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MODERN METHODS OF FORMING THE SPEED OF MOVEMENT OF YOUNG VOLLEYBALL PLAYERS ALONG THE FIELD AND THE ACCURACY OF THE BALL TRANSFER

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Annotation. In order to increase the special speed of volleyball players and further improve the accuracy of the ball transfer, we see an improvement in performance with the use of the “Archasimon” running exercise, various action games and exercises.

Keywords: junior volleyball players, speed of movement, Ball transfer, action games, general fitness, special fitness, technical training, tactical training.

Introduction. In the selection and purpose of young athletes for sports types of games, it is known that physical education classes in schools serve as the basis and dictate the use of new effective styles. In particular, the sport of volleyball currently has an important place with the rapid escalation of competition from year to year. Improved from the advent of these games to the present day, chalcaro competitions are recognized at the level of determining the state ranking. Strengthening and expanding the physical potential reserve to achieve a high result in national championships and extremely prestigious competitions in volleyball, the main thing is an important place in the selection of athletes. Physical education and sports are increasingly becoming the Daily need of our people.

Main part. It is important that volleyball players have developed qualities of speed, strength, flexibility, agility, endurance. A good formation of such physical qualities in volleyball players is an important tool for quick movement and decision-making along the field, quality reception of the ball, as well as transmission. Yu.D. Zheleznyak in the opinion of (1998), in order to develop special endurance, a volleyball player will have to perform special technical exercises for a long time, even in the presence of fatigue complications. General endurance includes multi-volume exercises of moderate intensity (long-distance running, rowing, swimming, cycling, etc.k.) are formed on the basis of regular execution.

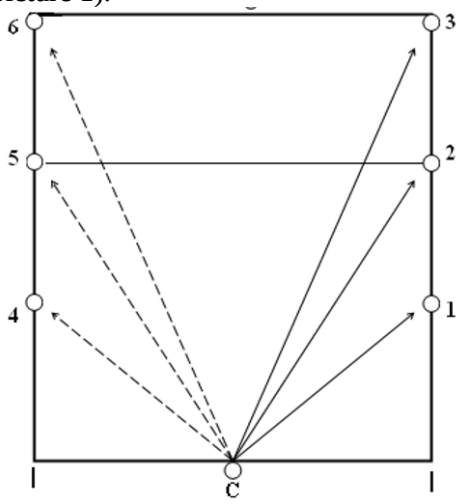
The quality of flexibility is also one of the necessary factors in the training of qualified volleyball players and the formation of technical skills. A volleyball player with a highly developed ability to flex effectively uses his inertial force when striking.

Flexibility is formed gradually, at the expense of long-term training. If training on the development of flexibility is interrupted a little, this quality can sharply disappear or fade. The methods used in volleyball shape the flexibility of the (technical) qualifications itself. But this itself does not give the opportunity to fully develop this quality. To effectively improve this quality, it will be necessary to slowly regularly apply special exercises such as stretching, bending, spreading, squeezing, twisting muscles, legs, joints.

In the training of qualified volleyball players, in addition, the development of agility and strength qualities is also of particular importance. It should be noted that the harmonic development of all physical qualities in the training and training process is a guarantee of training skilled volleyball players.

In modern volleyball, effective performance and high performance can only be achieved at the cost of Super-Formed physical training. For volleyball players, however, the most notable among the physical qualities are jumpiness and jumping endurance (V.A.Titar 1991).

In increasing the special speed of volleyball players, it is important to use the" Archasimon " running exercise. It is customary in the practice of this test volleyball to apply as a criterion for assessing the special speed of young volleyball players when conducting competitions to sports clubs and sports schools, moving them to the next training year in one academic year (picture 1).



picture 1

Note. Points in zones 1,2,3,4,5,6 where the filler ball is placed.

Yu.D.Zheleznyak, K.A.Schwese, N.V.Dolinskaya (1982) , Yu.D.Zheleznyak, A.V.Chachin, Yu.P. Special attention is paid to the "Archasimon" running (92m)test in programs developed by Siromyatnikov (2009) s and recommended for sports schools in volleyball.

