



JUMPING AND JUMPING IN VOLLEYBALL CIRCLES DEVELOP ENDURANCE USING ACTION GAMES

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ABSTRACT

This article describes the organization of physical education classes and extracurricular activities with the aim of developing agility and jumping endurance of students in secondary school volleyball clubs with the help of motor games, as well as developing the physical qualities of high school students.

KEYWORDS

Physical education, volleyball, jumping, “explosive” fast strength, jumping endurance, children’s and youth sports school (YSS), training loads.

INTRODUCTION

Our country has been focusing on the development of physical education and sports, like all areas, since the day it achieved its independence. In this Borra, the Qatari decrees of our country, government decisions were adopted. Those required are being increased in practice. At the moment, modern-technical, legal and normative conditions for physical education and sports

are presented. More and more modern sports facilities are built and serve our people, children, all young people. It is becoming a tradition in our country to hold the most prestigious international competitions from year to year, in a short period of time our talented, young and competitive athletes have matured. They have been conquering the top tiers of honorary

Knights at the Olympic and Asian Games, high-ranking international competitions. At the same time, it is important to emphasize that the prospect of Uzbek sports depends on the cultivation of qualified Sports Reserves in terms of advantages. This in turn puts the problem of training qualified coaches and physical education teachers in the middle. The level and swing of such mass sports competitions as "Umid nihollari", "Barkamol avlod", "Universiade", which are held year after year among children, are growing. But in some sports (boxing, dzyu-do, freestyle wrestling, chess, karate, taekwando, etc.) relatively high results of children and adolescents internationally (volleyball, basketball, handball, football, athletics, etc.) still far beyond the world rankings. Volleyball, which is the most popular sport among students in particular, is not clearly visible even in Republican competitions in terms of its technical and tactical potential.

Observations and conversations confirm that in places (CASS, school circles, etc.) the activities carried out are not planned on a scientific basis, their content, size and intensity do not meet the requirements of the Times. Jumping is a quality of movement that is performed on the basis of "explosive" (rapid) strength, and is important to one degree or another in almost all sports. Including: jumping head, shoulders, foot ball transfer in football, putting a ball into a darboza, hanging the ball by falling high or side (for clubs); jumping ball hook, pass, drop the ball into a basket in basketball; skating figure skating, handball, ice hockey, karate, and other sports have a unique role in the ability to jump. The high development of the quality of this action in modern volleyball determines the ultimate effectiveness of such game qualifications as ball input, transmission, throwing, hurdling.[1]

Many years of observations, applause and free conversations with students draw attention to the fact that volleyball clubs, which are often organized in high schools in rural areas, training in Hutto volleyball bowls, are not organized under regular, sermazmunan, the most basic established program and pedagogical control established program and pedagogical control. There are practically no devices, technical equipment and simulators used in the formation of physical qualities and volleyball skills. In training, mainly standard-traditional exercises are used. It is true that in physical education classes and extracurricular activities, a variety of action games are held. But their types are very limited and are not sorted according to the purpose (function) of a particular lesson. These games are mostly used to interest children in lessons.

In view of these situations, we conducted a survey with children engaged in volleyball in 3 rural schools (20 children from each school participated).

The results of the survey are reflected in Table 1.

Question 1, which is put in the questionnaire, is devoted to the choice and is aimed at determining the application of Tets that assess the quality of jumping in the admission of children to the circle.

According to the results, not a single of the surveyed respondent children reported failing jump tests on their admission to the tournament. In some interviews conducted individually, many children said that they had an idea of jumping exercises, but did not know the names of the test exercises.

However, the vertical jump test of the scientist Abalakov, whose name is popular in the practice of mountaineering, was widely used in the practice of volleyball. Also famous volleyball player and scientist

N.A.Belyaev and Yu.D.The tests recommended by zheleznyaks on this quality have been applied with success.[2,3]

The results of the study of the experience of developing jumping and jumping endurance using action games on the questionnaire n=60

1-jadval

Nº	Questions	Yes	No	In part	Can't answer
1.	Did you take jump tests when you were accepted into the volleyball circle?	-	32	16	12
2.	Does your coach prioritize the development of jumping and jumping endurance during training?	24	20	8	8
3.	Do exercises with one leg or a small one on two legs are used in training?	13	29	12	6
4.	Will a device and trainers be used in training to develop jumping or jumping endurance?	-	53	3	4
5.	Are Relay exercises aimed at the development of jumping used?	11	34	11	4

6.	Are jumping exercises that mimic game skills used?	42	7	4	7
7.	Do action games that develop jumpiness and jump endurance apply?	17	27	8	8

"Does your coach prioritize developing jumping and jumping endurance during training?", the respondent expressed the opinion that only 24 of the children were "Yes", 20 were "No", 8 were "partial", and another 8 were "unanswered".

It is known that in volleyball, the main offensive and defensive qualifications are associated with jumping. The effective execution of the same qualifications for a long time (during 5 parties) is also determined by the endurance of the jump. Therefore, volleyball coaches and specialist scientists recommend regular use of jumping exercises from the initial stage of preparation. Many of these same scientists and coaches draw attention to the need to apply play exercises as they develop jumping qualities. And the answers to the 3 questions of the questionnaire indicate that even simple standard exercises that develop jumping qualities in training are poorly used. [4,5,6,7,8,9,10,11,12,13]

It is known that in the practice of training young volleyball players, the formation of physical qualities and playing skills is carried out using specially designed or "manual" devices, equipment and sets of simulators.

But, the answers to the 4 questions posed in the questionnaire expressed the exact opposite. All

respondents expressed a negative opinion on this question.

The low use of relay exercises aimed at the development of jumping, too, in training (5 questions), is due to serious attention to the issue undaydi. So ' the positive situation detected during the survey was known only from the result of answers on 6 questions. That is, in the training of children who participated in the survey, jumping exercises that mimic game skills are used at a competent level. An alternative regrettable point is that action games designed to promote jumpiness and jump endurance in these same children's activities only apply around 28.3%.

The results obtained on the basis of the survey proved that the process of organizing volleyball training in places (school clubs Bosms), especially in volleyball, of extremely necessary qualities – the development of jumping endurance and jumping endurance, is still far from modern requirements.

Literature analysis, survey and pedagogical experience results and their comparative analysis give an icon of recognition of the following conclusions and recommendations:

The development of jumpiness and jumping endurance in the preparation of qualified Sports Reserves in volleyball belongs to the order of competent issues, and the effective organization of this process serves as

the basis for the progressive formation of Game qualifications, such as striking and stumbling blocks. As a result of the generalization and analysis of the opinions of the respondents children who participated in the survey, it became known that jumping and jumping endurance in volleyball circles, which are carried out in high schools, is carried out mainly with the help of traditional exercises. In this regard, it was recognized that the device, equipment and simulators are practically not used.

Hence, the results of the pedagogical experience carried out indicate that the action games related to jumping included in the training and playful exercises used in the style of competition can not only effectively develop jumping and jumping endurance, but also serve as a source of positive impact on the number and quality of shock accuracy through this progressive development.

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