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The use of various methods in the process of special physical training of volleyball players

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Abstract: This article highlights the capabilities of young volleyball players to perform movements that determine the effectiveness of offensive and defensive actions, the main feature of which is the process of teaching physical training and training in children's and youth volleyball.

Keywords: General physical training, special physical training, technical training, tactical training, integral (holistic game), motor qualities, morpho-strength factor, speed-strength endurance, qualitative and quantitative indicators, dynamic characteristics.

Introduction: Today, volleyball is considered one of the priority areas for the development and popularization of sports in our country, especially among children. "It is very important to develop and realize the creative and intellectual potential of the younger generation, promote a healthy lifestyle among children and young people, and widely involve them in physical education and sports." In recent years, on the initiative of the President of the Republic of Uzbekistan, his active efforts and direct leadership, physical education, mass and professional sports, like all other areas, have become one of the priority tasks of our state policy. Despite the fact that volleyball is a popular sport in our country, the high results achieved by our athletes at international sports competitions show that there are enough mistakes and shortcomings in the system of training volleyball players, because if we do not develop special work skills in the training process of young volleyball players, we will not be able to achieve the set goal. This is one of the pressing problems in the system of training highly qualified athletes in volleyball. In

volleyball, as in other sports, the main means of training are physical exercises. They are very diverse. Therefore, they are classified depending on their role in solving the problems set at a certain stage of training. This classification is based on the competitive results of volleyball players. Accordingly, the exercises are divided into two large groups: basic or competitive and auxiliary or training. All exercises are included in the training components depending on their focus. These groups: general physical; special physical; technical; tactical; integral (integral game). Each type of training has its own management tools, with the help of which specific tasks are solved. At the same time, exercises related to one type of training will be closely connected with exercises related to another type of training. For example, if the trainee does not have the necessary speed-strength qualities, he will not be able to perform the technique of delivering an offensive strike. In this case, it is advisable to provide exercises aimed at developing speed-strength qualities. Because increasing the frequency of repetition of attacks in this case will not be effective.

The use of various techniques in the specific physical training of volleyball players is essential for the successful performance of athletes in competitions. The purpose of this training is to help you perform effectively, taking into account the technical, tactical and physical demands of volleyball. Below are some of the main methods used in the preparation of volleyball players:

1. Specific physical training:

Specific physical training in volleyball involves the development of specific muscle groups. This includes:

- Strength and endurance: This technique is aimed at developing the desired muscle groups and increasing strength.
- Speed and reaction: Volleyball requires quick movements and quick reactions to balls. The game is important for jerks and speed. What exercises?

2. Interval training: These are exercises that are performed at high intensity for a short period of time, alternating with rest. This style is a series of exercises performed at high intensity for a certain time, alternating with periodic periods of rest. This technique helps develop both the aerobic and anaerobic systems needed to cover the energy expenditure that often occurs during a volleyball game.

3. Functional training: A volleyball player has to perform a variety of movements during the game, so functional training can help improve posture and optimize overall muscle performance. Exercises should be aimed at developing balance, strength, and agility.

4. Plyometric exercises: Using this technique, volleyball players can increase their jumping ability. Plyometric exercises (such as jumping and hopping on the ankles) help increase speed and power.

5. Muscle recovery and hitting style:

Volleyball often involves strong hits and powerful movements. Stretching and recovery exercises are important to improve hitting technique, as well as muscle recovery and reduce fatigue.

6. Chest and arm training:

A volleyball player needs to have strong arm and chest muscles to carry the ball long distances. Therefore, it is advisable to strengthen the muscles of the arms and chest through the right approach to exercises.

7. Mental Preparation: This is also important for a volleyball player because

8. They face stress and pressure during the game. Includes mental preparation strategies, stress management techniques, and concentration exercises.

In the initial training of movement, various methods are used to form an idea of its main phases. These include figurative explanations, effective demonstrations, visual reference points, sound signals, methods based on the perception of movement, including the presentation of tasks of an objective nature (take something, stretch out your hand and touch something, step over something, etc.), a description of the sensations that the student should experience when performing movements correctly, etc. It is advisable to demonstrate not only cases when the actions were performed correctly by the participants, but also those that were performed with errors. This helps specialists to understand errors better and faster. Sound signals are used to indicate the moment of application of the main force, as well as to set the rhythm and tempo of the act of movement. It is advisable to use a practical method of mastering a complex exercise, as a rule, by dividing it into parts. When studying movements in parts, the dynamics of neural processes is simplified. One of the important requirements for organizing training is maintaining relative constancy of conditions: the main variant of actions and training conditions. Systematic training is characterized by the need to determine the optimal number of repetitions of the task and the size of the interval between them. Participants should be able to perform the task several times in a row with such intervals that these intervals allow the trainees to better perceive the trainer's warning, realize the quality of the performance, imagine the next task and ways to improve the performance, and also restore the strength necessary for this. When determining how many times to repeat new movements during a lesson, it is

important to take into account that when performing new complex coordination tasks, the nerve centers begin to tire quickly. Demanding a better, more accurate repetition of movements when fatigue occurs is ineffective and even harmful, since decisive repetition of movements instead of eliminating previously made errors leads to their consolidation. It is best to repeat new movements a small number of times per session. It is important not to take long breaks between training sessions. Applying the learned techniques, it is important to increasingly associate them with tactical thinking. This, in turn, creates favorable conditions for the formation and improvement of tactical skills and abilities (targeted distribution of forces, joint actions with partners, etc.). At this stage, it is recommended to use a large number of visual aids (models, films, videos illustrating various tactical situations, diagrams).

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