



Tasks Of The Educational Process In Volleyball Sports

Jumanov O.S.

Associate Professor, Physical Education And Sports Professionals Social And Methodological Support, Retraining And Advanced Training Center, Uzbekistan

Journal Website:

<http://usajournalshub.com/index.php/tajssei>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

ABSTRACT

This article analyzes the training process in the training of young volleyball players, the role of training, the adaptation of training and living conditions of participants to the training process, the methods and analysis used by the coach in training.

The objectives of the training are based on the basic rules of sports training of young volleyball players; It deals with the promotion of health, their morals, determination and freedom; learning and various learning conditions; competent learning of intelligent game techniques; is to organize regular supervision of classes. Competitive content in the implementation of these tasks is achieved with the right organizational and effective methodology for conducting lessons.

KEYWORDS

Sport, volleyball, volleyball player, game technique, supervision.

INTRODUCTION

1. Wellness is about getting your body in shape and getting your body in shape. Wellness tasks should always be the focus of the coach and teacher. During the training, they will have to

take into account the health, physical development, age and sexual characteristics, as well as the age-appropriate norms.

2. Life skills and abilities are taken into account in the training of trainees.

The training process should focus on the main types of young volleyball players walking, running, jumping, throwing, climbing and natural movements. It is necessary to constantly expand the media experience of dealing with them during sports training. It is necessary to get acquainted with other sports. This will help them identify the type of sport they are pursuing and choose them for their future “Specialization” sport.

3. Speed, strength, flexibility and endurance in the development of the body's basic tools are of great importance for the physical training of young volleyball players and their special movement skills in volleyball. In the process of general physical education, physical qualities will develop.

4. Developing the physical ability inherent in the game of volleyball. In every sport, certain combinations are required to show the characteristics of basically different physical qualities. For example, the reaction of a volleyball player should be high speed for observation and speed, speed of movement in small parts, muscle contraction, jumping and other situations. The development of special physical education skills occurs in the process of special physical education.

5. Teaching volleyball players techniques. By the time of the transition to adulthood, all young volleyball players will have to master the entire arsenal of modern volleyball techniques. This task is solved consistently in each age group. Particular attention is paid to the

training of "both-handed" volleyball players (who give the same attacking blows on the left and right hands).

6. Teaching flexible tactical skills. Teaching tactics are closely related to teaching techniques. Trainees need to learn the basics of advanced tactics in modern volleyball during the transition to a highly skilled sport. This task is also comprehensively addressed in all age groups, from children (11-12 years). A prepared tactical action game needs to incorporate creative use skills into the learned tactical action game so that they do not act as shown in the template, and each time comes from the game environment.

7. Theoretical preparation. In addition to the necessary knowledge of physical culture and sports, participants should learn the theory of volleyball (techniques and tactics), methods of teaching technical and tactical movements. They must also be able to organize and conduct volleyball competitions, master refereeing skills. The knowledge gained will help you to practice the material and become more successful in the game. This makes it easier to train community sports instructors among trainees.

8. Educate players of moral character and will. The educational process is not only the teaching of techniques and tactics, but also the development of special physical qualities and abilities, but the morality of young people, patriotism, strong will and character, conscious upbringing, attitude to work. In the context of training young volleyball players, it requires the emergence of certain voluntary qualities: determination, independence, initiative, courage, self-awareness and self-control. This is achieved because different tasks are

included in the lessons, each time everything is more complicated and the children have to constantly overcome external obstacles and internal difficulties. In addition, volleyball and competitive professions are filled with various unexpected obstacles, which have a positive effect on the acceleration of the will of those involved.

9. Teaching community activities. Training of coaches and referees for public organizations in educating young volleyball players. A comprehensive community allows school children to engage in mass physical fitness activities: school, community, and sports events for young students and their peers.

10. The relationship between school and parents. The coaches of the students involved in B.O'.S.M. need to keep in touch with the school on a regular basis, selecting and creating the necessary learning activities and using the knowledge and skills acquired in the physical education classes of the children. Conversations with teachers, learning from their students provide additional information to the coach and facilitate an individual approach to each of them. If the right form of communication with the school and parents is chosen, it will be more suitable for the working conditions of the local children's sports school community.

For some age groups of young volleyball players, the tasks listed above are given, and their solutions and methods are modified accordingly.

Compatibility of preparation

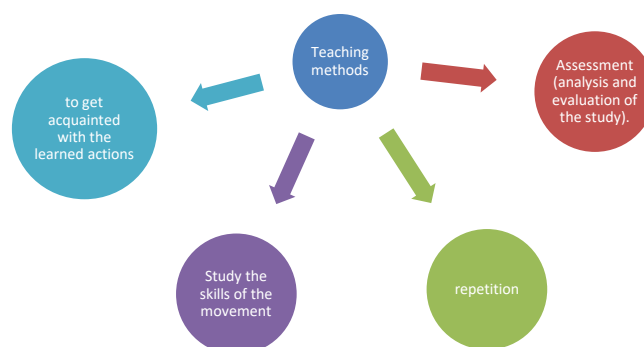
There is a correlation and inseparable link between physical training and game technique,

technique training and tactical training, as well as training and tactical skills formation. The parties are based on laws based on the relationship between the training of young volleyball players and the development of physical abilities and the development of physical abilities. In order to effectively and wisely use different exercises in training young volleyball players, they are definitely formed in groups. The result of summarizing the exercises is what justifies the preparation process. Conditional separation of exercises, however, allows you to choose one of the different exercises that contribute to the further development of the learning process, the solution of these learning tasks at a particular stage of training. By choosing the right exercise group, the coach has the opportunity to identify these exercises and demonstrate his or her creative initiative to develop opportunities for them.