These problems (2009) placed a premium on the 30-meter running test when assessing the speed of children engaged in initial preparation groups. It is recommended that the" Archasimon " test be used in training groups (Table 1).

Table 1.

Criteria for using the "Christmas tree" running test of special speed when moving from the school year to the school year (sec)

e involved	**r**	**rs**	**rs**	**rs**	**rs**

But, another leading expert-scientists (Yu.N.Kleshev, A.G.Furmanov, 1979) quite a year ago, those who argued that the reception of the "Archasimon" running test from the age of 10 was extremely significant, and from 10 to 17 years old determined the criteria according to the results of the same test (Table 2).

Table 2

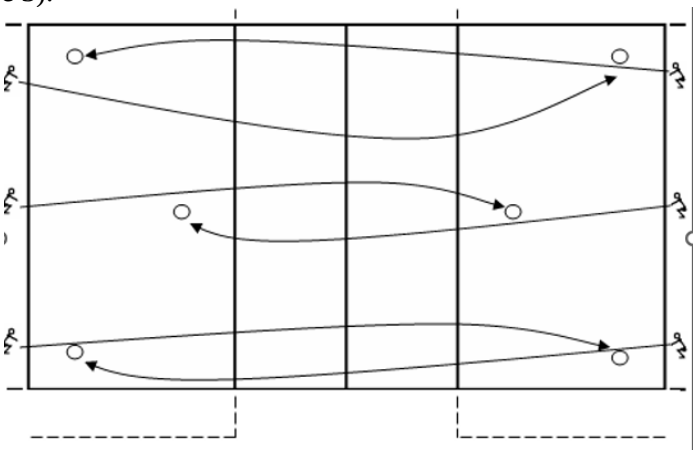
Volleyball players of different ages developed for children

Criteria for the"Christmas tree" running test

e involved								

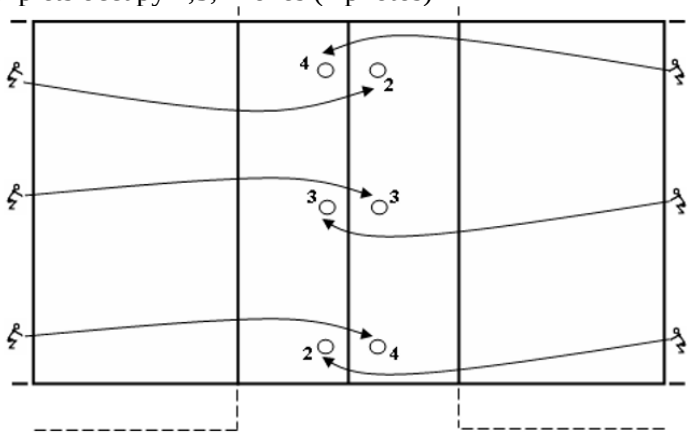
Our study involved 16 boys aged 13-14 who were engaged in the 1st year of the training group.
Clear Ball transfer to the player who came running from Zone 1 to Zone 6 and stood in Zone 2 (picture 2).
This test was taken in the order of the sheep: the participant was lined up behind the back line of the children's volleyball court. As soon as the test is encouraged to take place, the 1st standing participant moves to Zone 6 at maximum speed and passes the ball thrown by the manager high and clear to the player standing in Zone 2. This test exercise is repeated 5 times in each child. Accurate and indeterminate transmitted balls are taken into account.

Pedagogical experience. The pedagogical experiment was conducted from January to June 2022. Control and experimental groups of 6 individuals were involved in the experiment.
Children's training, belonging to the control group, was organized according to the program of traditional content.
In the training of the experimental group, the following game exercises were used as an additional tool:
1.Behind the two back lines of the volleyball court, 3 participants will be accommodated. As soon as the trainer is signaled, the two triplets are required to be placed at maximum speed in 1.6.5 zones specially designated on the opposite field piece. The game is repeated three times. The trio with the most number of times placed first is crowned the winner (picture 3).



Picture 3.

