



PEDAGOGICAL SIGNIFICANCE OF VOLLEYBALL TRAINING STAGES AND METHODS

Journal Website:
<https://theusajournals.com/index.php/ijp>

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

Submission Date: February 13, 2024, **Accepted Date:** February 18, 2024,

Published Date: February 23, 2024

Crossref doi: <https://doi.org/10.37547/ijp/Volume04Issue02-14>

Nurullayev Abduxoliq Qaxxorovich

Navoi State Pedagogical Institute Faculty Of Physical Culture "Physical Culture" Department Associate Professor., Ph.F.N., Uzbekistan

ABSTRACT

The article shows ways to achieve high efficiency through the stages, methods and tools of volleyball training.

KEYWORDS

Methodical training, professional skills, initial training technology, technical training of a volleyball player, movement-game skills, teaching process, professional training, telling, showing and explaining styles.

INTRODUCTION

It is known that the bright future of sports directly depends on the breadth and quality of sports reserves. It directly depends on sports equipment, training facilities, trainer's skills, technique of teaching exercises and art of teaching. Therefore, it is important to bring Uzbek sports to the world stage, raise it to a competitive level, organize children's sports on a scientific basis and introduce effective pedagogical technologies in this regard. It is required that organizational and methodical activities be carried out on a scientific basis. However, achieving such qualities can be done at the expense of extreme caution, gradually increasing training loads in a "wave-like"

direction. Of course, this process is more effective and faster based on the principles of continuity and regularity and application of training loads in accordance with the functional capabilities of the engaged "object". Since 2000, mass sports competitions such as "Sprouts of Hope", "Barkamol Avlod", "Universiade" have been continuously held in our country. Nevertheless, in many places, the age of children involved in the organization of training on a scientific basis, planning of loads, selection and application of general and specialized exercises in sports clubs, sports clubs, and even in some national teams. gender, physical and psychofunctional

capabilities are not realized based on objective test results. Such shortcomings and problems are evident in the practice of training volleyball players [3,5,6].

The process of initial training in sports skills is the foundation of the multi-year sports training system. The more thorough and high-quality the initial training is from the organizational, methodological, scientific and material-technical point of view, the shorter and easier the training of sports deputies will be. But this, of course, directly depends on the specialist's knowledge, professional skills and qualifications. Therefore, one of the most important and basic sections of the training program for the training of specialists is the methodology (technology) of primary education [5,7,11].

One of the main conditions for achieving an effective result during the competition is that the volleyball player's technical preparation and technical skills are at an improved level. Therefore, the first and main goal of the training process is to master the technique of the game perfectly.

Action-game skills - passing the ball, receiving (defense), putting the ball into play, hitting, blocking - are mastered at specified stages, using certain methods and tools. will be perfected, improved. This process is carried out on the basis of pedagogical, biopsychological and biomechanical laws.

The teaching process is a pedagogical process that requires great skill and professional training from the trainer-teacher. However, teaching movement (game skills) to performance techniques also depends on other important factors: the child's activity, the number and quality of training, duration, auxiliary technical equipment, training the conditions of the

venue, the child's interest, "wealth" of movement, experience, etc. [3,12,13,14].

It should also be said that the period of mastering movement techniques depends on the child's family situation, his social and economic opportunities, and his mental state.

The above-mentioned information and factors to be considered in the process of training should be included in planning documents based on a certain methodological procedure. In addition, it is necessary to identify the child's internal "mysterious" capabilities and existing factors with the help of selection programs and exercises. The obtained results should serve as a basis for the application of teaching methods, stages and technology.

The initial training process is carried out in several stages, and each of these stages includes its own methods and tools.

General development exercises are used to improve a player's physical fitness and movement skills and abilities required by a player.

All exercises combined in accordance with their direction form the main parts of special training: general physical, special physical, technical, tactical, game training. Each type of preparation has its own leading factors that help achieve the desired goal. At the same time, all types of preparations are inextricably linked. For example, if a student is not physically well prepared, he will not be able to perform the technical drill of the attack well. In this case, training the student from the physical side is more useful than repeating the hitting method many times.

The first stage is to get acquainted with the studied movement technique. In this, the methods of telling, showing and explaining are used. Along with personal demonstration, the teacher uses visual aids: motion picture, visual film, scheme, field model, etc.

Demonstration should be accompanied by explanations. The first attempts of teachers form in them a sense of primary movement.

