

THE LEVEL OF PHYSICAL PREPARATION OF THE EFFECTIVENESS OF TECHNICAL-TACTICAL MOVEMENTS OF VOLLEYBALL C HILAR

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Abstract

In this article, the scientific and practical experiences of local and foreign scientists in the field of sports on the technical-tactical and physical development of young volleyball players, scientific-theoretical information presented in the sources of scientific literature are studied. By analyzing the training process of young volleyball players, modern methods of developing their technical-tactical and physical fitness were used in the research process. Scientific-theoretical opinions on the control of the level of preparation were put forward and scientific research works were carried out, the results obtained from the research were comparatively analyzed and appropriate conclusions were drawn.

Key words: Explosive force, operational force, technical-tactical training, annual training, research group, control group, training exercises.

Modern volleyball belongs to the type of sports games that require extreme speed and great effort. In order to be worthy of high technical and tactical skills, first of all, the physical qualities of volleyball players must be perfectly developed.

The modern volleyball game requires a lot of physical and technical preparation from the player, to act with accuracy throughout the game, because lack of proper physical preparation leads to ineffective completion of all actions on the field, unsuccessful team performance.

However, during the annual competitions, the problem of optimizing training sessions was left aside. The fact that volleyball competitions consist of many "rounds" requires us to have an optimal program to ensure that the players are at a high level of physical and psychological preparation for each "round".

Due to the density of "tours" during the competition, players are required to develop high level of physical fitness and technical-tactical skills in order to prepare for each "tour".

Relevance of the study.

A number of experts have recommended their method to increase the quickness of volleyball players. But currently, in the training of volleyball players, little attention is paid to the aspects of quick-strength qualities related to technical-tactical actions. First of all, it is necessary to pay great attention to the correct distribution of training loads and the development of quick-strength qualities from the initial stage of specialization. In order for volleyball players to perform at a high level, it is necessary to develop well the various systems of the body.

The purpose of the research: to improve the effectiveness of technical-tactical training of young volleyball players during the annual training period and to study its connection with physical training.

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In order to determine the dynamics of the effectiveness of technical-tactical actions of young volleyball players during the annual training period, observations were made during training sessions and friendly matches.

Before the study, control tests on the physical training of the experimental and control groups were taken and the following results were obtained.

the experimental group 30m before the study. to run 4.8 seconds on average, 400 meters 69.2 seconds, standing long jump 186 centimeters, 30m. 5.3 in the run with the ball, 77 in the footy, 29.7 meters in the long kick with the right foot and 24.4 meters in the kick with the left foot. They also showed a result of 14.2 meters when throwing the ball from the outside (Table 6).

The control group exercised 30m before the study. to run 4.9 seconds on average according to the standard of control, 68.6 seconds for running 400 meters, standing long jump 187 centimeters, 30m. 5.3 in the run with the ball, 72.7 in the footy, 29.3 meters in the long kick with the right foot and 24.3 meters in the kick with the left foot. They also showed a result of 14.2 meters in throwing the ball from the outside. (Table 1)

Tests for the assessment of physical and technical-tactical training of the experimental group before the study (Table 1)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for	Playing the ball by hand	Throwing the ball far		AUT
1	Abbasov Muhammadrizo Ravshan Ogli	5.0	70	190	5.3	51	30	20	14
2	Son of Akbarov Adhamjon Valijon	4.8	70	180	5.4	62	28	22	13
3	Bahadirov, son of Murodjon Bahrom	4.7	72	185	5.5	95	31	23	15.5
4	Bakhtiyorov Mironshah Ikhtiyor Ogli	4.9	70	190	5.2	80	26	31	14
5	Berdiyev Shokhrukh Abdinazarovich	5.0	69	180	5.1	60	31	21	13
6	Ghulamov Farrukh Ghafur Ogly	5.1	70	190	5.4	63	32	28	14
7	Halilillayev Amir Khan Alimardon Ogli	4.9	68	200	5.3	92	27	30	14
8	Son of Hasanov Sherzod Bayramali	4.9	69	180	5.3	60	26	23	13
9	Haydarova Rukhshona O'sar's daughter	4.7	70	185	5.6	63	30	20	15
10	Ibodullayev Umidjon Habibjonovich	4.8	70	180	5.4	97	38	19	15.5
11	Jabbarberganov, son of Muzaffar Rustam	4.9	69	180	5.1	53	29	25	13.5
12	Jalilov, son of Mirmuhammad Miraziz	4.9	68	180	5.0	85	26	31	15
13	Son of Jumanov Dilshad Ilkhom	4.8	67	185	5.3	112	29	26	13
14	Mamurov Abdurashid Mahkam Son	4.7	69	200	5.1	101	30	20	15.5
15	Muminov Saidbek	4.8	70	180	5.	58	31	18	15

