, etc.) and qualifications (technical method, tactical action) are formed at the same time.

The process of sports training is carried out on the basis of certain principles (principles), procedure, scientific and methodological laws. These laws are the main factor in the correct and effective organization of the athlete training system in one order.

The principles of sports training are generally based on Universal-didactic principles in the process of training and training. But, the intense, heavy and sustained exercises that are used during sports training require special attention to these principles. Because, this condition is aimed at the correct progress of the organism of those involved, carefully expanding their psychofunctional capabilities.

The following basic principles apply in sports theory and practice:

awareness and activism are “enabling” (giving nagruzka in line with the opportunity to engage) and individualization, regularity, visionary, “going to grow” (progressive-ing).

The principle of mindfulness and activity is one of the important conditions for achieving all the goals that are laid step by step in the training process, mastering and improving game skills. The principle of granting (enabling) and individualization of training training assignments (nagruzkani) in a manner appropriate to the possibility of engaged. This principle is that all training assignments that are given require the practitioner to be consistent with their age, gender, preparation and individual characteristics.

The principle of regularity sets the goal of increasing the level of students from training to training in order to ensure continuity of training in the multi-year training process.

The principle of “going to grow” (progressivization) is to go to complicate training tasks in the training and training process, increase the size and intensity of nagruzka, take the skill to new stages.

The principle of exhibition is of particular importance in the effective application of all principles and the achievement of the intended result. It is also appropriate to note that all the principles mentioned above must be applied under the following didactic procedures:

- from simple to complex;
- from absorbed to unabated;
- from easy to difficult;

The fact that the discussed principles correspond to the laws of sports training creates an effective organization of this process. Sports training is carried out on the basis of the following laws: “orientation to high results”, “ensuring a unity of General and special training”, “continuity of training sessions”, “gradually and maximally increasing Nagruzka”, “applying Nagruzka in a wave - like way (going to change)”, “organizing the training process on the basis of relapse (cycle)”.

High performance orientation - the main goal of the training and training process is to prepare athletes for the competition at a high level of “Sports form” and create the opportunity to achieve a high Sports result in this competition. Therefore, the strategic task set during regular, continuous training is associated with the orientation of the athlete to high results.

Ensuring a general and special training unit - Special-specialized training in volleyball is carried out from the age of 10-12 years. But, until the process of “deep” specialized training, the principle of universalization prevails in working with adolescents who have reached the age of 15-16 years, in accordance with the goal that young athletes have comprehensive physical, technical and tactical training. At the age of 17-18 years – the training process will be in an individualized direction. Within the framework of skill-talent of players, the game functions that occupy them are more deeply specialized and formed.

Continuity of training sessions - various breaks that occur during the training process lead to the elimination of the goal set by the athlete and the trainer. Therefore, the interruption of regularity in the multi-year training process should ensure its continuity, without allowing various breaks to occur. But this continuity training nagruzka recreation, work it should be carried out on the basis of alternation with the restoration of abilities.

Going to grow the load gradually and in the maximum possible way - it is this legislation that is aimed at safarboring all the strength and capabilities of volleyball players at the time of the competition. To do this, during the multi-year training process, tasks, tasks and exercises related to physical, technical and tactical training are gradually performed at the maximum level of volume and intensity, based on the order of “from easy to difficult”, “from simple to complex”, “from improvised to non - destructive”.

In the process of multi - year training, nagruzka should be increased in a wave-like manner-increasing nagruzka. This law will depend on the time of “disappearance” of fatigue complications to the period of recovery of the body after nagruzka. Therefore, rest with nagruzka, exercise that restores the body with nagruzka-appropriate and effective application of activities are special of importance.

Recurrence (cyclicality) of the training process - the training-training process is divided into weekly cycles into stages and periods. It is in this multi-year process of cycles that the "spiral" recurrence is focused on high results.

In conclusion, it should be noted that the teacher - trainer has mastered the theoretical knowledge, professional-pedagogical skills and qualifications established in the fundamental, special and specialty disciplines recorded in the current curriculum, physical education and to know and follow the essence of legal, regulatory and administrative documents related to sports, to study the experience of conducting mass sports training, training Sports Reserves and highly qualified athletes. Formed as a person, has high spiritual and cultural qualities, is mentally thoughtful, independent-minded, creative, has embodied national and universal values, is able to take initiative and responsibility in complex situations and is required to grow into a person with a broad worldview.

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