

Unique Ways to Develop Competitive Skills of Skilled Volleyball Players during Training

Narzullayev Farrux Ashrapovich

Bukhara State University, Senior Lecturer, Department of Sports Activities

ABSTRACT

In this article, the opinions of our country's and foreign scientists are mentioned about the unique ways of developing the competitive abilities of qualified volleyball players during training.

ARTICLE INFO

Article history:

Received 15 Mar 2024

Received in revised form

15 Apr 2024

Accepted 16 May 2024

Keywords: Training with a “shadow opponent”, simulation of game situations with increased complexity, training on unstable surfaces, “gamification” of training, cross-functional training with other sports, visualization and cognitive exercises, education and self-reflection.

Hosting by Innovatus Publishing Co. All rights reserved. © 2024

Introduction

Unique ways to develop the competitive skills of highly skilled volleyball players during training:

1. Simulation of game situations with increased complexity:

Creating training scenarios that simulate difficult gaming situations, such as playing against strong and fast opponents, playing in extreme weather conditions or at high stakes.

Using VR technologies to immerse players in realistic gaming environments.

2. Personalized training plans using tracking technologies:

Using motion tracking sensors to collect real-time data on player performance.

Analyze data to identify areas for improvement and develop customized training plans to target specific skills.

3. Training with a “shadow opponent”:

Assigning each player a “shadow opponent” who imitates the actions of strong and experienced rival players.

Shadow Rivals should challenge players to improve their game and make quick decisions.

4. Training on unstable surfaces:

Use of unstable surfaces such as balance boards or BOSU balls to develop players' balance, coordination and reaction speed.

Unstable surfaces force players to adapt to changing conditions, which improves their ability to maintain control in difficult game situations.

5. “Gamification” of training:

Using game elements such as points, rewards and competitions to increase player motivation and engagement.

Gamification can make training more fun and improve learning efficiency.

6. Cross-functional training with other sports:

Organizing joint training with players from other sports, such as basketball, handball or martial arts.

Cross-functional training allows players to learn from other athletes and expand their skills and abilities.

7. Use of artificial intelligence (AI) technologies:

Using AI algorithms to analyze gameplay and identify areas for improvement.

AI can provide coaches and players with objective data to help them improve their skills.

8. Visualization and cognitive exercises:

Incorporation of exercises aimed at improving players' visualization, concentration and decision making.

These drills help players anticipate opponents' moves and make quick, effective decisions under pressure.

9. Training under conditions of sensory deprivation:

The use of masks or glasses that limit the players' vision or hearing to develop their sensory abilities.

Training under sensory deprivation conditions increases players' awareness and improves their ability to rely on senses other than sight and hearing.

10. Education and self-reflection:

Conducting educational seminars for players on advanced techniques, tactics and strategies.

- Early Development (Pre-1960s)
- Focus on basic skills and team play
- Limited scientific knowledge and training methods
- Training primarily consisted of drills and scrimmages
- Scientific Revolution (1960s-1980s)
- Emergence of sports science and biomechanics
- Introduction of plyometrics, weightlifting, and specialized drills
- Development of training programs based on individual player needs
- Technical Refinement (1980s-2000s)
- Emphasis on optimizing spiking, blocking, and setting techniques
- Use of video analysis and motion capture systems to identify and correct errors
- Introduction of tactical drills to practice specific game situations
- Mental and Physical Integration (2000s-Present)
- Recognition of the importance of mental skills in competition
- Integration of visualization, mental reset techniques, and positive reinforcement into training.
- Focus on recovery and regeneration to optimize performance
- Technological Advancements (2010s-Present)
-

Use of data analysis to track player performance and identify areas for improvement.

- Virtual reality (VR) training to simulate game situations and provide feedback
- High-altitude training and other innovative approaches to enhance performance
- Key Milestones in the Development of Competitive Abilities
- 1964: Introduction of plyometrics to volleyball training
- 1970s: Development of weightlifting programs for volleyball players
- 1980s: Use of video analysis to improve technical proficiency
- 1990s: Emergence of mental skills training in volleyball
- 2000s: Integration of technology and data analysis into training
- 2010s-Present: Continued innovation and refinement of training methods

Throughout history, the development of competitive abilities in skilled volleyball players has been driven by a combination of scientific research, technological advancements, and a growing understanding of the physical, technical, tactical, and mental demands of the sport.

Encouraging players to be self-reflective and critically analyze their play to identify areas for improvement.

Effective aspects of developing the competitive skills of highly skilled volleyball players during training:

1. High intensity and realistic: Training must be intense and realistic to simulate the demands of competition. This includes high-speed drills, challenging game situations and match-like physical activity.
2. Volleyball Specific: Training should be specifically designed to improve the skills needed for volleyball, such as jumping, serving, receiving and attacking. Drills should be tailored to the specific positions and roles of the players.
3. Individualization: Coaches should develop individual training plans for each player based on their strengths and weaknesses. Individualization ensures that each player receives the attention and development they need.
4. Progressive: Training should be progressive, gradually increasing in difficulty and intensity as players improve. This allows players to adapt and grow without overwhelming them.
5. Feedback and Performance Analysis: Coaches should constantly provide feedback to players and analyze their performance. This helps players understand their strengths and weaknesses and make necessary adjustments.
6. Focus on technique: Training should focus heavily on developing proper technique, which is the foundation of competitive excellence. Coaches must correct mistakes and help players automate correct movements.
7. Development of physical qualities: High levels of physical qualities such as strength, endurance, speed and agility are required for highly skilled volleyball players. Training should include exercises to develop these qualities.
8. Mental preparation: Competitive skills also include mental preparation such as self-confidence, focus and ability to handle pressure. Coaches should include exercises to improve players' mental toughness.
9. Teamwork and Communication: Volleyball is a team sport and training should include exercises that develop teamwork and communication. Players must learn to communicate effectively with each other on the court.
10. Motivation and Enthusiasm: Coaches must keep players highly motivated and enthusiastic. This can be done through rewards, recognition of achievements and creating a positive and supportive

environment.

