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Abstract: *This article examines the effectiveness of physical fitness development among students playing volleyball. The physical qualities of students are developed more effectively through the use of games than through the use of outdoor games. Play tools include outdoor games, exercises used in game situations, etc. The inclusion of outdoor games in sports training not only helps to successfully solve a number of special problems but is always well received by participants and increases interest in training. In such conditions, the most appropriate strategy may be to develop the students' specific skills in volleyball, not through the exercises of the sport itself but through the tools available for this level of training. The latter can include open games and game exercises, the content of which allows for a specific effect on the development of special, first of all, coordination, abilities: orientation in space, reaction speed and accuracy, and reorganization of motor movements. the ability to accurately distinguish spatial movements, strength and temporal parameters of movements, and sense of rhythm. Play tools include outdoor games, exercises used in game situations, etc. The inclusion of outdoor games in sports training not only helps to successfully solve a number of special problems but is always well received by participants and increases interest in training.*

Key words: *volleyball, students, injury prevention, development of physical qualities, game equipment, open games.*

ACCESS

A distinctive feature of volleyball training is the time required to master the technical arsenal, which is associated with the high complexity of the technical elements of the game and specific requirements for physical fitness. In such conditions, the most appropriate strategy may be to develop the students' specific skills in volleyball, not through the exercises of the sport itself but through the tools available for this level of preparation.

Regardless of the development of physical quality, the following organizational deficiencies can be the cause of injuries:

- In case of a violation of safety rules and order in training,
- In cases of low-quality inventory and equipment
- Unsatisfactory sanitary-hygienic conditions during training (insufficient lighting; very hard and slippery surfaces on which training is performed; high aeration of the air) and bad

meteorological conditions (extremely low or high level of the environment, high humidity, etc.)

These errors are related to the degree to which physical quality is developed in a specific training and training system.

First of all, it is strength in different groups of muscles and disruption of harmony in development. In the musculoskeletal system, weak and insufficiently trained members appear, which leads to their injury or, in cases of excessive loads, damage to the head and limbs.

For example, insufficient development of the heel muscles reduces their stiffness. As a result, when performing jumping exercises, the load that the heel muscles should take falls on the triceps muscles of the calf.

The following recommendations should be followed to prevent injuries when training with strength exercises:

1. It is necessary to exercise well before intense training and keep the body warm throughout the training.

2. The total volume of strength loads should be gradually increased, especially in the initial stages of training with particularly high-intensity exercises.

3. The size of the load in each exercise should be determined carefully.

4. All skeletal muscles should be developed equally, especially at the initial stage of strength development. For this, different strength exercises are used in different initial situations.

5. It is necessary to exercise well before intense training and keep the body warm throughout the training.

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7. The size of the load in each exercise should be determined carefully.

8. All skeletal muscles should be developed equally, especially at the initial stage of strength development. For this, different strength exercises are used under different initial conditions.

9. The heel muscles of the foot should be strengthened regularly.

10. In order not to injure hands, it is advisable to use different grips in exercises with objects.

11. When performing sit-ups with weight, it is necessary to choose the initial position of the leg that activates the knee muscles more.

12. Deep squats with heavy loads should be done in moderation to avoid knee muscle injuries. The strength of the leg muscles can be developed in a sitting and lying position on special trainers.

13. Limit and close-to-limit load exercises should be performed only on a hard floor and in shoes that keep the calf muscles tight.

14. It is not necessary to take a deep breath in order not to strain the cardiovascular system before exertion. Half-breathing or 60-70% deep breathing is good.

15. Prolonged tension should be avoided.

16. In order to avoid damage to the delicate vessels of the eye, it is necessary to wash the eyes when performing total (high) load exercises with tension.

17. Stretching exercises should not be performed with a heavy load during the break between vigorous exercises. The amplitude of movements should be 10-20% less than the maximum state in the corresponding muscle.

18. If you feel pain in your muscles, you should stop exercising immediately.

Support is the loading of some members of the movement apparatus. Poor direct preparation for speed training Performing speed exercises while physically or mentally fatigued Methodical recommendations for the prevention of injuries in the development of speed.

Before performing speed exercises, it is necessary to conduct preparation using exercises similar in method and content to those of training. It is advisable to gradually increase the speed of performing preparatory exercises. It should be noted that a good warm-up is a good tool for preventing injuries and achieving good results in speed training. The basis of movement warning of injuries is all-round physical training aimed at the proper development of the musculoskeletal system. In the initial stages of developing the qualities of speed, attention is paid to improving its weak members. Speed training should not be performed when fatigued, as the accumulation of insufficient waste products in the muscles and impaired muscle recruitment can lead to injuries.

If pain or tremors appear in the muscles, it is necessary to stop the exercises. Because it may be related to changes in muscle structure. Continuing speed training in this condition can lead to injury. In cold weather, it is necessary to wear warm and windproof clothing.

In order not to injure the hands, it is advisable to use different grips in exercises with objects.

When performing sit-ups with weight, it is necessary to choose the initial position of the leg that activates the knee muscles more.

