

THE IMPORTANCE OF SPEED AND AGILITY IN TRAINING YOUNG VOLLEYBALL PLAYERS

Altinay Berdimuratova

Konisbay kizi

Nukus State Pedagogical Institute named after Ajiniyaz,

2nd Year Student of the Faculty of Physical Culture, Women's Sports Education

93 707 27 73

A B S T R A C T	K E Y W O R D S
The importance of physical qualities in the training of young volleyball players. The specific physical qualities of different sports differ from each other. Interrelationship of physical qualities of volleyball players.	specifics - special structure, intensive - intensity.

Introduction

Physical training solves four issues: strengthening health, increasing the level of physical maturity, increasing the functional capabilities of the body, training physical abilities. From a pedagogical point of view, physical training is divided into general training and special training. General physical training serves to strengthen health and increase the level of physical maturity, while special physical training is the main foundation for increasing the functional capabilities of the body and training physical abilities. General developmental gymnastics exercises performed with and without objects as the main means of improving the general physical fitness of a volleyball player,

Physical abilities or qualities of a person are considered as his ability to act (strength, speed, agility, endurance). The basis of their improvement lies in the ability of the body to respond to repeated physical loads beyond the level of its ability to work. In this single process, there are advantages of general physical training in the early stages of training, and specific physical training in the advanced training phase. The specific physical qualities of different sports are different from each other. The strength of weightlifters or the agility of gymnasts, the endurance of athletes who run long distances provide harmony in playing volleyball. A volleyball player's strength should be dynamic and start, should be shown in actions such as stopping suddenly and changing the direction of movement, jumping, taking the ball away from the opponent in the block, hitting the ball. It is known that a volleyball player does not require a heavy weight, but is evaluated by his body and ability to overcome the inertia of the ball.

Therefore, it is known that volleyball players pay special attention to strong legs and arms. But game activity requires good development of back and abdominal muscles, which allows to perform complex movements and maintain balance on one-sided support, when the muscles of the upper shoulder girdle are enlarged. rather, it is evaluated by overcoming the inertia of his body and the ball. Therefore, it is known that volleyball players pay special attention to strong legs and arms. But the game activity also requires good development of the back and abdominal muscles, which allows to perform complex

movements and maintain balance on one-sided support, when the muscles of the upper shoulder girdle are enlarged. rather, it is evaluated by overcoming the inertia of his body and the ball. Therefore, it is known that volleyball players pay special attention to strong legs and arms. But the game activity also requires good development of the back and abdominal muscles, which allows to perform complex movements and maintain balance on one-sided support, when the muscles of the upper shoulder girdle are enlarged.

In the initial training stage, 9-10 years old, it is necessary to use exercises to develop all muscle groups. They can be said to form a muscular corset that strengthens the respiratory muscles. For this purpose, general developmental exercises are used on the gymnastic ladder, with balls, volleyball, double exercises (3-7 complex), swimming, movement games, throwing light objects far, running and high jump. At the age of 11-13, soft elastic rubber, stuffed balls, rope, as well as strength exercises performed in pairs, long and high jumps, multi jumps (8-12 complex) exercises are used. . It should be remembered that the volume of physical loads should not exceed 3-4% of body weight. For example, a dumbbell weighing 1.5 kg when it weighs 40 kg,

Quickness in volleyball is usually shown in the following parameters: reaction speed and tactical perception, speed of starting and transitioning from one movement to another. All these components that make up the agility of a volleyball player are not related to each other and they can be trained both separately and in a complex of game exercises. A volleyball player in the game must be able to see the ball, assess the situation, and make a decision before the ball is passed. It was found that for all this, a volleyball player spends up to one second, and 70% of this time he has to be able to see the ball. Therefore, in order to see the ball in the game, you should not remove it from the viewing area. The speed of a complex reaction, such as the reaction of seeing and moving, makes the eye quickly see the object,

Volleyball players should strive for perfection in the interaction of physical quality and performance skills. All of their thoughts should be focused on creating such a basis from physical qualities that these qualities will gradually allow for the improvement of the game technique. At this point, it should be said that volleyball players should reach the level of the leaders of our country not because of their physical strength, but because of playing with game technique and logical understanding. yin is filled with achievements in collective organization. However, it would be the coach's worst mistake not to take care of athleticism, not to recognize its importance." Thus, the athleticism of a volleyball player should be understood as such a connection of physical qualities,

REFERENCES

1. Kleshev Yu.N., Ayrapetyants L.R., Patkin V.L., Volleyball. Tashkent. Abu Ali Ibn Sina. 1995.
2. Aliyev MB, Usmonkhojayev TS, Sagdiyev NN, Sattarov E. Sports games-FOOTBALL. Tashkent, Ilm zia, 2012.
3. Ayrapetyans LR, Pulatov AA, Israilov Sh.Kh. Volleyball. Tashkent. 2009.