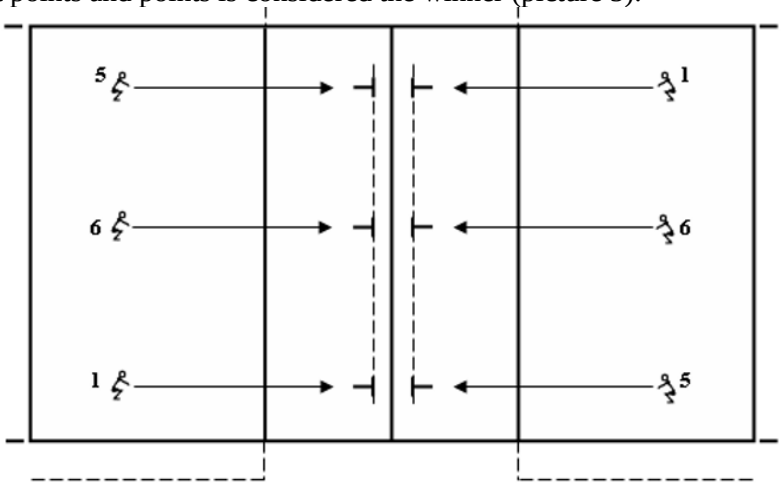
2 .In the same game, only triplets occupy 2,3,4 zones (4 photos)



Picture 4.

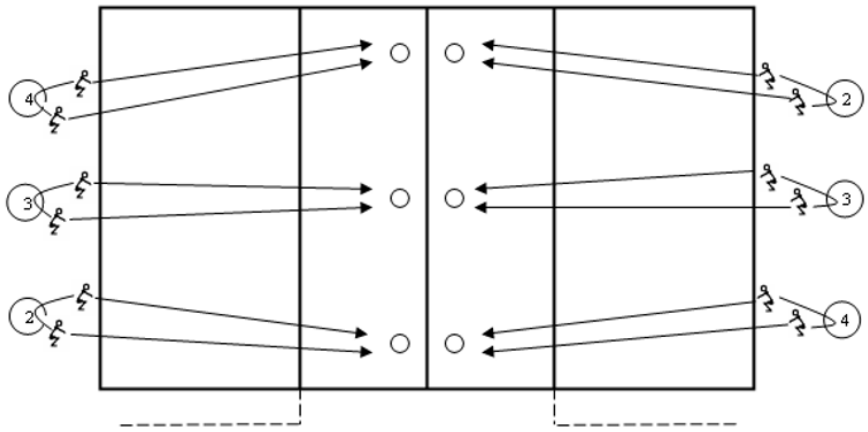
Game exercises designed to shape this agility. A series of action games designed to form a special agility typical of volleyball were selected and adapted to the nature of the game:

3. The team of 6 players is divided into 2 teams and are placed in Zones 1, 6, 5 in their fields, performing various moves (sit-ups, jump around themselves to the right and left sides, receiving and passing the ball from the bottom and top with two supports, fencing and shot imitations) in succession. As soon as the starter (coach) announces the zone number, players located in those zones on both sides run at their maximum speed 2, 3, 4, performing a sequential barrier-laying imitation from the zones. Those who perform first and qualitatively are considered. The first to arrive is awarded one point for each zone, and the quality to the performer is awarded two points. Those who are late are given zero' points and those who perform poor quality are given zero' points. The team with the most points and points is considered the winner (picture 5).



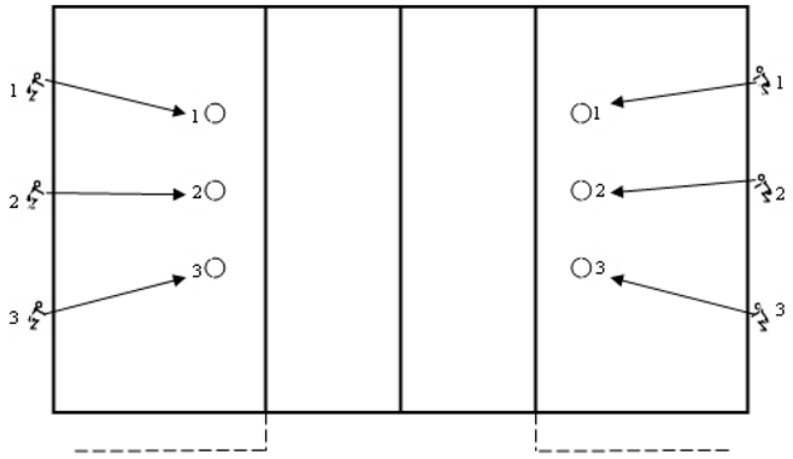
picture 5.

