



FEATURES OF THE PROCESS OF SELECTION AND USE OF MOBILE GAMES IN THE TRAINING OF YOUNG VOLLEYBALL PLAYERS.

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Abstract:

The article describes the theoretical and practical experience of selecting young volleyball players and technologies for improving their technical skills. Training of young athletes takes place in stages. During training, young volleyball players master the elements of volleyball technique and tactics, develop their physical qualities. At the same time, young athletes are trained spiritually, morally and spiritually. The preparatory period is held before the start of the competition

Keywords: Volleyball, competitions, technical, tactical skills, improvement, technology, sports, training.

State organizations that manage the development of volleyball in Uzbekistan, their composition and subdivisions of the functions of managing the development of volleyball in our republic are performed by district, city, regional departments that are part of state organizations for physical culture and sports. Responsibility for managing sports reserves and training highly qualified athletes is assigned to the sports games unit under the Committee for Physical Culture and sport of the Republic of Uzbekistan. Such committees exist in every district, city and region of the republic and are responsible for ensuring the development of volleyball on the ground. The national teams of the Republic should not only train highly qualified volleyball players, but also lead the training of talented volleyball players, provide them with theoretical and methodological assistance. The tasks and importance of the development of volleyball in schools, general education schools, technical schools and higher educational institutions in all Volleyball is one of the most popular sports of the Republic.

Volleyball is included in the curriculum of all educational institutions. The reason why volleyball is given so much attention is its simplicity and the fact that it is an inexpensive and popular tool in the system of physical education. "Sports selection" is a long-term pedagogical process that allows you to find promising children who can achieve high results in these processes associated with systematic training sessions in a particular type of sports, including competitions. To organize selection in accordance with the purpose, objective assessment of motor abilities, mental qualities and functional capabilities acquired in children

during the breeding season and During life, accurate prognosis of signs of talent for volleyball and future skill, it is customary to use a set of various normative tests (exercises).

Sports selection is a long-term pedagogical process. The long-term system of sports training in its essence and purpose includes a long-term sports selection and requires this process to be carried out in 4 stages:

1. pre-selection – (7-14);
2. Special competition qualifying athletes by game specialization (function) (15-17);
3. Selection for senior teams (18-20);
4. Selection for national teams.

The procedure for organizing the selection process in the system of long-term sports training is given in the following block-template. Preparation of children for pre-selection is carried out by the teacher of physical education in the school setting, students can be selected on the basis of the program and with the help of evaluation exercises, mobile folk games. It is desirable that these qualifiers are maximally close to the essence of the game of volleyball. Such tools are widely covered in the recommended literature. In preparation for pre-selection, students should undergo regular medical examinations. The better and more efficiently the event is held, the higher the quality level of the competition organized in sports schools. Preliminary selection. Initial selection is usually carried out in 3 stages.

1. To interest, to involve learning children, organizing agitation and propaganda work (conducting conversations, lectures, showing films about volleyball competitions). To



organize demonstration competitions, to hold conversations with the participation of famous athletes.

2. Conducting a preliminary selection - admission with the help of evaluation exercises, mobile and folk games.
3. Assessment of special qualities, technical and tactical skills, abilities and capabilities of children during the initial preparation of the first year of study. The study of their breed qualities. Conducting a competition on technical and tactical training..

It can be said that game technique refers to a set of techniques used in the game of volleyball, allowing you to solve purposeful, specific tasks of motor activity. When all the methods of movement in the game of volleyball are combined, the technique of the game is formed from them. The technique of movement is evaluated as an effective action in achieving the goal with the fulfillment of various tasks assigned to it. This is an assessment - is considered a state of the art. This is due to the fact that the performance of each technique in the game is closely related, and this connection consists of a system of movements. The dynamic and kinematic properties of movement, necessary and sufficient to solve the problems of the movement technique in a certain way, are a certain coherence of forces, coherence between individual parts of the body. When performing technical actions, time-defined phases of movement are distinguished. Usually the following 3 phases of movement can be distinguished:

1. Preparatory stage,
2. The main phase,
3. The final phase.

The importance of the preparatory phase is to create more favorable conditions for the implementation of this mechanism of action. These conditions are created by running, jumping, performing circular movements. the better the preparatory part, the more accurate the implementation of the main part will be. Actions in the main phase are aimed directly at solving the main motor tasks. From a biodynamic point of view, the most important in this phase is the effective use of driving forces in the appropriate situation, in the appropriate direction. Movements in the final phase fade and are abruptly inhibited in order to maintain the balance of the body. Since volleyball is a dynamic game, a volleyball player must be able to master various techniques, select them depending on the game situation and perform it quickly, accurately. This determines the technical skills of the volleyball

player. In different periods of the development of volleyball, the ways of performing technical actions, the requirements for the form, Content.

The main reasons were changing the rules of the technical game, improving tactical actions, increasing the level of physical fitness of players. The classification of volleyball technique is divided into the following 2 large sections:

1. attack technique.
2. protection technique.

Low positions are taken when applying an attacking blow and blocking - high, when the ball is included in the game, medium, when receiving an attacking blow or a ball returning below the barrier. In this case, the position of the general center of gravity will depend on the nature of the next movement. In a game of volleyball, players must move with the ball in the current. e short time. For this reason, in a particular game situation, the player must be well prepared to play with the ball. To do this, he must master different movements in order to perform different movement techniques. In the organization of complex attacking combinations, when the ball is served high or in order to reduce the flight time of the ball, the method of jumping ball passing is used. In this position, the hands rise slightly above the head, and the ball is transferred from the upper point of the jump due to the active work of the hands. With the ball passing in the same position, the main movement is carried out due to the active work of the fingers.

In conclusion, we can say that boys from the age of 12 and girls from the age of 13 can be engaged in the volleyball club. When organizing training sessions for volleyball players, along with their technical, tactical training, it is necessary to pay great attention to improving the qualities of agility and speed while maintaining physical fitness. Tasks are being performed to orient children to volleyball sports and sports. etodically correct organization of qualification events, training of highly qualified volleyball athletes. When preparing and qualifying children for sports, it is important to take into account their personal interests and physical abilities. Children can be put into volleyball from the age of 12-14. The initial training of young volleyball players should be aimed at developing their physical qualities of speed, agility, corresponding to volleyball players. To acquire skills and abilities in the basic forms of technique and tact of playing volleyball, it is necessary to conduct training.



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RECOMMENDATIONS:

1. Goncharova O.V. development of physical abilities of young athletes. Republic of Uzbekistan 2004. Tashkent.
2. Oliy Majlis of the Republic of Uzbekistan in 2001. Tashkent.
3. Salomov R.S., Kerimov F.A. Technology pedagogy in harmonic education. Republic of Uzbekistan 2002. Tashkent.
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