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## **DEVELOPMENT OF JUMPING ABILITY IN VOLLEYBALL PLAYERS BY MEANS WEIGHTLIFTING STRENGTH EXERCISES**

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### **ABSTRACT**

The article discusses methods of increasing the physical fitness of volleyball players through weightlifting. A set of exercises with a barbell has been developed for volleyball players involved in a sports improvement group. A correctly selected set of exercises had a high correlation between the training load and the competitive exercise of volleyball players.

### **KEYWORDS**

Volleyball, training load, preparation for the image, step complex, jumping ability, strength exercises in athletics.

### **INTRODUCTION**

Extensive work is being done in Uzbekistan to actively develop physical education and sports, to involve all layers of the population, especially young people, to regularly engage in physical education and mass sports, and to promote a healthy lifestyle in society. For example, in the decision of the President of the

Republic of Uzbekistan dated November 5, 2021 No. PQ-5281 "On comprehensive training of athletes of Uzbekistan for the XXXIII Summer Olympics and XVII Paralympics to be held in Paris (France) in 2024", great attention is paid to preparation for the Olympic and Paralympic Games. It should be noted that a number of

effective activities are being carried out by the head of our country in order to popularize the volleyball sport, which is included in the program of the Olympic Games in our country, among the population, and to create a wide range of opportunities for athletes. Therefore, continuous growth of results in the volleyball sport, high competition in the international field requires a constant search for effective solutions to the methodological, organizational and management problems that exist in the long-term training system of athletes.

In the rapidly growing trend in the development of world sports, the role of volleyball in particular is increasing; the share of men in the growth dynamics is constantly increasing. This, in turn, places high demands on their preparation. These processes require the development of improved methods based on new approaches to volleyball preparation. One of the important tasks is the physical training of volleyball players. Systematic reforms are being carried out in all sports in our republic to further develop volleyball and increase the number of people involved in this sport. In particular, tasks have been set to carry out organizational, practical and propaganda work to attract people to volleyball and become professional athletes.” Taking into account the statistical data, we can say that interest in volleyball in our country is growing year by year. Thus, in recent years, the country has hosted a number of international prestigious volleyball competitions and events.

### **PURPOSE OF THE STUDY**

Improving the physical training of volleyball players using weightlifting.

Research methods and organization: Literature analysis; Pedagogical supervision; Experimental evaluation; Pedagogical experiment-test;

### **RESEARCH RESULTS AND DISCUSSION**

It is known that the strength and endurance of volleyball players are important for achieving high results. However, in strength training, it is advisable to use a properly selected training load so that the muscles of volleyball players are not only adapted to the load, but also have high speed. To improve the physical fitness of volleyball players, we proposed a training time in the summer. We divided all physical training into three mesocycles.

The results of athletes in volleyball competitions are to a certain extent related to their tactical, technical, physical and psychological qualities.

Jumping readiness of a volleyball player in competitive activities in prevails to a greater extent over all others [3]. Jumping ability is the ability of a volleyball player to jump optimally high to perform offensive (attacking, ball serving) and defensive actions (blocking) [2].

### **ORGANIZATION OF THE STUDY**

In order to determine the effectiveness of the training program for the development of strength quality of volleyball players, a pedagogical experiment was conducted with the participation of students of the Nukus Mining Institute under the Navoi State University of Mining and Technologies. In the pedagogical experiment, 10 athletes participated in experimental groups. Through the comparative analysis of the initial and final indicators of participants in the research, the strength efficiency of volleyball players in the competition was based.

The first mesocycle is training sessions with weights, starting with the preparation of the athlete's body weight. When working with a barbell, the weight and number of repetitions vary to a certain extent. Optimal repetitions are minimal when performing exercises with heavy weights. While performing exercises, it is important to hold your body correctly and breathe. Recommended weights are needed to increase muscle strength. And repeated exercises with light weights have little effect on muscle irritants.

