



DEVELOPMENT OF PHYSICAL WORKING CAPACITY AND ITS FUNCTIONAL COMPONENTS IN YOUNG VOLLEYBALL PLAYERS

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Article history:	Abstract:
Received: 11 th April 2022 Accepted: 14 th May 2022 Published: 28 th June 2022	The article analyzes the issues of physical activity and the formation of its functional components in the training process of young volleyball players and describes the results of research to improve the training of young volleyball players in major sports.
Keywords: physical fitness, work ability, component, endurance, sports training, exercise, physical qualities, game loads.	

The high level of development of modern volleyball as a sport has made it one of the effective means of all-round physical development. As you know, modern volleyball puts high demands on the functional state of the body, on the person's Jimenez qualities. The load on players with a strong level of command is very high. Meetings between skilled teams last up to 2-2,5 hours. Studies have shown that playing volleyball is characterized as work that is performed at the limit of maximum and submaximal stresses. So, during the intensive game, the heart of the volleyball player is reduced to 200 times and more.

Therefore, regular and serious training of athletes with this type of sport requires the performance of incredibly large, extreme loads, requires the presence in the athletes of highly formed physical and psychofunctional opportunities. Currently, in many countries of the world, volleyball sports are developing rapidly.

Although volleyball is a popular sport in our country, but the fact that our athletes do not achieve high results in international sports competitions indicates that there are enough errors and shortcomings in the system of training athletes in volleyball, since we do not develop special working skills in the preparatory processes of young volleyball players, we can not achieve the set goal. This is one of the pressing problems in the system of training highly qualified athletes in volleyball sports.

On the account of the development of new specialized physical and technical-tactical exercises designed for the effective formation of physical training and technical-tactical components of special working capacity in volleyball players aged 15-16 years, physical training and technical-tactical components, as well as the program of their application, are pedagogically improved.

In the practice of preparing sports reserves, the development of one or another of these physical qualities, the training of technical and tactical actions, their formation and adaptation processes to the influence of functional capabilities on the loads are carried out depending on the age, sex and level of preparation of the participants is one of the most important conditions of sports pedagogy. In volleyball, it is customary to engage in health care groups from the age of 5-8 years, to engage in preparatory groups from the age of 9-11 years. The program includes training in training groups under the age of 12-16 years, transfer from 15-16 years of age to the group of improvement of sports skills. The same age group includes the admission of adolescent volleyball players to the higher sports skill improvement groups or professional volleyball teams and the training of deepened specialization with the goal of game functionality (amplua). There is also other information on this matter. For Example, A.V.Belyaev slightly different group of volleyball players of different ages: 8-10 years-the initial training group; 10-12 and 12-14 years-the training group; 14-16 and 16-18 years – sports improvement; 17-18 and older – the group of improvement of higher sports skills.

But although such programs for kisses are officially introduced, the grouping of children by age is carried out by the age of the passport, in fact, most of the biological age in this matter is taken into account. So, starting from the age of 15-16, choosing a professional volleyball player for Junior Volleyball will serve as a test bridge. But it is important to apply the size and intensity of the loads in a differentiated (or normalized) state on the basis of the physical and functional components of working capacity, especially in adolescents engaged in sports skill improvement groups or in professional volleyball teams, referring to the real capabilities of children in the development of agility-strength endurance, sakrovchanlikeness and jumping endurance.

As you know, "endurance" is an integral concept with wide coverage, combining the qualities of quickness-strength, jump, coordinate ability (agility) and elasticity into its composition. The term endurance means the ability to work for a long time without lowering the work activity and overcome fatigue.

The degree of endurance is determined by the following factors:

- functional capabilities of the organism;
- possibility of O₂ consumption of functional organs;
- functional capacity of the heart activity;
- functional capacity of vascular activity;
- adaptation of muscles to long-term aerobic and anaerobic work activities or hypoxic stagnation;
- increase in the volume of energy reserves in the body;
- formation of technical skills;
- willpower opportunity.

