



WAYS TO INCREASE PHYSICAL FITNESS IN VOLLEYBALL PLAYERS

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Annotation: It has a special feature within sports from the point of view of tactical and strategic humor, the intensity, dynamics of the game. This factor places great responsibility on sports coaches in the sport of volleyball. After all, in the game of volleyball, it is the coach who, in order to carry out strategic tasks, combines the physical, technical, tactical, intellectual and special training of the game into a single game system.

Keywords: volleyball players, coach, physical training, game, attack, defense, referee, technique, tactics, team, special mental training.

The balance of physical education and sports in the organization of a healthy lifestyle and the upbringing of a competent generation is increasing in the framework of the priorities of his state policy.

Over the past period, huge developments have been made on this Soha. The role of coaches in this islakhotlar system is gaining excellence in ham alokhi. Physical education and sports are not only a means of physical conditioning for a person, but are also one of the most important means of spiritual education.

Our people have long had a rich heritage of education and brought up in generations the qualities of truly physical perfection among universal qualities such as humanity, humility, friendship, love, brotherhood.

The creation of favorable conditions for the future of our motherland to be physically strong in a healthy state in the first place, to be able to mature from mental and spiritual humor depends on our coaches who are working in the sphere of physical education and sports.

At the present stage of the development of our society, the role of Sports has its advantages. He will be instrumental in increasing the international prestige of our country while ensuring that our life will be richer and more meaningful.

It also helps us, along with health, physical and spiritual development, get out of stress disorders, stimulate the nervous system and bring positive traits.

It has a special feature within sports from the point of view of tactical and strategic humor, the intensity, dynamics of the game. This factor places great responsibility on sports coaches in the sport of volleyball. After all, in the game of volleyball, it is the coach who, in order to carry out strategic tasks, combines the physical, technical, tactical, intellectual and special training of the game into a single game system. In the process of game preparation, it is envisaged that all types of preparations will be combined sequentially in order to successfully conduct the game, improving the skills of the team players in the game, and the implementation of their permission.

It is known that the use of mathematical and statistical methods of athletes to perform physical exercises to test the results and draw logical correct conclusions from them is highly appreciated.

The quantitative aspects of statistical social phenomena study in a state that is inextricably linked with their qualitative sides. The whole being, that is, all natural and social objects in the material world, is the object of study of Statistics. Mathematical-statistical is a branch of mathematics that is devoted to methods of collecting, processing statistical data for scientific and practical purposes. Statistics are data collected in large quantities and quantities to approximate events and events.

In physical education and sports training, it consists of selectively examining and drawing conclusions about the signs and characteristics that belong to physical training or certain physical exercises, depending on their age. The sphere of physical education and sports relies and develops on mathematical methods. In most cases, physical education and sports professionals are required to have sufficient methodological experience in how to apply and implement these methods.

When the player's physical fitness is empty, it can be replenished using well-developed physical qualities. In tall players, however, expectations can be achieved by purposefully developing their physical qualities such as agility, jumpiness, agility;

- the lack of some physical abilities can be achieved with the help of training other qualities, for example, the slowness of the reaction of a tall player, as a result of improving deceptive actions, developing the qualities of strength agility in it;

- with the help of a high level of performance of the game technique of failure in physical abilities, with the help of being able to do well the methods of placing a barrier (block) on the ball, the lack of speed of movement in the defensive moment;

- the lack of tactical thinking, on the other hand, can be compensated for by mastering it well with quick thinking.

When coaches choose athletes or determine a player's place on the team, it is necessary that Ham in the formation of the team foresees the absence or replacement of some quality with others.

In the preparation of the game, control games are given great importance. In these games, the coach determines the preparation of one player at this stage and the composition of the team. In addition, this type of preparation allows you to make appropriate changes to the team's composition before the start of the competitions, correctly, rationally distribute the strength throughout the game, ensure that players quickly get into the game after replacement and make preparations from ruxiy jixat.

Control games are played in conditions similar to those of the competition (hacks, players' clothing, observance of the rules of the game, ceremonies at the start and end of the competition, tasks set by the coach, etc.

Each game should be directed by the coach, depending on his level and temperament. Players, in turn, are required to take all their chances and implement them. To fight with all his might to keep the difference in quality minimal when meeting a team much stronger than himself; to use all his skills and increase attention when setting a barrier in defense (block); to organize a fast document; to maintain Game discipline, to apply well-handled game systems to the correct tactical approach;

In order for the team to perform high in upcoming competitions, the coach is required to ensure that the team members follow the instructions mentioned above in full blood. To do this, first of all, the coach himself must have acquired the knowledge required by the current time in the volleyball Sox, and in other Sox, Ham must be an example for young volleyball players. This is a guarantee of team success from many junkies.

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