



THE USE OF FOLK OUTDOOR GAMES IN THE SELECTION AND TRAINING OF YOUNG VOLEBOLERS AT THE INITIAL PREPARATORY STAGE

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Article history:	Abstract:
Received: 20 th July 2022	Strengthening health, raising physical maturity, enhancing body function, and honing physical abilities are four problems that physical fitness addresses.
Accepted: 17 th August 2022	Physical training is split into two categories from a pedagogical perspective: general training and specialized training. The goal of general physical fitness is to support the aforementioned health and heighten physical maturity, whereas the goal of special physical fitness is to provide the body with the main structural support necessary to develop its functional capacity and train its physical abilities. The selection and beginning training of young volleyball players from outdoor folk games is discussed in this article along with feedback on the process.
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As the main means of increasing the general physical fitness of a volleyball player, general developmental gymnastic exercises performed with and without items are used, training in pairs without a teacher who regularly replaces the intensity of the movements performed, movement and Sports Games, relay races, cross-country running, swimming, etc. The physical abilities or qualities of a person were perceived as the possibilities of his movement (strength, speed, agility, endurance). Based on their improvement, it lies in the fact that the body is able to respond to repeated excessive physical loads from the level of its ability to work little. In this single process, there are aspects of general physical fitness in the early stages of training, and in the stage of deep training, on the contrary, the advantage of special physical fitness. The specific physical qualities of different sports species differ from each other. The strength of the athletes or the agility of the gymnasts, the endurance of the long-distance runner athletes ensure harmony when playing volleyball.

The strength of a volleyball player should be dynamic in character and manifest itself in such actions as starting, suddenly stopping and changing the direction of movement, jumping, taking the ball away from the opponent in the block, hitting the ball. Volleyball player's specification does not require his weight to be heavy, but is assessed by his own posture and overcoming the inertia of the ball. Therefore, special importance is attached to the fact

that volleyball players have strong legs and arms. But game activity requires good development of both the muscles of the waist and abdomen, which allows you to perform complex movements and maintain balance on one side support, when the muscles of the upper shoulder girdle increase in size.

At the initial preparatory stage, at the age of 9-10, it is necessary to apply exercises for the development of all muscle groups. They can be said to form a muscular corset that strengthens the respiratory muscles. For this purpose, general developmental exercises are used, such as a gymnastic ladder, filling balls, a volleyball ball, a pair of exercises (3-7 complexes), swimming, action games, throwing light objects far, running and jumping high. At the age of 11-13, soft choking rubber, tolting balls, Archers, as well as strength exercises performed in pairs, jumping in length and height, multi-exercises (8-12 complexes) are used. It should be borne in mind that the volume of physical loads should not exceed 3-4% of the weight of the torso. For example, when the weight is 40 kg, it is possible to train with a weight of 1.5 kg of dumbbells, balls.

At the age of 14-15, pull-ups can be used, which make up 15-20% of the maximum weight. In this case, movements (for example, bending over the torso, sitting or jumping) should be performed with maximum force quickly, in portions 5-10 times, with a rest of 2.5 minutes between each part. The number of



repetitions in parts depends on the preparation, but in this case, 5 repetitions according to the starting scheme should not exceed three parts. It appears in a six-week exercise cycle.

Such exercises develop rapid strength, they form the ability of the muscles to jump relatively high and hit and fall to the ground, taking the ball in the block from the opponent. It is not necessary to strain to develop the "explosive" force of the writing muscles of the legs and torso, because they suddenly run, become numb in jumps and have much more tension at a minimum time. A modest body mass is utilized to strengthen the muscles' ability to withstand impact: following a leap from a height of 50 to 70 cm (depending on the height), the torso is shook up or pulled forward with enough force that the knee bend upon landing is at least 90% (when jumping). Such jumps should be performed by young beginners who have just begun volleyball training in the 2m x 5T scheme, and those who are well-prepared should do it by adding muscle relaxation exercises with adequate rest in the 4m x 8T scheme. Archery, running and jumping drills on a slope ladder, multiple squats, triple leaps, and other activities for developing the "explosion" strength of the legs are also recommended. Exercises below will help in the development of strength:

1. to develop strength and perform muscle relaxation exercises by alternating;
2. selection of exercises in consistency in Aries: first stay and upper shoulder belt, then exercises for the development of strength of the torso (shovel, abdomen), legs;
3. between exercises, the breathing adjustment should be sufficient, from 1 to 2.5 minutes, depending on the size of the power load;
4. in systematic work, it is possible to increase the strength with a much greater stretching of the muscles.

The speed of a volleyball player is different from the speed of an track and field athlete who gets a start on a signal to a strictly specific distance. In volleyball, speed is usually manifested in indicators in Aries: at the speed of reaction and tactical perception, at the speed of getting a start and moving from one movement to another. Not all of these components that make up the speed of a volleyball player are interconnected, and they can be trained both separately and in a complex of game exercises. The volleyball player in the game must be able to see the ball before the ball is transferred, assess the situation, make a decision. It is determined that for all this, the volleyball player will have to spend up to a second,

and 70% of this time will have to be able to see the ball. Therefore, in order to see the ball in the game, you should not take it out of the field of view. The speed of a reaction as complex as a review motion reaction is improved in exercises that make the eye quickly see the subject, and the motion apparatus quickly increase how to move. It is especially interesting to perform exercises that train the rate of reaction in pairs. The volleyball player is mainly dependent on the "burst" strength of the legs before the attack and partly on increasing the stride length. The following exercises will help to improve the strength of the "bangs" of the legs and the length of the step:

1. Jump and run 10 -15 meters;
2. fast running 7-10 meters without different situations;
3. jump 10 meters fast according to the conditional signal from the sitting position, jump as high as you can with the ball hit and squat again, repeat the same exercise itself according to the signal, etc;
4. one player rebalance's the ball and throws it at the other player, while it bounces high and returns it to him. After 3-4 minutes, players will switch places;

As other types of exercises that develop the speed of a volleyball player, it is possible to use exercises such as running fast and stopping immediately, immediately moving from one movement to another:

1. Running "mokkisimon" for 15-30 meters;
2. Fast run 5-10 meters; stop immediately, hit the ball while jumping or falling;
3. Great opportunities for improving some types of speed are in various sports games, relay races and action games.

The education of physical qualities in volleyball should lead to their harmonic development, but this thing should be in such proportions that they bring the highest level of effectiveness to the play activity of volleyball players.

IN CONCLUSION, the idea embedded in the entire training process is the idea that a volleyball player should not remain only simple fast or strong, and flexible, agile. The player needs each of these qualities in the norm, let him mentally capture. Volleyball players should strive for a perfect level in the interaction of physical quality and performance skills. Their entire thought and speech should be aimed at creating such a basis from physical qualities that these qualities allow the improvement of the bora-bora game technique. At this point, it should be said that



volleyball players, not because of the posture, but because of playing with the technique of the game and its logical perception, should reach the level of the leaders of our motherland.

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