The second mesocycle is a period of aerobic focus. At this time, the volume of the training load increases by 10–15%. Exercises of different intensities and alternating cycles in one workout lead to less fatigue, while having little effect on the nervous system. According to sports medicine researchers, the use of

long-term, moderate aerobic work improves ATF resynthesis in the athlete's body, increasing the body's energy substrates. Therefore, lightweight wrestlers are the most durable.

The third mesocycle is aerobic-anaerobic training. During this period, wrestlers work on both special and general physical training. Analyzing the first mesocycle, we developed a set of exercises for volleyball players with weights and on machines. The complex consists of a number of exercises affecting the limbs, back muscles, and legs. In the table below, we recommend including weightlifting exercises in the training of volleyball players.

Before and after experiment results of volleyball players on the state of general physical fitness kg

№	Full name	Squats with a barbell on the chest kg		Squats with a barbell on the shoulders kg		Barbell snatch kg	
		Before the experiment	After the experiment	Before the experiment	After the experiment	Before the experiment	After the experiment
1	A.Jiemuratov	28	35	45	50	42	47
2	N. Sadullaev	30	35	44	48	48	50
3	N. Jumabaev	32	36	47	52	44	48
4	A.Tilepbev	30	38	45	55	45	50
5	E. Nazarov	30	40	45	52	50	53
6	S.Kazakbaev	34	40	40	48	48	54
7	A.Sharapaddinov	35	45	50	55	45	55
8	A.Kuanshishbaev	38	46	46	54	55	60
9	A. Gulmanov	40	55	50	65	55	60