Teaching methods.

The process of acquiring skills and competencies in volleyball teaching is basically similar to the formation of intellectual knowledge. This process can be divided into separate stages:

- 1) To get acquainted with the learned actions (to give the participants a correct idea of the learned process);
- 2) Study the skills of the movement (mastering the basic structure of the movement);
- 3) Repetition (mastering the improvement of movement);
- 4) Assessment (analysis and evaluation of the study).



In accordance with these general rules of sports, separate technical actions are carried out in the following sequence:

- 1) Acquaintance with technical actions;
- 2) Study of technical actions in simplified conditions;
- 3) Study of technical actions in the conditions close to the game;
- 4) Strengthen technical efforts in a two-way match.

Learning effectiveness depends on making the right choices and learning teaching methods.

Teaching methods should provide practical features and volleyball principles and practical methods of volleyball, because only then can you achieve great success in teaching.

The methods of selection of lessons and the effectiveness of their teaching depend on the goals and objectives of education, the goals and objectives of educational work in accordance with the program, the general level of development and individual characteristics of the coach, training and pedagogical skills of the coach.

According to the stages of reading, the methods are: introduction (explanation and demonstration); teach (as a whole and in parts); error corrections; reinforce learned

movement; analysis and evaluation of indicators.

For many practitioners, appropriate training in technical techniques based on specific (training and refinement) exercises will prevent errors. It is necessary to create the factors that cause errors in the teaching process. If errors occur, they should be corrected immediately. The first step is to identify the cause of the error so that it can be corrected as soon as possible.

Training sessions need to be constantly reviewed and evaluated to ensure that they are successful. Analysis and evaluation are carried out at all stages of the training, which is a constant satellite during all stages of the learning process.

Analyzing and evaluating the condition of the players during the game shows how well they have mastered the technical performance and tactical actions. It is recommended to take observations in photos and movies.

The control of technical methods should be recorded in a special journal. The analysis and evaluation of the material gives good results in the control tests on physical and technical training, participation in competitions.

REFERENCES

1. Farkhod Turdalievich Abdullayev, Bahrom Pulatovich Pardayev The Role of Public Sports and Health Measures in Strengthening Children's Bodies Academic Research in Educational Sciences (ARES)
2. Abdullaeva B.P. Babaraximova B.P. Pardaev B.P. Using information and communication technologies in teaching process of various primary European Journal of Research and Reflection in Educational Sciences, 8 (10), 67-70. Progressive Academic Publishing, UK www.idpublications.org 14.10.2020
3. Abdullaeva B.P. Abdullaeva F.T. Organization Of Swimming Lessons In Preschool Institutions THE AMERICAN JOURNAL OF SOCIAL SCIENCE AND EDUCATION INNOVATIONS. JULY 2020[TAJSSEI]322ISSN (e):2689-100X DOI: <https://doi.org/10.37547/tajssei/Volume02Issue07-42>
4. Abdullaeva, B. P., & Babaraximova, B. P. (2020). MAKTABGACHA TA'LIM MUASSASASIDA FUTBOL DARSLARINI TASHKIL ETISH METODIKASI. Academic Research in Educational Sciences <http://ares.uz/jurnallar-sahifasi/ares-vol-1-no-3-2020>
5. ACADEMICIA: An International Multidisciplinary Research Journal <https://saarj.com> ORGANIZATION AND METHODOLOGY OF CONDUCTING FOOTBALL LESSONS IN A PRESCHOOL INSTITUTION Abdullaeva B.P 650-655 10.5958/2249-7137.2021.00098.7
6. Абдуллаева Б., Турдалиева М. Corruption in the field of education: assessments and ways to address “Тенденции и перспективы развития науки и образования в условиях глобализации”. Международной научно-практической интернет-конференции. г.Переяслав, Украина.2020 год 30 апреля.58.
7. Abdullayev F.T. Abdullaeva B.P. Maktabgacha va kichik maktab yoshidagi bolalarning jismoniy rivojlanishida jismoniy mashqlarning o'рни. 2021 2-son (Maxsus) “XALQ TA'LIMI” ilmiy-metodik jurnali. 2021. № 1. www.xtjurnali.zn.uz
8. Абдуллаева, Б. П. (2021). МАКТАБГАЧА ТАЪЛИМ ТАШКИЛОТЛАРИ ВА БОШЛАНҒИЧ СИНФЛАРДА ЖИСМОНИЙ ТАРБИЯ МАШҒУЛОТЛАРИНИ ТАШКИЛ ҚИЛИШ. ACADEMIC RESEARCH IN EDUCATIONAL SCIENCES, 2(3), 1324-1333. DOI: 10.24411/2181-1385-2021-00545 http://ares.uz/storage/app/media/2021/Vol_2_No_3/1324-1333.pdf