

VOLLEYBALL TYPE OF SPORT AND ITS IMPORTANCE

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ABSTRACT: Improving the role and importance of sports in the formation of a healthy lifestyle, in particular, the teaching of gymnastics, athletics and sports (football, basketball, volleyball, handball) game and exercise techniques. It is necessary to improve the teaching of gymnastics, athletics and sports (including volleyball) in the educational process, as well as the tactics of games and exercises, especially in the teaching of volleyball in sports. I think it is necessary to increase the interest of students in this sport.

KEYWORDS: Olympic Games, Volleyball, Sports, Physical Training, Functional Features, Tactical Techniques.

ВОЛЕЙБОЛЬНЫЙ ВИД СПОРТА И ЕГО ЗНАЧЕНИЕ

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АННОТАЦИЯ: Повышение роли и значения спорта в формировании здорового образа жизни, в частности, обучение гимнастике, легкой атлетике и спорту (футбол, баскетбол, волейбол, гандбол), игровым приемам и упражнениям. Необходимо усовершенствовать преподавание гимнастики, легкой атлетике и спорта (в том числе волейбола) в учебном процессе, а также тактику игр и упражнений, особенно при обучении волейболу в спорте. Считаю необходимым повысить интерес студентов к этому виду спорта.

КЛЮЧЕВЫЕ СЛОВА: Олимпийские игры, волейбол, спорт, физическая культура, функциональные особенности, тактические приемы.

It's been a hundred years since volleyball was born, along with basketball. The game soon became popular around the world. Volleyball is a spectacular, beautiful and captivating sport. This is due to the simplicity of the rules of the game, the lack of complex equipment, as well as the fact that volleyball can be played by people of any age. Volleyball develops all muscles and teaches quick thinking. Develops strength, agility, endurance, light movement qualities and the ability to direct these qualities correctly. Breathing strengthens cardiovascular activity, relieves mental fatigue. Jumping is a game. Volleyball has a positive effect on the body, relieves it from overload. It teaches us to act as a team, to put our personal interests before the interests of the community, to be disciplined, to help our partners. The positive effects of volleyball on the human body, its versatility and technical simplicity show that it gives good results in the field of health.

Volleyball is a popular game that can be played both at home and outdoors. Simple inventory and simple rules of this fun game will ensure that many amateur players win. The choice of sports, volleyball, popularity among young people, the educational and material base of the educational process and, of course, the readiness of the teacher-student. It is important for the student to be able to relieve physical and emotional stress after the learning process. This can be easily achieved in the gym through volleyball. The program is aimed at creating

conditions for the development of the student's personality, the development of motivation for reading and creativity, ensuring his emotional well-being, prevention of antisocial behavior, the integrity of the process of mental and physical health of children.

Volleyball exercises help to develop the main physical qualities of the participants - endurance, coordination of movements, speed, strength, various motor skills, strengthen health, as well as the personal qualities of the student: communication skills, will, friendly feeling a sense of responsibility for their actions in front of themselves and their comrades, as well as superiority over the opponent in speed of movement, ingenuity, service accuracy, stroke accuracy and other actions aimed at achieving victory'. The desire to learn teaches students to mobilize their abilities, to move with maximum force, to overcome the difficulties that arise in the process of sports.

In particular, the competitiveness of the game, the independence of tactical individual and group actions, the constant change of situation, success or failure cause players to show different emotions and experiences. High emotional uplift maintains constant activity and interest in the game. These features of volleyball are designed to teach students to control their emotions, not to lose control of their behavior, not to weaken the fight if they succeed, and not to lose themselves if they fail. creates favorable conditions.

Based on the above, the formation of behavioral attitudes in students, as a volleyball game, effectively enriches the inner world of the student with his technical and methodological tools, improves his health and expands his consciousness in the field of physical development. In the context of modern higher education institutions, students develop immobility due to heavy workloads and the volume of homework. To solve the problem, a partial training program "Volleyball" has been developed, aimed at meeting the needs of its movement, recovery and functioning of the organism. The versatility of mastering the technical and tactical techniques of the game is the basis for teaching volleyball.

Initial training groups focus on physical and technical preparation. In addition, the proportion of certain types of training will change in the first year of study: more hours will be given for physical education at the beginning of the year, and there should be more hours for technical training in the second half of the year. It should be noted that physical education is carried out in the preparatory and leading technical training classes.

In the second year of studying the initial preparatory groups, there is a logical continuation of the study of the technical, tactical arsenal and physical fitness of the students. The main focus is still on physical and technical training, but physical training hours are declining and tactical training hours are increasing. The main task of working in training groups is to acquaint young volleyball players with additional technical and tactical training, as well as the specialization of the game on the functions of the players. I think that in the annual training cycle, the total amount of physical training will decrease and the amount of technical and tactical training will increase.

The definition of tasks, the choice of teaching aids and methods are the same for all students, subject to the requirements of the individual approach and in-depth study of the characteristics of each student. The course compulsorily includes general physical training as well as special physical training. Work is underway to train young athletes technically, tactically and morally. Versatile physical education is done during the sessions. All exercises are divided into general development, preparation, leadership and basic. General developmental and preparatory exercises are primarily aimed at developing the functional properties of the organism, while the leading and most important are the formation of technical skills and tactical abilities.

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