

VOLLEYBALL SPORT TEACHING AND ITS ESSENCE

Kazakov Sadiq Ramazanovich.

Associate Professor of the Department of Rehabilitation,

Sports Medicine and Physical Education of the

Bukhara State Medical Institute.

kazakovs07@gmail.com

Abstract: this article examines the importance and essence of teaching volleyball. Detailed descriptions of the types, rules and processes of the volleyball game are shown. How sport plays a social, cultural, and educational role is important for teaching the game and learning about its historical changes. Learning processes of volleyball, pedagogical technologies and educational methods of volleyball are studied. The article provides more insight into the study of sport and its importance in society.

Keywords: training, technical preparation, initial training, preparation, game skills, special exercises, teaching methods, equipment and equipment.

Enter

In addition to the development of physical education and mass sports, importance is being paid to the development of big sports in our country. International and world-class prestigious competitions are held every year in our republic, and the interest of young people in sports is increasing. Our sportsmen have been participating in Asian, World and Olympic competitions, achieving high results and raising the fame of our country. One of the ways to solve this problem is to reorient all types of targeted physical education programs to meet the needs of each student as fully as possible, to fully take into account the level of physical development and training of students.

Unfortunately, although sports, 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 an educational subject, and sports clubs, children's and sports schools that operate outside of classes and work are conducting educational and training processes. The process of initial training in sports skills is considered the foundation of the multi-year sports training system. The more thorough and high-quality the initial 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 for achieving an effective result during the competition is the level of technical preparation and technical skill of the volleyball player. Therefore, the first and main goal of the training process is to master the technique of the game perfectly.

Literature analysis

Until now, a number of scientific studies devoted to the problems of physical education and sports theory and practice of higher educational institutions have been carried out, in which 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 at specified stages, using certain methods and tools. - will rise. This process is carried out on the basis of pedagogical, biopsychological and biomechanical laws.

Results

The teaching process is a pedagogical process that requires great skill and professional training from the trainer-teacher. But even so, the teaching of movement (game skill) performance technique depends on other important reasons. Including the activity of the child, the number, quality, duration of training, auxiliary technical equipment, the conditions of the training place, the child's interest, wealth of movement, experience, etc. It should also be said that the period of mastering movement techniques depends on the child's family situation, his social and economic opportunities, and his mental state. The above information and factors to be considered in the training process should be included in 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 selection programs 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 developmental exercises are used to improve the player's physical fitness and movement skills and abilities necessary for the player. All exercises combined in accordance with their direction form the main parts of special training, including general physical, special physical, technical, tactical and game training. Each type of training has its own leading factors that help achieve the desired goal. At the same time, all types of preparations are inextricably linked. For

example, if a student is not physically well prepared, he will not be able to perform the technical drill of the attack well. 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 movement technique to be learned. In this, the methods of telling, showing and explaining are used. In addition to showing, the coach uses visual aids such as motion pictures, visual films, diagrams, field models, etc. Demonstration should be accompanied by explanations. The first attempts of the coach-teacher form in them the primary sense of movement. The second stage is learning the technique in a simplified state. Success at this learning stage often depends on the correct selection of approach exercises. According to their structure, they should be close to the studied movement technique and should be able to be performed by students. 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. Techniques such as suffocating impact strength, accuracy of landing, lighting or sound are of particular importance.

The third stage is teaching technique in complicated conditions. The following are used: repetitive method, performance of movement in complex conditions, game and assessment method, joint method, rotational exercises. Repetition is key at this stage. Only repetition builds proficiency. Repetition for the formation of skills means performing exercises in different conditions, changing the conditions of movement, and gradually increasing the complexity. Exercises are performed even when tired, combined and playing styles are aimed at simultaneously polishing the technique and solving the problems of developing special physical qualities and improving technical and tactical training and playing skills. The fourth stage involves strengthening 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.

Discussion

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 set at a certain training stage. Such classification is based on the competitive activity of volleyball players. In this regard, the exercises are divided into two large groups, these are the main or competition and auxiliary or training. The style is selected and applied depending on the task assigned to it, the training level of the participants, and specific conditions. Depending on the task, the same tool can be used in different ways. Also,

the sequence of tasks and types in each training type information has a 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 in the transition 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.

Summary

The main movement in volleyball is walking, running, running with a step to the side, running with the back, stopping with a step, jumping. In many cases, the movements are interpreted as not being clothes, and they are not given enough attention. This is a wrong idea. Because the choice of position and place for the player to perform various actions directly affects the effect of the action. Therefore, it is necessary to pay great attention to teaching movements. The correct organization of the initial training process of the coach serves as the basis for the effective formation of such important tasks as ensuring the integrity of the country's national teams and training qualified sports reserves.

List of used literature

1. Law No. 394 of the Republic of Uzbekistan "On Physical Education and Sports" (new edition). September 5, 2015. "Khalk Sozi" newspaper, No. 174.
2. Ayrapetiants L.R. Pulatov A.A. Theory and methodology of volleyball. Textbook. T.: UzDJTI. 2011, 280 p.
3. Masharipov F.T., Rozmetov N.Q., Rozmetov R.T. Pedagogical basics of conducting and managing volleyball training. Educational and methodological manual. Urganch.: 2012, - 72 p.
4. Masharipov F.T., Rozmetov A.T., Rozmetov R.T. Pedagogy of volleyball and its teaching basics. Educational manual. Urganch.: 2018, - 80 p.
5. Israilov Sh.Kh. Volleyball. Study guide for students of Olympic reserves. T.: Image, 2008.