

Methods of Improving the Technical Tactical Movements of Students Engaged in Volleyball Sports

Quliyev Shuhrat Shomurodovich

Teacher of the "Physical education and sports" department of Bukhara State Pedagogical Institute

Matyakubov Hamrobek Ilkhom ugli

Bukhara State Pedagogical Institute "Student of the Faculty of Physical Culture

ABSTRACT

This article provides information on how to improve the technical and tactical skills of volleyball students, how to effectively organize the training process using modern methods.

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After Uzbekistan gained its independence, physical education and sports, like all other fields, were formed in the direction of a completely new status and are flying towards a higher peak. The Law "On Physical Education and Sports" (1992, 2000, 2015) was adopted in our country for the first time among the Commonwealth countries. Presidential decrees and government decisions were adopted on the development of football, wrestling, tennis and other sports. In the consistent continuation of the socio-political reforms carried out in our country, it is necessary to increase the attention to the youth, to form the skills of the young generation in the correct use of information technologies, to promote reading among the youth, to introduce them to culture, art, especially it is not without reason that special attention is paid to the issues of physical education and wide participation in sports.

30 percent of the population of our country are young people between 14 and 30 years old. Modern conditions and opportunities have been created for their education and occupation. At the same time, organization of meaningful free time of young people is an urgent issue. The more spiritually perfect young people are, the stronger their immunity against various foreign diseases will be.

These conceptual documents made it possible to implement great reforms and incomparable creativity in the field of physical education and sports. In recent years, many modern sports facilities have been built in the territory of our country, even in remote villages and districts, and today they are working in the service of our children and people. Day by day, physical education and sports, including national sports and national movement games, are becoming the daily life needs of our people, especially students, as national values.

In order to strengthen these results and raise them to a higher level, since the 2000s, multi-level public sports competitions such as "Umid Nihollar", "Barkamol Avlod" and "Universiade", which are held in the status of "small Olympics" in our country, have been introduced and sari has a prestigious position and serves as a "bridge" for taking talented athletes to international and Olympic competitions. In this regard,

special attention is paid to volleyball, which is included in the program of mass sports competitions and Olympic Games, and is known as the most popular sport on earth.

Volleyball, with its universality, beautiful game content, attack and defense combinations that attract the attention of young and old, is a competition, health and physical activity in the cities and villages of our country, in neighborhoods and places, at weddings and holidays. and has been serving as a means of spiritual perfection.

Physical education and sports are increasingly becoming a daily need of our people. In the decisions made for this purpose, the need to implement the implementation of the physical education system and the organization of sports training on a scientific basis for the training of competitive athletes is defined as a priority task.

The study of the content of many sports trainings showed that the trainings are conducted in the order of the above-mentioned approach even for children who have just started to practice. It is known that volleyball has undergone drastic changes in terms of its content in recent years. Today, most of the game methods (passing the ball, passing the ball, shooting, blocking) are performed by jumping.

According to pedagogical and physiological laws, training in the technique and tactics of game methods should be carried out under such conditions as these methods need to be performed during the competition. In other words, if during the competition, catching the ball in time and passing it accurately is necessary for a useful result, then it is necessary to practice these movements in training. Otherwise, if these techniques are taught in separate parts, their mastery will gradually improve.

Without knowing the history and the legacy of our ancestors, assessing the present, drawing a project for the future and starting to build the building of independence is not without the possibility of getting into a dead end. Therefore, it is a difficult problem to ensure the current and future prospects of each industry without studying the history of its development.

Volleyball is considered one of the major and independent tributaries of the system of physical education and sports, and has a unique history of development in Uzbekistan, its regions and districts. While volleyball is one of the most popular sports in Uzbekistan, it has gained "reputation" to varying degrees in all regions of our republic. In the city of Tashkent and the Tashkent region, in the cities and villages of the valley, volleyball received more effective "respect" than in other districts of the region. Although it is assumed that the reasons for this situation are related to the historical and social foundations of these regions, the issue requires deep research and the study of historical information on the subject on a scientific basis.

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