10	B.Kenesov	40	50	50	58	50	55
	$\bar{x}$	33.7	42	46.2	53.7	48.2	53.2

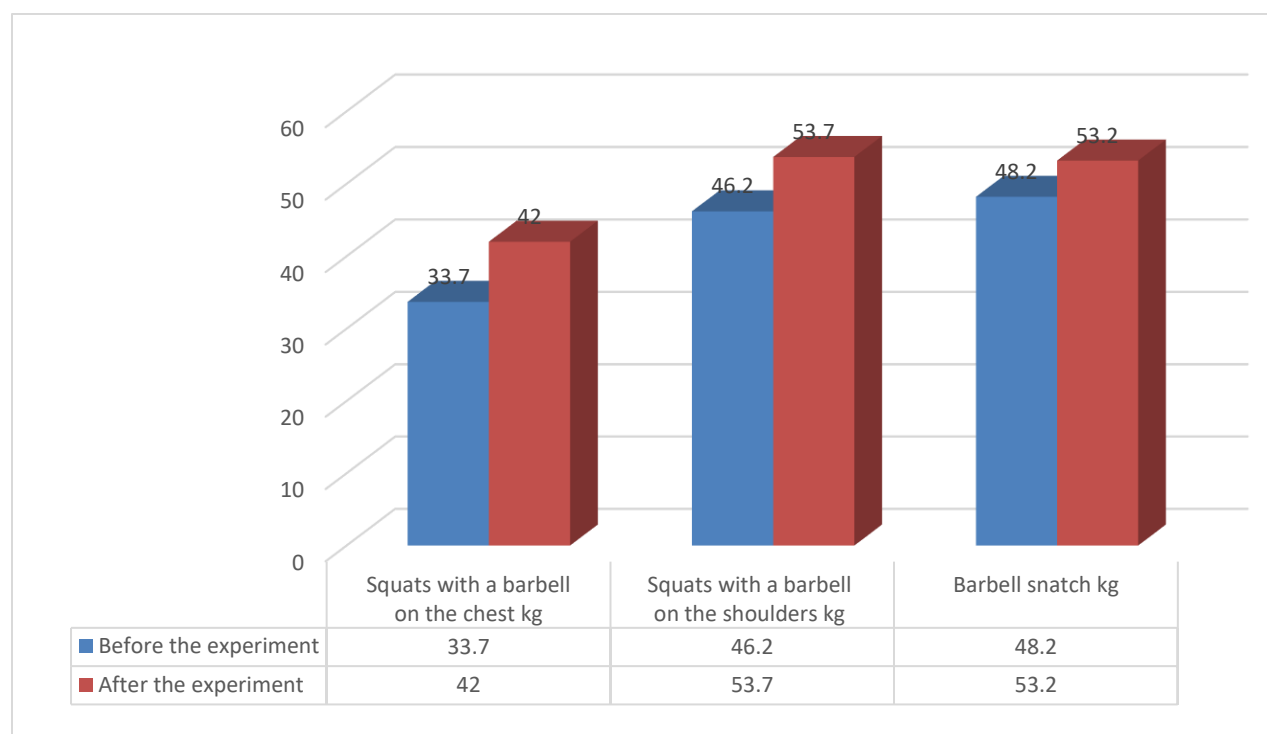
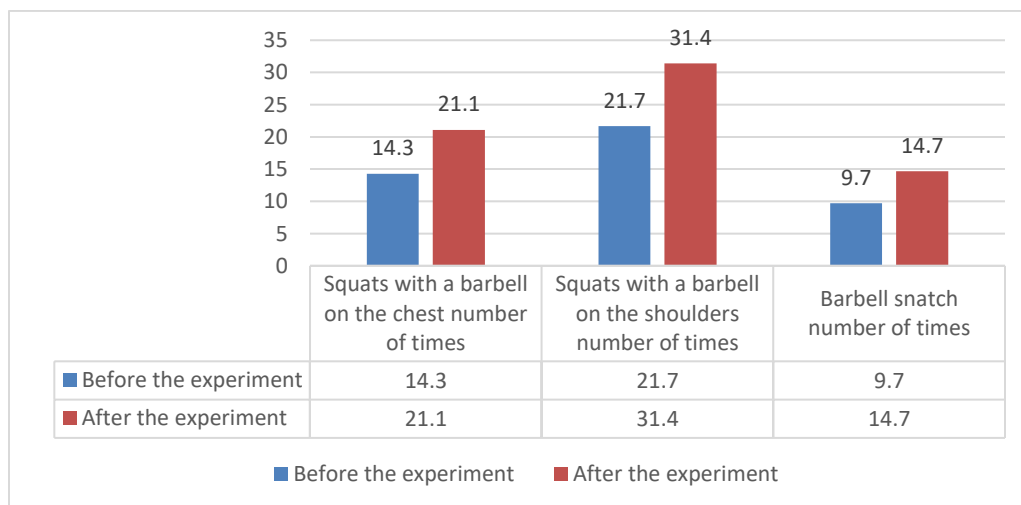


Figure 1. Before and after experiment results of volleyball players

Before and after experiment results of volleyball players on the state of general physical fitness number of times

№	Full name	Squats with a barbell on the chest number of times		Squats with a barbell on the shoulders number of times		Barbell snatch number of times	
		Before the experiment	After the experiment	Before the experiment	After the experiment	Before the experiment	After the experiment
1	A.Jiemuratov	13	19	20	30	9	14
2	N. Sadullaev	12	18	21	32	8	15
3	N. Jumabaev	14	20	23	32	7	13
4	A.Tilepbev	15	21	24	30	10	14
5	E. Nazarov	13	20	21	33	11	15
6	S.Kazakbaev	14	19	22	31	12	16
7	A.Sharapaddinov	15	24	23	33	10	15
8	A.Kuanshishbaev	16	25	20	34	11	16
9	A. Gulmanov	15	23	22	30	9	14
10	B.Kenesov	16	22	21	29	10	15
$\bar{x}$		14.3	21.1	21.7	31.4	9.7	14.7



## **Figure 2. Before and after experiment results of volleyball players on the state of general physical fitness number of times**

### **CONCLUSION**

To summarize, the method of improving physical fitness has a positive effect on the ability of volleyball players. A set of weightlifting products improve physical fitness through the correct use of training load.

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