1. The same game is played only with an attack shot (6 picture).
2. 3 of the members of one team are transferred to the Second Team, 3 from the second team are transferred to the first team, and all participants are placed freely behind the backline. As soon as the presenter signals, the participants will perform a shot imitation, quickly placing them in a circle drawn in Zones 2, 3, 4. The first to perform is awarded from 2 points. The game is repeated 3 times. The team with the most points is crowned the winner (picture 6).



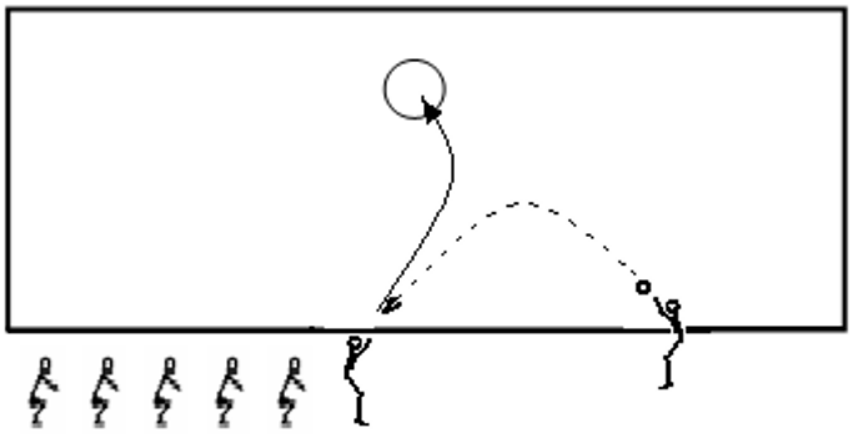
picture 6.

1. In the same game, only jump is played with imitation of the ball transfer (7 picture).
2. Teams place behind the backline of their fields. As the starter signals, it settles in circles drawn in opposite zones, performing two support transmission imitations of the ball from below. Players are numbered from 1 to 6. The team that took the zones first is awarded 5 points. The game is repeated 3 times (7 picture).



picture 7.

3. The same game is performed only by playing a two-support transmission imitation of the ball from above.
4. Participants are lined up in a row with a side relative to the wall at an interval of 3 m from the wall. Of these, at 3 m intervals, the trainer positions with the ball. As soon as the coach passes the ball from the top to the contestant standing 1st with two hands from above, he turns that ball from the top to the wall and accurately transmits it with two hands above a 40 cm circle with a diameter drawn against the wall 4 m above the ground. Each participant repeats this exercise 5 times. The contestant with the most number of times accurately transmitted is deemed the winner. A final tournament is held if one or more players transmit a ball in a homogeneous definition (picture 8).



picture 8.

5. This exercise is performed with the transfer of the trainer to himself.

In addition, it is also worth noting that it is also important to know at what stages of preparation the acceleration should be developed.

In the training of highly qualified volleyball players, including the effective mastery of the technical and tactical actions and combinations being taught, depends on the degree of development of skillfully appropriate physical qualities. But, the process of forming the purpose of these physical qualities is based on the annual periods and stages of preparation darcor.

In order to study this issue on the example of the quality of speed, we conducted a survey among the volleyball players involved.

The results of the survey are reflected in Table 5.

As can be seen from the table, it turns out that the engaged respondent is practically ignored in the development of the quality of speed, as opposed to the opinion of athletes (1 question). This can be understood from the following answers: 3 respondents answered ”yes”, that is, to be noticed, 9 answered ”no” or ”do not know”.