In the process of multi-year sports training, it is necessary to prepare volleyball Sports Reserves within the framework of professional volleyball goal setting, gradually increasing the volume and intensity of the loads in the "wavy" order, based on didactic principles. When children reach the age of 15-16 years they should be stated at the level of normative requirements and model indicators intended for the same age groups from the physical, technical-tactical and psychophysical aspects.

It is worth noting that in the training program for the preparation of Sports Reserves for volleyball, the volume of loads allocated for all types of training (physical, technical-tactical) is defined as 312-416 hours (3 years) for the initial training group, 1040 hours (5 years) for the training group, 1456 hours (3 years) for the sports improvement group and 1664 hours for the Exactly 15-16-year-old adolescent volleyball players annual loads were expressed in the volume of 1040 hours. So, when the same load capacity is involved in the sports improvement group of 15-16-year-old volleyball players (the volume of loads is 1248-1456 hours), the load capacity increases again to 208-416 hours, when involved in the higher sports skill improvement group or professional team.

From the volume of recorded loads it can be seen that in the preparation of young volleyball players for professional teams, it is important to emphasize the targeted development of physical qualities and the formation of technical and tactical skills, as well as the effective glossing of their psychofunctional capabilities. But in the sources published in this direction, there are limited opinions or results of research on the issues of the formation of physical and functional components of physical qualities or work capacity on an integral basis. The problem is that in some sports games (football, basketball, handball), functional opportunities in the preparation of Sports Reserves are under study as a means of increasing the effectiveness of physical and technical-tactical training.

And within the framework of the training of volleyball players, the scope of research on such topics is extremely limited.

M.I.Popichev notes that, according to the results of his research, for the use of exercises that promote saccharification in young volleyball players, it is necessary to divide their body joints into four groups depending on their length:

- 1-guys with short thighs, long thighs and buttocks;
- 2-children with long thighs, buttocks and short thighs;
- 3-children with long legs and short thighs;
- 4-children with a hip thigh, long buttocks and long thighs.

Taking into account these morphological features, the use of saccharification exercises, the author admits, gives a progressive result in children of the 1st group. At them after a certain time, the height of the jump, the strength of the deposition grew, the time was reduced. According to a number of authors, when developing power types in young volleyball players, it is important to know which technical method the game loads should pay attention to the group of "muscles" that perform. They showed the muscles of 8 executive organs: 1) wrists-bending; 2) writer of the elbows; 3) writer of the shoulders; 4) bending of the Gav; 5) writer of the Gav; 6) writer of the thighs; 7) writer of the thighs; 8) bending of the paws. In this regard, the authors recommend paying attention to the sensitive periods of development of types of strength: the development of muscles that bend the wrists is 11-12 years old, the muscles that write the elbows – 12 and 14-15 years old, the Gav bending – 11-12 and 14 years old, the writer of the Gav – 11 and 13-15 years old, the

A.V.Sukhanov, E.V.Famin, L.V.Since it is important to pay attention to the percentage of participation in the jumping movement of each joint in the development of resistance to chewing and jumping in the practice of training volleyball players in accordance with the opinions of bulikines (Table 1).

E.K.Axmerov's to akhmerov, it is worth noting that during the many years of training of volleyball players, it is important to use exercises with a focus on the age and physical capabilities of the participants. He emphasizes that, especially when using strength-building exercises, first of all, it is necessary to adjust these exercises to the technical and tactical methods specific to volleyball, and secondly, to use the means of restoring working capacity in the intervals used, and in the third, it is necessary that the content, direction and specialization of the exercises correspond to the annual training cycles.

Table 1
**Joints in volleyball-specific jumps
share of participation**

T/r	Body joints	Percentage of participation in the jumping movement of body joints (%)
1	Muscles that bend the paws	22
2	Muscles that record the knees	56
3	Muscles of the Gav writer	10
4	Neck muscles that lift the head	2
5	Muscles that actively move the hands	10

It is known that in the process of training with 11-14-year-old volleyball players, it is recognized that the emphasis on the psychophysiological features of children, as well as their morphological capabilities, when using exercises designed to develop physical qualities and teach technical and tactical movements (methods), will lead to progressive results.

