



Initial Volleyball Training And Its Essence

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ABSTRACT

This article deals with the development of technical preparation, organizing, their training, the aim and task of training, the aids of it.

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Training, technical preparation, initial teaching, preparation, special exercises, the methods of teaching.

Annotatsiya. Maqolada yosh voleybolchilarning dastlabki o'rgatishni tashkil etish va mashg'ulotni mazmuni, vazifalari, vositalari hamda mashg'ulot olib borish masalalari yoritilgan.

Kalit so'zlar: mashg'ulot, texnik tayyorgarlik, dastlabki o'rgatish, tayyorlov, o'yin malakalari, o'rgatish vositalari, maxsus mashqlar, o'rgatish uslublari, moslama va uskunalar.

In addition to the development of physical education and mass sports, importance is being paid to the development of big sports in our country. Every year, international and world-class prestigious competitions are held in our republic, and the interest of young people in sports is increasing. Our athletes participate in Asian, World and Olympic competitions and achieve high results, glorifying the fame of our country. One of the ways to solve this problem is to redirect different types of targeted physical education programs to maximally meet the needs of each student, to fully take into account the level of physical development and training of students.

Unfortunately, although sports games, especially volleyball, are widely developed, high results are not being achieved in international competitions. Volleyball is included in the curriculum of all educational institutions as a subject, sports clubs, children's and sports schools that operate outside of class and work are conducting educational and training processes. The process of preliminary teaching of sports skills is the foundation of the long-term sports training system. The more thorough and high-quality the preliminary training is from the organizational, methodological, scientific and material-technical point of view, the shorter and easier the training of sports substitutes will be. But this, of course, directly depends on the specialist's knowledge, professional skills and qualifications. Therefore, one of the most important and main sections of the training program for the training of specialists is the methodology (technology) of primary education. One of the main factors of achieving an effective result during the competition is the technical preparation and

technical skill of the volleyball player. Therefore, the first and main goal of the teaching process is to master the technique of the game perfectly.

Until now, a number of scientific studies have been carried out on the problems of physical education and sports theory and practice of higher educational institutions, and the issues of the differentiated methodology of using sports games in the sports improvement groups of higher educational institutions have been highlighted. L.R. Ayrapetyans, M.A. Godik, 1991; Yu.D. Zheleznyak, 1994; M.C. Akhmatov, 2004. In addition, V.A. Kobzev, 1996; N.A. Anashkina, 1998; A. Zelensky, 1998; In the scientific works of V.P. Guba, 2000 and others, the theoretical and practical bases and methods of using a differentiated approach in organizing the physical education process of young students were described. Movement and game skills - passing the ball, receiving (defense), putting the ball into play, hitting, blocking are mastered and improved in certain stages, using certain methods and tools. - will be resurrected. This process is carried out on the basis of pedagogical, biopsychological and biomechanical laws.

The above-mentioned information and factors to be taken into account in the process of training should be included in the planning documents based on a certain methodological procedure. In addition, it is necessary to identify the child's inner secret potential and existing factors with the help of a selection program and exercises. The obtained results should serve as a basis for the application of teaching methods, stages and technology. The initial training process is carried out in several stages, and each of these stages includes its own methods and tools. General development exercises are used to improve the physical fitness of the player and the movement skills and skills necessary for the player. All exercises are combined in accordance with their direction and form the main parts of special training, including general physical, special physical, technical, tactical and game training. Each type of preparation has its own leading factors, with the help of which the desired goal is achieved. At the same time, all types of preparations are inextricably linked. For example, if the student is not physically well prepared, he will not be able to perform well the technical exercise of hitting in attack. In this case, training the student from the physical side is more useful than repeating the hitting method many times. Initial training should be carried out step by step and based on the principle of training. The first stage is to get acquainted with the studied movement technique. In this, telling, showing and explaining methods are used. In addition to showing, the coach uses visual aids such as film, visual film, scheme, field model, etc. The demonstration should be accompanied by explanations. The first attempts of the coach-teacher form in them a primary sense of movement. The second stage is learning the technique in a simplified state. Success at this learning stage depends in many cases on the correct selection of approach exercises. According to their structure, they should be close to the movement technique being studied and students should be able to perform it. Actions with a complex structure, that is, an attack blow, are divided into its main components. At this stage, management methods are used: commanding, giving instructions, seeing and hearing, observing, technical tools, etc. methods such as impact strength, fall accuracy, light or sound are of particular importance. The third stage is teaching technique in complicated conditions. The following are used in this: repetitive method, performance of movement in complex conditions, game and assessment method, joint method, circular exercises. Repetition is key at this stage. Repetition builds proficiency. Repetition in order to develop skills requires performing exercises in different conditions, changing the conditions of movement, and gradually increasing the complexity. Exercises are performed even when tired, joint and game styles are aimed at simultaneously polishing the technique and solving the issues of developing special physical qualities and improving technical and tactical training and playing skills. The fourth stage is to strengthen the movement during the game. The method of interpretation of performed actions is used (pictures, tables, educational films, visual films), technical-tactical, special training tasks, game and competition methods are used during the game.

In preparation and educational games, it is envisaged to study each method (skill), improve and perfect it. The best way to improve skills is to compete. The main means of training in volleyball, like other sports, is physical exercise. They are very different. Therefore, they are classified according to their role in solving the tasks at a certain stage of training. This classification is based on the competitive activity of volleyball players. In this regard, exercises are divided into two large groups, these are the main or competition and auxiliary or training. In many cases, the effectiveness of tools in training volleyball movements directly depends on the methods of their use. Styles are selected and applied depending on the assigned task, level of training of the

participants, specific conditions. Depending on the task, the same tool can be used in different ways. In addition, the sequence of tasks and types in each type of preparation has a certain logical connection.

Tasks of one type of training change in quality and create a foundation for the next type of training. For example, preparatory exercises represent the general structure of the technical method being studied. Convergence exercises serve as a bridge from special physical training to technical training. Technical exercises built on the basis of a certain level of complexity help to form tactical skills. On this basis, individual tactical actions will be studied later.

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