So, it can be assumed that most respondents believe that the quality of speed should be uniformly shaped throughout the year. But, as you know, the dynamics of the formation of physical qualities should definitely coincide with the issues solved at the stages of the preparatory cycle.

Table 3.

Survey results (n=12).

	ions			**n't know"**
	he periods and stages of preparation taken into account when pping the quality of speed?			
	at the stage of general physical fitness that special agility is mposed?			
	at the stage of special physical training that General agility is red?			
	ossible to form quickness with weights at the pre-race stage?			
	emphasis on the rapid execution of game exercises during the etition period?			
	u know the special speed test exercises that are performed with the			

In particular, it is necessary to focus on general agility at the stage of general fitness, on special agility at the stage of special physical fitness, on superior attention, and on the pre-competition stage, the level of agility is brought to the maximum point. Because the main task of the pre-competition stage is to bring the level of all qualities and technical and tactical skills to a high intensity in accordance with or at the urging of official competitions held during the competition period.

But questions posed in such a sense (questions 2, 3, 4) also did not receive clear and correct answers.

As an exception, it is worth noting that " is the emphasis on the rapid execution of game exercises during the competition period? ", 80% of respondents were positive, i.e. correct. So, engaged children correctly imagine the essence of this question.

Another important question presented in the questionnaire is the question of whether or not to know the tests intended to assess the qualities of a special speed performed by the ball. Unfortunately, only 2 respondents gave a positive opinion on this question. Taajubki said that 10 out of 12 respondents did not know the tests aimed at clarifying in this question. Such answers really indicate that the dynamics of the formation of physical qualities and technical and tactical skills are not regularly assessed on the basis of tests.

Based on the scientific approach and feedback noted above, we studied the icons of the formation of the speed of movement characteristic of volleyball in children who have just started training in the volleyball circle with the help of specially developed game exercises during pedagogical experience.

The results of the study are presented in Table 4. Volleyball-specific speed of movement 5x6 m.ga maximum run and 92 m.ga running "archasimon" was assessed according to the results of test exercises. These tests have been used in volleyball practice for many years, and their results are used as a reliable criterion in controlling the dynamics of the formation of speed of movement inherent in the activities of volleyball players.

From the results recorded in the table, it is observed that the speed of movement in children in a control group involved in 6 months of pedagogical experience, but involved in traditional meaningful training during the duration of the experiment, and in an experimental group that took part in experimental' meaningful training during this period, was not expressed by any sharp difference before the experiment. Including 5x6 m.ga mokkisimon running in the control group before the experiment 14,2 sek.ni if established, then in the experimental group this pointer is 14.5 sek.ga tied.

Table 4

Dynamics of the formation of speed of movement in young volleyball players during pedagogical experience

xercises		**the experiment**	**e the experiment**
e run for 6x5 meters (sec)			
mas tree run at 92 meters (sec)			

Note: EG-experimental group
CG-control group

"Christmas tree" running at 92 m before the experiment at EG is 36.4 sec., At CG 36.2 sec. expressed in quantity.

Regrettably, the old man was removed from publication 30 years ago in the program of sports schools specializing in volleyball 5x6 on selection tests targeted at preliminary preparation groups m.ga mokkisimon running results were judged on 3 different criteria:

-12.0 sec. and less-"excellent";
- 12,2-12,4 sec. – "good";
- 12.5-12.8 sec. – "satisfactory".

92 m.ga the" arch-like " running speed is also differentiated in such an order:

- 31.0 and less – "excellent";
- 31.1-31.6 SEC. – "good";
- 31.7-32.2 SEC. – "satisfactory".

The level of regulatory indicators recorded today is further formulated. In Particular, Yu.D.Zheleznyak, A.V.Chachin and Yu.P.Siromyatnikov (2009), and in the program of sports schools, which were removed from publication by lar in 2009, for example, at 5x6 m. shuttle running speed is 11.5 sec on admission to the preliminary training group accepted as.

Hence, the study focuses on the fact that the observed averages for special immediacy in the children involved are expressed at a much "weaker " level than the established criteria for the norm.