Since in volleyball players, the use of exercises that develop physical training throughout the year should not only be adapted to the purpose of the planned training in the training cycles and the characteristics of the competitions, but also be based on physical abilities, which are a priority for players specializing in various game functions (amplua). In particular, the ability to accelerate for ball transmitters – 94,6%, resistance to fastness – 83,8%, sakrovchanlik – 59,5%, sakrovchanlik – 91,9% for attackers, resistance to jump – 86,5%, rapid movement of the hand during the impact – 81,1%, speed for libero – 97,3% is proved by the opinions of experts. In the author's research, it turned out that the leader in volleyball as long as the percentage of physical attributes has different scores. For example, in the first place agility-power attributes-6,5 points, in the second – agility – 6,2 points, in the third – endurance – 5,9 points, strength skills – 5,8 points. He proves that it is necessary to rely on such information by such factors that, as the competition period is over, these basic physical abilities are gradually slowed down in the players, especially the strikers and the ball transmitters. Indeed, it was found that in them the power capabilities fall to 18,9%, the speed – to 21,0%, the speed-to 22,2%, the endurance – to 22,0%. In Libero, the triple jump on the ground – 18,1%, the speed – 23,0%, the vertical jump from the ground – 24,1%, the speed endurance-as long as it can be slowed down to 19,4%. In the first phase of the preparatory period – fastness-qualities of strength, agility and agility, in the second phase – fastness-strength, agility, endurance of squats and jumps; in the third phase – agility, agility, agility and endurance of speed. And in the period of the competition it is desirable to develop in the first intermediate stage – agility, jumping endurance and agility, in the second stage – agility-strength, agility, in the third stage – agility, jumping endurance, in the fourth stage – agility-strength, agility and special gum.

In modern volleyball, the source that "moves" all actions – these are power attributes. In particular, if the strength of the leg muscles is the foundation for the implementation of the qualities of dumbbells, jumping endurance and fastness-strength, the hand muscles provide the efficiency of the attack shots, blocking, ball input and ball reception-transmission. In volleyball practice, jumping movements are performed mainly depsynib with two legs. Weak development of the right or left leg strength can adversely affect the jumping pace. The fact that the right or left hand has a sufficient form of strength only forces the leader to perform attack blows with his hand. The results of the study showed that in 15-16-year-old volleyball players sitting on the right and left legs, the results of compression of the dynamometer with the right and left hands showed that muscle strength is sufficiently developed, their asymmetric difference is 2,7 times at the beginning of the annual training and 1,9 kg, respectively., 3,4 times and 2,6 kg before the competition cycles., 2,6 times and 2,7 kg at the end of the competition cycles. ni made up. Indicators of throwing the ball to the maximum distance from the back of the two supporting heads also showed that by the end of the annual training, the explosive strength of the hands developed stagnant. Such cases are likely to have a negative impact on the high formation of special work skills.

A. Boltaev's scientific research work it is known that in volleyball training and competition games it is also important to arrive at the ball on time and make movements at maximum speed along extremely variable directions in the effective execution of a certain technical and tactical method. But, studies have shown that the effectiveness of such actions is expressed in 30 m., 9-3-6-3-9 m. and since the running speed" Archasimon " is much slower than the normative requirements and model indicators set in volleyball players aged 15-16 years. The speed of running recorded in young volleyball players was not recorded even by the end of the annual training with noticeable progressive changes.

In volleyball practice, the effectiveness of all attack strikes and blocking is determined not only by the technique and tactics of these movements, but also by the height of the jump and the dependence on the resistance of the jump. The most basic aspect in holding a sports form is the saccharification, jumping endurance, agility-strength, dexterity (coordination ability), endurance, even the qualities of elasticity, which make up the structural components of a special physical working capacity inherent in volleyball, the purposeful formation with the help of appropriate exercises in each cycle of the annual training process.

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