

## Use of Physical Qualities in Developing Physical Fitness in Volleyball Players

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### Abstract

*In this article, the results of the study, in which open games were used as a means of developing a special speed in the process of training young volleyball players. Changes in the indicators of the forms of manifestation of speed indicate the possibility of using games as specific tools aimed at educating speed abilities.*

**Keywords:** *volleyball, speed, agility, moving Games, training in motion.*

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Involvement of the population in physical education and sports and improving health through sports have been recognized since time immemorial. This not only creates a healthy environment, but also serves to guide each young generation in a positive and creative direction. It is clear to all of us that our state has been paying special attention to this issue in recent years. In particular, every decision and decree issued in this regard creates the ground for the development of physical education and sports. Including the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan on the development of children's sports in the neighborhood of December 31, 1997 No. 586. Decree of the President of the Republic of Uzbekistan on the establishment of the Children's Sports Development Fund of Uzbekistan, October 24, 2002, No. PF-3154. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan on the establishment of the Children's Sports Development Fund of Uzbekistan, October 31, 2002, No. 374. Resolution No. 318 of the Cabinet of Ministers of the Republic of Uzbekistan dated July 18, 2003, on additional measures to promote children's sports and expand the production of sports goods for children, has been serving to a certain extent the development of the younger generation and increasing interest in sports. At the heart of this, our current achievements in sports, the fact that we took 22nd place in the Olympics, is a clear proof that our sport is developing day by day.

It is worth admitting that today, in our country, sports games are becoming more competitive day by day, and the level of formation of sports teams is increasing. Especially the volleyball sport has an incomparable role in increasing team spirit, harmony, solidarity, and love for each other among young students. Currently, various modern methods are used to develop the physical qualities of students through the sport of volleyball in physical education classes and extracurricular activities. The most important aspect of the acmeological approach to the development of physical qualities of schoolchildren through the volleyball sport is that it requires the high development of strength, endurance, speed, agility, and flexibility in students through the volleyball sport. "Acme" is the most productive period in a person's life.

Modern volleyball requires rapid implementation of technical and tactical actions due to the increase in ball speed, which causes a lack of time to prepare for their implementation. Therefore, it is necessary to pay attention to the training of physical fitness and speed of volleyball players.

In volleyball, speed is manifested in three main forms: speed of motor reaction; speed of movement; single movement speed.

The combination of all the above manifestations of speed determines all cases of manifestation of this quality. In volleyball, complex forms of high speed qualities are very common.

Complex forms of manifestation of high-speed skills in complex motor movements are provided by elementary forms of manifestation of high-speed skills in various combinations and in combination with other motor skills and technical skills.

Children aged 10-12 years have the greatest growth in speed development. In addition, this young age is characterized by the growing stability of the body relative to the manifestation of physical strength, the need to spend excess effort disappears, and allows children to participate in games with greater intensity of movement and relative duration of movements. Therefore, in the educational process, it is necessary to use exercises aimed at different forms of its manifestation.

The advantage of active games over strictly standardized exercises is that the game is always related to initiative, imagination, creativity, continues emotionally, stimulates motor activity. Thanks to the game, the child is better oriented to the playing field, remembers any motor actions and learns tactical thinking.

Determining the changes in specific speed development indicators of 10-12-year-old volleyball players with the planned use of movement games.

Analysis of scientific and methodological literature. Pedagogical test. Pedagogical experiment. Mathematical and statistical data processing method and Manna-Whitney criterion.

On the basis of the analysis of scientific and methodological literature, action games specialized in the volleyball sport were selected, which were structured at an experimentally complex level. A structured complex of action games was included in the 3-week training process of the 5-6th grade girls' team of general secondary schools.

When taking the research from the volleyball players, the research was divided into 2 groups, i.e. control and experimental groups.

In each physical education lesson, 10-14 minutes were allocated for active games in the main part of the lesson with the volleyball players of the experimental group, while the volleyball players of the control group performed the exercises in a traditional way. 16 young volleyball players took part in the study aimed at developing special speed of volleyball players according to the plan of the training program. The following action games were used in the determination of specific speed indicators, which are duck hunters, jambil, scrambling and other games.

The computer program "Microsoft Excel" was used to process the data obtained during the experiment and to calculate the results. Arithmetic mean and error of the mean, standard deviation, variance and coefficient of variation were calculated.

When using a complex of action games aimed at developing the ability of high speed, it is important that the participants show signs of fatigue. When performing motion games by teachers and coaches, attention should also be paid to the loading of motion games.

Taking into account the results obtained in the concluded researches, it is important to use motion games developed in a special new innovative way to educate the physical (movement) qualities of motion games, strength, speed, endurance, agility, flexibility, in the development of physical fitness of 10-12-year-old general secondary school volleyball girls. becomes important. In the application of movement games, during the performance of movement games, learning movement activities, that is, teaching physical education classes in the phase of teaching (introduction, mastery, strengthening and improvement) gives a good result. 10-12-year-old students of the general secondary school easily master the exercises from the methods of physical education, when performing movement games, dividing the movement activity into parts or teaching the movement activity as a whole. General high school volleyball girls of 10-12 years of age perform movement activities and perform physical exercises according to pedagogical classifications as the main tool in the development of their physical training. Based on the methodological principles of awareness and activity of physical culture, young volleyball players will be given the opportunity to achieve high results if they are given theoretical knowledge and practical skills.

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