	Mirkarim Ođli				5				
16	Mustafaqulov Jonibek Vafaqul Son	4.7	71	190	5. 6	90	32	27	14.5
17	Mustafojev Bahrom Obid son	5.1	68	195	5. 3	101	30	25	14
18	Normamatov Behro'Z Burkhan Ođli	4.9	67	180	5. 1	89	30	22	14.5
19	Achilov Jahangir Kabiljan Oghly	4.8	69	180	5. 5	102	29	26	15.5
20	Son of Odilov Daniyor Jalaluddin	5.0	68	190	5. 4	78	30	31	13
X (Average)		4.8	69.2	186	5. 3	77	29.7	24.4	14.2

After that, in order to increase the efficiency of technical and tactical training in the study group during the annual training period, the ratio of technical-tactical exercises was increased in the planning of training hours, physical training exercises were added to match episodes, and in the experimental group, through this distribution, the training was trainings were conducted. After six months of training, we again received control norms from the volleyball players of the experimental group.

Tests for the assessment of physical and technical-tactical training of the control group before the study (Table 2)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 20m	Playing the ball by hand	Ball away transmission		AUT
1	Abbasov Muhammadrizo Ravshan Ogli	5.1	69	185	5.6	68	28	18	13
2	Son of Akbarov Adhamjon Valijon	4.9	71	190	5.4	70	27	22	14
3	Bahadirov, son of Murodjon Bahrom	4.8	67	180	5.2	59	25	24	13.5
4	Bakhtiyorov Mironshah Ikhtiyor Ogli	4.9	68	190	5.5	48	22	26	15
5	Berdiyev Shokhrukh Abdinazarovich	5.0	68	200	5.3	51	29	32	14
6	G'Ulomov Farrukh G' Afur Ogli	4.9	69	185	5.1	62	31	28	13.5
7	Halilillayev Amirkhan Alimardon Ogli	5.0	67	195	5.6	87	33	20	14
8	Son of Hasanov Sherzod Bayramali	4.9	70	190	5.3	99	31	26	15.5
9	Haydarova Rukhshona O'sar's daughter	5.0	70	180	5.5	133	29	21	14
10	Ibodullayev Umidjon Habibjonovich	5.1	69	180	5.5	48	27	25	13
11	Jabbarberganov, son of Muzaffar Rustam	4.9	68	195	5.4	59	32	24	14.5
12	Jalilov, son of Mirmuhammad Miraziz	4.9	68	190	5.3	75	31	22	14
13	Son of Jumanov Dilshad Ilkhom	4.8	67	185	5.2	81	29	24	15
14	Mamurov Abdurashid Mahkam Son	4.9	69	200	5.0	72	28	22	16
15	Muminov Saidbek Mirkarim Ogli	4.8	69	190	5.2	42	29	31	14
16	Mustafaqulov Jonibek Vafaqul Son	4.9	68	180	5.1	44	33	24	15
17	Mustafoyev Bahrom Obid son	4.8	70	185	5.3	87	31	28	15

18	Normamatov Behro'Z Burkhan Oğlu	5.0	71	180	5.4	129	32	19	14.5
19	Achilov Jahangir Kabiljan Oghly	4.9	68	185	5.6	66	30	24	14
20	Son of Odilov Daniyor Jalaluddin	4.7	67	190	5.5	74	29	26	13.5
X (Average)		4.9	68.6	187	5.3	72.7	29.3	24.3	14.2

Experimental group C participants 30m before the study. , while the control average was 4.8 seconds, after the study it was 4.6 seconds, and the 400 meter run was 69.2 seconds before the study. 66.8 seconds after study, standing long jump 186 centimeters before study, 197 centimeters after study, 30m. 5.3 in running with the ball, 5.0 seconds after the study, 77 before the study in footwork, 108 after the study, 29.7 meters in the long kick with the right foot and 29.7 meters with the left foot 24.4 meters in the kick, 32.9 meters in the right leg and 27.4 meters in the left leg after the study. Before the study, the result of throwing the ball from the outside was 14.2 meters, and after the study, this indicator was 16.1 meters (Table 3).