Studies conducted after the completion of a 6-month period of pedagogical experience made it possible to identify important data. In the control group, which participated in traditional meaningful training during the experiment, the speed quality is 5x6 even for 6 months m.ga in the running test, 0.6 sec., 92 m.ga according to the "Christmas tree"running test, 1.8 sec. it has only been observed to grow.

The speed of movement characteristic of volleyball in children in the experimental group who came to engage in experimental meaningful training conducted during the experiment was 5x6 at the end of the experiment m.ga 1.8 on the running test sec, at 92 m according to the "Christmas tree"running test, 4.8 sec. growth was noted. In other words, the last intermediate pointers in this group were recorded around the average (good) quantities of the formal norm criteria.

So, from this it can be said that action games, designed for the experimental group and consisting of elements of speed, which have been regularly used in the training of this group for 6 months, have the potential to rapidly develop this quality.

This issue consists of various meaningful activities in control and experimental groups, was studied under 6 months of pedagogical experience at the Sports School No. 1 on the basis of the Bukhara City Sports Complex "Yoshlik".

The results of the pedagogical experiment conducted are presented in Table 6. This is what is observed from the table that the exact transmission of the ball in both groups before the experiment is represented by almost the same indicators. In particular, the ball transfer accuracy in the control group averaged 1.4 ±0.08 times out of 5 possibilities, and 1.2 ± 0.06 times in the experimental group. Of course, the accuracy of the ball transfer depends usefully on its technique, regardless of what situation or in which case (low position, sideways, backward) it is performed. The more accurate the ball transfer, the more offensive or rebound efficiency can be represented by points.

Is it a positive case or should it be judged unsatisfactory for a ball pass to be 1.2-1.4 points as the primary mode of play in the initial preparation stages (1-st,2-nd,3-rd training years)?- the question arises. Perhaps if the initial indicators obtained up to 5-6 months of preparation are expressed up to 1.2-2.0 points-this can be assessed as positive. But, if such points are returned in the 2 and 3 school years-it is darcor that this is assessed as an unsatisfactory condition.

It is known that in fact, when conducting a competition for a sports circle, it is encouraging that teacher-coaches pay special attention to all the physical capabilities of children, as well as their generational coordination abilities. If this ability is relatively good, the technique of actions must also be mastered effectively as a result of a properly organized training process. So, it is necessary that the technique is formed up to 3-6 points during the 2-3 school years.

Table 5

Dynamics of formation of ball transfer accuracy in young volleyball players using special action games

	p	**the experiment**	**e the experiment**
Ball transfer to a player who is ne 2 by running from Zone 1 to 6 (out of 5 chances)		0,08	0,06
		0,06	0,10

Note: EG-experimental group
CG-control group

Observations show that technical skills, including transmission techniques, are mainly formulated in standard situations (on-site, situational, without additional tasks) in initial training groups, even in training groups. The constant approach to the teaching process in this way causes the divided technical elements to become firmly perfected, resulting in the inability to effectively perform the learned skill in its entirety. That is why many experts recommend using related or specialized play exercises when teaching motion techniques. Based on these feedback and recommendations, we developed special action games designed to form the accuracy of ball passing after certain actions and tested their effectiveness on the basis of 6 months of pedagogical experience.

From the table mentioned above (table 5), this is what is noticeable that during the experimental period, the ball transfer in young volleyball players who took part in regular traditionally meaningful training increased from 1.4 times to 2.0 times. The difference in accuracy increase was 0.6 times.

Conclusion. In the experimental group, which was involved in the pedagogical experience carried out at the Sports School No. 1, located in the Bukhara City Sports Complex "Yoshlik", and performed game exercises, the content of which was covered in 2 chapters in 6 months, while the accuracy of the accurate ball transfer to the player who ran from Zone 1 to Zone 6 increased from 1.2 It appears that the accuracy of the ball transfer was

increased to 3.2 times. So, it can be argued that game exercises adapted to the ball transfer have the power to form this movement accuracy at an accelerated pace.

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