



THE PECULARITIES OF TRAINING AND SELECTING YOUNG VOLLEYBALL PLAYERS FOR VOLLEYBALL SPORT

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Article history:	Abstract:
Received: 1 th April 2021 Accepted: 14 th April 2021 Published: 30 th April 2021	This article discusses the basics of individual approach principle that is the natural individual characteristics of each individual. During multi-year training, the development of individual abilities of young sportsman requires the creation of conditions for long-term training of vital skills.
Keywords: Sport school, young volleyball player, young sportsman, individual, reserve, physical qualities, physical development, technical, tactic, technical training	

It is emphasized that the development of children's physical development, the strengthening of the musculoskeletal system, the development of physical qualities (speed, coordination skills, agility, etc.), including the use of tools to promote special physical qualities and abilities necessary to master the basics of volleyball.

Sources of literature, pedagogical observations and practical experience of specialists show that children and young sports school is an important task for primary training groups, such as selection of children, selection of young volleyball players for the next stage and preparation for sports.

During multi-year training, the development of individual abilities of young sportsmen requires the creation of conditions for maximum demonstration of the body's reserve capacity which is an important factor in the selection of vital skills in the subsequent stages of long-term training.

The interdependence of selection and training implies the gradual selection of participants and the gradual development of their physical qualities, the acquisition and improvement of technical and tactical skills in the chosen sport

According to a number of experts, the content of pre-training includes tools which help children develop physical development, strengthening the musculoskeletal system, physical qualities (speed, coordination skills, agility, etc.), including special physical qualities and abilities necessary to master the basics of volleyball. Many experts recommend the use of folk movement games in the early stages of training, both as a means of physical and sometimes technical training considering the anatomical and physiological characteristics of the body, the level of physical development and fitness. Specialists believe that it is necessary to use folk movement games, as well as training in volleyball, in addition to exercise to solve the initial problems of training. Because they help to solve problems of physical development and to cultivate physical and psychological qualities, as well as to expand children's motor skills in the period of primary and general basic training, which are very important for mastering technical and tactical movements. In general base preparation, which is the first stage of selection, relatively more complex issues need to be addressed, which is why the content of training is constantly becoming more complex. Taking into account the characteristics of the developing organism, including the stages of development of the child's organism, the means of preparation are reduced.

The content of training young volleyball players includes mini-handball and mini-basketball exercises on simplified rules for the development of speed, agility and speed-strength qualities, training and orientation exercises, training and control games to develop special qualities and abilities that facilitate the acquisition of game techniques and technical movements. With the help of experts, it is recommended to include in the training process possible gymnastic, acrobatic, athletic exercises, swimming exercises and taking into account the age and physical abilities of the participants.

During this period, they emphasize the need to pay more attention to the selection of children for physical training competitions, game techniques, mini-volleyball (12-year-olds), volleyball (18-14 years old) and of course, special volleyball lessons. In the period of primary training, the features of the construction of educational work is the use of the principle of universality in the choice of tools and methods, an in-depth study of the characteristics of each activity.

The main direction of training programs is to create conditions for successful training of young volleyball players in a wide range of technical methods and to create the necessary conditions for achieving a high level of special physical training in the later stages of the multi-year training process.

After each year of training, the necessary adjustments are made to the training of young athletes, including adjustments to the distribution of the components of the annual cycle of training and the focus of training. The number of hours of tactical and integrated training will be increased in the second academic year compared to the first academic year due to the reduction of time allocated to general physical training. During the second stage of training, the issue of expanding the set of technical methods and tactics studied will also be addressed. The requirements for training groups will increase even more, for example, the number of hours per year here will reach 520 hours, which is 104 hours more than in the preparatory groups. In the distribution of training, 25% is spent on technical training, 28% on tactical training, and 21% on integrated training.

According to the researchers, such a distribution of hours throughout the year will allow to solve the tasks set in the first stage in the preparation of young volleyball players, taking into account their age and physical abilities, when choosing the right tools and methods. Taking into account their age and physical abilities will be of particular importance in shaping training strategies.

Comprehensive training in primary and general basic training should take into account the development of physical qualities of young athletes and their positive impact on the growth of sports results. Therefore, the tools used in the first and second stages of training young volleyball players are less specific than the third and fourth stages of training which important features of the initial training period are. At the same time, the normative requirements for young volleyball players for the initial period are provided only for physical and technical training. Only in the later stages is the assessment of tactical actions based on the results of competitive activities used.

Games that consist of a variety of content, such as running, jumping, throwing and other movements are debated as action games. Without doubting the correctness of such an approach, we see that they are consistent with the problems of pedagogical content and the importance of folk movement games - they are fully compatible in the study of their types which do not justify themselves due to their peculiarities. In the above-mentioned study, an attempt was made to divide the folk action games into tours which can never be ignored.

In our opinion, the work directly devoted to action games which are more clearly expressed: "The distinctive feature of action games is the clearly expressed role of movements (standing, jumping, throwing, passing and catching the ball) in the game context. These processes of movement based on its sугенетик (theme, ideas) are aimed at overcoming the various obstacles placed in the way of achieving the goal of the game.

I.V Bileeva and I.M Korotkov show the differences between sports games and movement games. The authors note that action games can be individual (individual) and team (group) which may differ from the form, content and methodological features. The authors believe that action games "as a means of physical education and a method of play which help to cultivate and improve physical qualities."

L.V Bileeva, first with V.G Yakovlev and then with I.M Korotkov in the division into pedagogical types that suggest that they differ in the level of complexity, age, the main types of movement, physical qualities shown in the game, and so on. Completing the acquaintance with various concepts related to the division of mobile games into types, showing that they can be divided into groups according to the target task (for study, recreation, treatment), age characteristics (for school age and adults), team, non-team and team, sports, mass games in Korotkov's work is worth mentioning. The above work undoubtedly has the benefit of helping people to develop their tendency to differentiate popular action games.

Actually, the fact that the physical culture of the people, as a phenomenon of belonging to a particular ethnonym which has to take into account many situations arising from its own peculiarities. Based on the available positive scientific experiments and the properties of the applied materials that the authors of these lines suggest an approach to classifying them.

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