The second stage is learning the technique in a simplified (simplified) state. Success at this learning stage often depends on the correct selection of approach exercises. According to their structure, they should be close to the studied movement technique and be able to be performed by students. A movement (attack) with a complex structure is divided into the main links (parts) that make it up. At this stage, management methods are used (commanding, giving instructions, seeing and hearing, observing, technical means, etc.) and demonstrative action (direct help of the teacher, use of auxiliary equipment), Techniques such as information (power of impact to the ball, accuracy of landing, marking of light or sound) are of particular importance.

The third stage is to teach technique in complicated conditions. The following are used: repetitive method, performance of movement in complex conditions, game and assessment method, joint method, "circular circle" exercises. Repetition is key at this stage. Only repetition builds proficiency. Repetition means practicing in different conditions (changing conditions of movement, gradually increasing complexity) in order to develop skills. Exercises are performed even when tired, combined and playing styles are aimed at simultaneously polishing the technique and solving the problems of developing special physical qualities and improving technical and tactical training and playing skills.

The fourth stage involves strengthening the movement during the game. In this, the method of interpretation of performed actions is used (pictures, tables, educational films, visual films), technical and tactical during the game, special training tasks, game and "competition" methods (Table 1).

In preparation and educational games, it is envisaged to study each method (skill), improve and perfect it. The best way to improve skills is to compete.

Table 1

Stages, methods and means of teaching volleyball training

Teaching stages and their names	Teaching methods	Teaching tools
Step 1: Creating an understanding of the skill (movement) being taught	Explain-analyze, show-explain	Words, conversation, communication, discussion, pictures, templates, videos

Step 2: Teaching skills in a simple setting (individual without additional tasks)	Teaching in parts, in elements and phases, teaching the whole skill, correcting errors, encouraging, feedback	Preparatory-approaching, guiding similar imitative and basic technical exercises
Step 3: Teaching skills in complicated conditions (giving situational tasks, in pairs, in threes, etc.)	Complete training of skills, training with increased speed and accuracy, performance after actions in different directions, training on the basis of reproductive feedback, training on the basis of mutual analysis and evaluation.	All tools, general and special exercises of stages 1-2 are used with great speed and precision, exercises used in pairs, threes, simulator and technical tools
Step 4: Continuation of training, improvement and perfection	All styles	All tools and team games

Active teaching methods have great potential. Among them, problem-based teaching (setting difficult tasks) and the method of assessing one's own mastery are of particular importance. Setting problematic tasks creates a state, a situation that seeks its solution, and self-assessment leads to further activation of movement activity, which further increases the student's interest and teaches creative thinking [4,10,11].

There is no doubt that in the future, competent volleyball players will develop if the training is carried out in accordance with the steps, methods and tools of volleyball training mentioned above.

REFERENCES

1. Ўзбекистон Республикасининг «Жисмоний тарбия ва спорт тўғрисида»ги Қонуни (янги таҳрири). Тошкент, 26-май 2020-йил.
2. Ўзбекистон Республикасида жисмоний тарбия ва спортни янада такомиллаштириш ва оммалаштириш чора-тадбирлари тўғрисида қарори. ПФ-5924-сон 24.01.2020.
3. L.R.Ayrapetyans, A.A.Pulatov "Volleybol nazariyasi va uslubiyati" Toshkent 2011-yil.
4. M.K.Mahmudov, F.A.Narzullayev "Sport va harakatli o'yinlarni o'qitish metodikasi (Volleybol). Buxoro. "Durdona" nashriyoti 2019-yil. 65-67 betlar.
5. Azimovna F. M., Ashrapovich N. F. Motivation of students to do sports as part of physical education classes //ACADEMICIA: An

- International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 5. – C. 1446-1450.
6. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 99-103.
7. Nematovich K. S. Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – T. 10. – C. 470-471.
8. Rakhmonov Rauf Rasulovich Distribution of training loads at the stage of competitive preparation for middle runners // Academia: An International Multidisciplinary Research Journal 10.5958/2249-7137.2021.00376.1
9. Сабирова Н. Р. Значение физической культуры в современном обществе //Проблемы педагогики. – 2020. – №. 6 (51).
10. Akmalovich D. B. et al. Psychological impact of football games to the formation of individuality of the student //Journal of Critical Reviews. – 2020. – T. 7. – №. 6. – C. 466-469.
11. Nematovich K. S. The possibilities of physical culture in the modern youth internet community //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 177-180.
12. Juraevich M. J. Actual problems of teaching physical culture in schools //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 181-187.
13. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education

lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 99-103.

OSCAR
PUBLISHING SERVICES