Speed corresponds to the preparatory part of the training. This testifies to the violation of the principle that the organism gradually starts to work and to the wrong selection of the means of training.

Injuries can be caused by the following factors:

Speed training in cold weather and on slippery or uneven ground

The effect of training is lacking in all aspects.

Inadequate acquisition of speed training techniques is due to the sudden increase in speed training coverage.

In developing endurance:

☒not paying enough attention to the strengthening of the musculoskeletal system;

- ☒ Uniformity of the means and methods for the development;
- ☒ to engage for a long time without advertising;
- ☒ exercise without feeling well (wind, angina, etc.).

The following are considered methodological errors in the development of flexibility:

- ☒ insufficient heating of the body
- ☒ poor-quality warm-up exercises
- ☒ increased muscle tone
- ☒ a sudden increase in the amplitude of movements.
- ☒ excessive additional lifting;
- ☒ too long intervals of slow rest between exercises.

The latter can include open games and game exercises, the content of which allows for a specific effect on the development of special, first of all, coordination abilities: orientation in space, reaction speed and accuracy, and reorganization of motor movements. the ability to accurately distinguish spatial movements, strength and temporal parameters of movements, and sense of rhythm.

Game tools include open games, exercises used in game situations, etc. The inclusion of open games in sports training not only helps to successfully solve several special problems but is always well received by the participants and training increases interest in classes.

Various motor movements, game exercises, and game activities in general in open games have their characteristics for the formation of life skills and abilities in students and the comprehensive development of their physical and mental qualities. In the process of games and exercises, the ability of students to act together is formed. Regular repetition of outdoor games and exercises will improve and strengthen the necessary skills. An effective way to develop coordination and other abilities is the game method, which involves performing activities within a limited time or under certain conditions or certain motor movements, etc.

It is noted that the method of organizing movement activity in the form of an external game is widely used in the process of physical education and has a number of advantages over other methods.

The essence of the game method defined by the author is that the activity is organized based on the content, conditions, and rules of the game. The author considers the specific features of the game method to be the following: great emotionality, in the background of which the motor activities and actions of the participants take place; a relatively independent (unregulated) choice of solving motor problems and their sudden appearance in a constantly changing situation; complex and various interactions between those involved during the game. Some features of using the game method are highlighted: improvement of mastered motor actions; comprehensive development of motor skills; determining the personal characteristics of the participants and influencing the formation of moral, moral-will, and intellectual personal characteristics Outdoor games are an

effective means of relieving nervous tension and instilling positive emotions. For this purpose, games are used not only with beginners but also with skilled athletes. The concept of a game method is much broader in terms of means of implementation and forms than external games. The game method has many features typical of games in physical education. The game is presented as a characteristic physical exercise system, that is, in the form of physical education tools. By identifying the method of play with a game, games in physical education can be used as an effective method of education and training. The game method can be used at the stage of learning motor behavior, provided that the level of regulation increases. Outdoor games play a big role in the physical education of students. When used skillfully and systematically, they have a positive effect not only on the ability to control movements but also on the entire psychomotor field: the ability to react quickly, anticipate, quickly find, make decisions, and implement. Distinctive features of the game method include: clear elements of competition and emotion in game actions; extreme variability of combat conditions; conditions for performing movement actions; high requirements for creative initiative in motor actions; a lack of strict regulation in the nature of motor actions and load; and the complex manifestation of various motor skills and qualities in accordance with the tasks of the game activity. One of the authors believes that the game method is a method of organizing the acquisition of special knowledge, skills, and abilities and the development of motor qualities based on the inclusion of components of game activity (imaginary game situation, plot, role, and actions). objects, with rules) in the learning process. The game method can be presented in the form of a game and in the form of exercises in the form of a game; they differ from each other, despite the fact that they have common features inherent in game activities. The author explains this difference by the fact that physical exercises in the form of games are motor actions selected in accordance with the specific goals of physical education and have a plot and role color. They have one or more features of game activities but remain mainly physical exercises because the nature of their implementation is fully subject to the laws of a certain motor movement technique, the load on the body can be strictly dosed, and the student focuses on the technique of performing the studied movement. One of the most important aspects of outdoor games is their widespread use and comprehensive impact on the physical fitness of young people. Outdoor games contribute to the functional improvement of the body, the development of physical qualities, and the formation of motor skills. At the same time, the complex nature of the effects of most games creates certain difficulties in identifying games that have a dominant effect on one or another physical quality. Also, outdoor games have one important advantage: players can independently choose the time for rest and regulate the intensity of the load, depending on their individual physical characteristics. Open games also have their downsides. The competitive nature of the games is 47 leaderboards with significant emotional intensity, mobilization of all forces, and increased performance; players forget about fatigue. In conclusion, it should be said that organized and planned activities with physical exercises

can harm the bodies of students. In order for this not to happen, training should be planned in advance, taking into account the specific characteristics of the development of this or that physical quality. Thus, game exercises should serve as one of the most effective means of developing and forming a person's personality, as well as his basic physical qualities and abilities.

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