

The Role of Physical Qualities and Activity Games in Training Young Volleyball Players

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ABSTRACT

In this article, the main tasks in the training of young athletes are to strengthen the health and physical development of children, to make a gradual transition to the chosen sport in a goal-oriented manner, to increase the level of physical fitness based on learning the techniques of the chosen sport. covered about.

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Effective performance and high results in modern volleyball can only be achieved through highly developed physical training. The most important physical qualities for volleyball players are agility and jumping endurance (V.A. Titar 1991). It is these qualities that affect the effective performance of most game skills.

But this conclusion should not lead to the opinion that other physical qualities are less important for volleyball players. On the contrary, the ability to move quickly, to strike with force, and to be able to effectively perform skills for a long time without reducing the ability to work, is also in the leading position. Therefore, it is appropriate to pay special attention to the qualities of speed, strength, agility, endurance and flexibility in sports training. Because the sufficiently developed of these qualities leads to the effective formation of sports skills. In other words, these qualities are the most necessary foundation for the rapid and perfect growth of sports skills.

It is known that a person in his life is busy with activities such as play, study, work, and rest. In the early stages of a person's life, play is the main activity, and then it continues along with study, and after that, play decreases and is replaced by study and work.

Games played an important role in human life in the early stages of human history, as in childhood. With the help of games, humanity grew up, trained, and became physically strong, developed mentally, spiritually, and spiritually. So, the game has gained great importance in human development. The reasons for this are as follows:

First of all, a person has a natural need for games, which fills the void in life, helps to expend excess energy in the human body, and to accumulate insufficient energy.

Secondly, games reflect a person's life, work, experience, worries, struggles, and achievements. Through games, we can study the history of mankind, the problems of dreams and thoughts, intentions.

Thirdly, the game is the oldest form of human culture, it served as a source of many spiritual fields (such as dance, theater, music, sports rituals).

Fourthly, games were considered a means of health by our ancestors. Our ancestors became sane,

mentally fresh, and physically strong with the help of folk games and competitions. Games have become the main factor in shaping healthy generations.

Fifth, games are the most effective means of education. Through games, children prepared for life, learned to overcome difficulties in life, practiced, and won in work and struggle.

Sixth, games are a cultural heritage combining the experience of our ancestors and an invaluable resource that serves to improve the mental, spiritual and physical well-being of our contemporaries, especially the younger generation.

So, games are a source of many spiritual spheres, reflecting the life, work, experience, struggle and achievements of the ancestors formed on the basis of the natural and historical exigence of the people in a different form, a means of education that forms a healthy generation and the physical, mental and physical development of our contemporaries. is an important factor contributing to development.

Restoring the folk games, which are an integral and inseparable part of our cultural heritage, which have given spirit, soul and health to our ancestors for centuries, and their effective use means raising our national image, spirituality and value. Since folk games play a very important role in shaping a new healthy generation, we need to protect them, respect them and use them wisely.

Educating the young generation growing up in our country is one of the most important tools for the formation of high moral and physical qualities of teenagers. In particular, games play an important role in the physical education of children of preschool and junior school age, because these games have a positive effect on the comprehensive improvement of movement skills, proper physical development, health promotion and maintenance. shows.

The reform of the general education school is connected with the extremely important tasks of strengthening the education of the young generation, educating them in the spirit of teamwork, hard work and a sense of duty to society. This means that from the first day they start studying at school, children should be taught the qualities of love for work, organization, hard work and the ability to complete the work they have started. For this purpose, it is necessary to use all means of education, especially children's favorite activity games.

Action games include physical exercises to overcome different challenges and demonstrate different qualities and abilities. In addition, competitions that usually bring joy to children are included in the category of action games.

Action games include exercises such as walking, running, jumping, kicking or throwing something, crawling over something, and improve the child's movements. In addition, games develop moral qualities in elementary school students. Discipline, friendship, attitude towards each other, awareness, self-control in the team and its conditions, focus, fighting for reputation, impartiality and help to comrades are also formed. For example; "Ephchil boys", "Quvlashmachok", "Who came" and hakozy.

Some types of games can be suitable for all joints of children, that is, there are many games aimed at educating physical qualities as a whole, in which different physical qualities can be developed sequentially. Such consistency in games is related to the child's level of knowledge, expansion of life experience, deeper penetration into the life of adults. In fact, the growth of games from simple to complex is not limited to reflecting more and more new aspects of life, but also due to the enrichment of a specific game with other aspects of its own.

- 1. Games that train speed.** In order to train speed, exercises should be performed as much as possible. Games that require a quick response to a signal, perform many actions within a certain time unit, and move the whole body or a part of it quickly in space develop the quality of agility in the student. In this, more attention is paid to holding games that lead to active competition between the two groups.
- 2. Games that develop strength.** In this case, the teacher should choose games that have a positive effect on the development of the necessary muscle groups. In strength-building games, the student overcomes his own body weight, an external weight, or the weight of an opponent (resistance). The following games are recommended to develop strength: "Rooster-rooster" game, "Capricorn", "Overthrow from a horse", "Lame wolf and sheep", "Put into the pit", etc. .
- 3. Games that train agility.**

Agility should be well developed in national games, where precise action is required and the conditions of performance change. Based on this, it is possible to recommend games such as "Almash qadamlar", "Tiriltirishma", "Hit-and-Run", "Olacha chicken", "Who is agile" to train agility.

- 3. Games that train endurance.** Physical qualities such as quickness and endurance are cultivated due to extremely intensive exercises performed in most of the national people's movement games. In such games, the physical load is gradually increased. For example, increasing the area; reduce the number of players without reducing the area; increasing the number of game equipment (sticks, handkerchiefs, caps, coats, balls, etc.) extending the running distance; increase the number of barriers; use of complex exercises and increase their number, etc.
- 4. Cultivating flexibility.** Special attention should be paid to the education of flexibility in 11-12-year-old children, because, as we said above, the growth of the quality of flexibility of children of this age slows down. In order to train flexibility, games that affect certain muscle groups and joints are selected. These games are mainly played with the help of special sports equipment. Those who exercise in place of weights can also participate.

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