Physical Preparation

Plyometrics: Explosiveness drills to improve jumping and sprinting

Speed and Agility Training: Cone drills, shuttle runs, and ladder exercises to enhance movement speed.

Resistance Training: Weightlifting with an emphasis on compound exercises like squats and bench press.

Technical Proficiency

Spiking Technique Optimization: Video analysis and drills to refine approach, swing, and contact point.

Blocking Practice: Partner and team drills to develop timing, positioning, and blocking technique.

Setting Precision: Focus on accuracy, consistency, and variability in setting

Tactical Intelligence

Game Simulations: Practice situations with game-like intensity to develop decision-making and game awareness.

Video Analysis: Review game footage to identify patterns, weaknesses, and areas for improvement.

Tactical Drills: Controlled drills to practice specific game situations (e.g., defensive coverage, transition offense).

Mental Skills

Visualization: Guided imagery to rehearse skills and strategies in a competitive environment.

Positive Reinforcement: Goal setting, rewards, and feedback to boost motivation and confidence.

Mental Reset Techniques: Mindfulness exercises to manage stress and focus

Recovery and Regeneration

Hydration and Nutrition: Adequate fluid and nutrient intake to support intense training.

Massage and Stretching: Soft tissue manipulation to enhance flexibility and reduce muscle soreness.

Sleep Optimization: Establishing a regular sleep-wake cycle and creating a conducive sleep environment.

Technology and Analytics

Motion Capture Systems: Quantify and analyze player movements to identify areas for improvement.

Data Analysis: Tracking key metrics (e.g., jump height, serving speed) to monitor progress and optimize training.

Virtual Reality (VR): Immersive training environments that simulate game situations and provide feedback.

Other Innovative Approaches

High-Altitude Training: Training at reduced oxygen levels to stimulate red blood cell production and improve endurance.

Cryotherapy: Exposure to extreme cold temperatures to reduce muscle soreness and promote recovery.

Neuromuscular Electrical Stimulation (NMES): Electrical stimulation to enhance muscle activation and performance.

List of used literatures:

1. Combined impact method in the preparatory period of the annual macrocycle of female volleyball players aged 18–19 years old 2021 / Roman Boichuk, Sergii Iermakov, Oleh Vintoniak, Tatiana Yermakova
2. Enhancement of physical education process of schoolchildren using lapta 2013 / Yurechko O.V.

3. The effects of small-sided games versus traditional training on physical fitness and skills among Under-12 hockey players 2022 / Faizal Izwan Mohamed Tajudin, Nor Fazila Abd Malek, Abdul Muiz Nor Azmi, Kevin Tan, Rajkumar Krishnan Vasanthi, Rajkumar Krishnan Vasanthi, Fariba Hossein Abadi, Ali Md Nadzalan
4. Intellectualization of physical education in view of single aspects of safety culture 2013 / Tadeusz Ambrozy, Henryk Duda, Dorota Ambrozy, Juliusz Piwowarski, Ewa Dybinska
5. Qualified female volleyball players' special physical training development 2018 / Tinyukov A. B.
6. Needful-motivational tasks as an effective condition for the technical training of schoolchildren aged 11-12 during the training of the volleyball section 2020 / Nagovitsyn R.S., Kudryavtsev M.D., Osipov A.Yu., Altuvaini A.H., Markov K.K., Doroshenko S.A., Kuzmin V.A., Savchuk A.N., Kamosa T.L., Plotnikova I.I.
7. Nematovich, K. S. . (2024). Pedagogical Foundations of Improving the Technical Training of Young Table Tennis Players. *Spanish Journal of Innovation and Integrity*, 28, 227-230. Retrieved from <https://sjii.indexedresearch.org/index.php/sjii/article/view/1156>
8. Nematovich, K. S. . (2024). Development of Basics of Tactical Training of Young Table Tennis Players. *Spanish Journal of Innovation and Integrity*, 28, 231-234. Retrieved from <https://sjii.indexedresearch.org/index.php/sjii/article/view/1157>
9. Кади́ров, Ш. Н., & Мухаббат, Р. (2024). ЭФФЕКТИВНЫЕ АСПЕКТЫ НАСТОЛЬНОГО ТЕННИСА ДЛЯ ЗДОРОВЬЯ ЧЕЛОВЕКА. *ТА'ЛИМ ВА INNOVATSION TADQIQOTLAR*, 14, 12-13.
10. Кади́ров, Ш. Н., & Мухаббат, Р. (2024). ПОЯВЛЕНИЕ НАСТОЛЬНОГО ТЕННИСА В МИРЕ. *ТА'ЛИМ ВА INNOVATSION TADQIQOTLAR*, 14, 14-15.