Tests for the assessment of physical and technical-tactical training of the experimental group after the study (Table 3)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball by hand	Pass the ball far		AUT
1	Abbasov Muhammadrizo Ravshan Oğlu	4.8	66	200	5.0	89	35	24	16
2	Son of Akbarov Adhamjon Valijon	4.6	67	190	5.2	97	33	26	14.5
3	Bahadirov, son of Murodjon Bahrom	4.6	68	200	5.3	130	32	28	16.5
4	Bakhtiyorov Mironshah Ikhtiyor Oğlu	4.7	68	200	5.0	180	30	35	16.5
5	Berdiyev Shokhrukh Abdinazarovich	4.8	66	190	5.0	160	36	27	15.5
6	G'Ulomov Farrukh G'afur Oğlu	4.7	66	210	5.2	76	38	33	16.5
7	Halilillayev Amirkhan Alimardon Oğlu	4.8	67	215	5.0	130	31	33	18
8	Son of Hasanov Sherzod Bayramali	4.8	65	190	5.1	86	29	25	16.5

9	Haydarova Rukhshona O'sar's daughter	4.5	67	200	5.0	78	32	24	16.5
10	Ibodullayev Umidjon Habibjonovich	4.7	68	190	5.2	105	36	22	17
11	Jabbarberganov, son of Muzaffar Rustam	4.6	68	190	5.0	139	30	27	15
12	Jalilov, son of Mirmuhammad Miraziz	4.8	67	205	4.8	78	28	34	16
13	Son of Jumanov Dilshad Ilkhom	4.6	66	190	5.0	167	31	28	15.5
14	Mamurov Abdurashid Mahkam Son	4.5	66	185	4.9	91	33	21	17
15	Muminov Saidbek Mirkarim Oğli	4.6	67	200	5.2	90	34	19	16
16	Mustafaqulov Jonibek Vafaqul Son	4.6	68	200	5.3	73	36	29	16
17	Mustafoyev Bahrom Obid son	4.7	69	200	5.2	363	32	33	17
18	Normamatov Behro'Z Burkhan Oğli	4.8	65	205	5.1	97	36	28	17
19	Achilov Jahangir Kabiljan Oghly	4.6	66	190	4.9	107	34	24	15.5
20	Son of Odilov Daniyor Jalaluddin	4.6	67	205	4.8	126	32	28	16
X (Average)		4.6	66.8	197	5.0	108	32.9	27.4	16.1

Training in the control group was carried out unchanged and after 6 training sessions, we rechecked them through control standards. **The control group** exercised 30m before the study. They showed an average result of 4.9 seconds of running according to the control standard, but after the study, this indicator was 4.8 seconds. 68.6 seconds before the study in the 400 meters, 67.8 seconds after the study, 187 centimeters in the standing long jump, 191 centimeters after the study, 30m. in running with the ball was 5.3 seconds before the study and 5.2 seconds after the study. 72.7 in kicking the ball, 90.2 after the study, 29.3 meters in the right-footed long kick before the study and 24.3 meters in the left-footed kick, from the study then this indicator showed 30.8 meters in the right leg and 26.7 meters in the left leg. Before the study, the result of the throw was 14.2 meters, but after the study, this indicator reached 14.7 meters (Table 4).

According to the results of the study, the indicators of physical fitness increased in both groups compared to the initial results, but in the participants of the control group, these indicators increased at a low level, while in the research group, the results showed a significant increase. we can reach

Tests for the assessment of physical and technical-tactical training of the control group after the study (Table 4)

No	FISH.	30 m. run to	400 m run	Standing long jump	30m ball run with	Ball in hand to play	Pass the ball far		AUT
1.	Abbasov Muhammadrizo Ravshan Ogli	5.0	68	190	5.4	80	30	21	14
2.	Son of Akbarov Adhamjon Valijon	4.9	69	190	5.2	105	29	22	14
3.	Bahadirov, son of Murodjon Bahrom	4.7	67	185	5.1	145	29	27	14.5
4.	Bakhtiyorov Mironshah Ikhtiyor Ogli	4.9	67	190	5.4	135	26	30	15.5
5.	Berdiyev Shokhrukh Abdinazarovich	5.0	68	200	5.3	170	32	35	14
6.	G'Ulomov Farrukh G'AFur Ogli	4.8	67	190	5.1	65	32	30	14
7.	Halilillayev Amirkhan Alimardon Ogli	4.9	66	200	5.4	89	33	25	15.5
8.	Son of Hasanov Sherzod Bayramali	4.9	69	195	5.2	138	31	28	15.5
9.	Haydarova Rukhshona O'sar's daughter	4.9	68	185	5.4	100	31	24	14
10.	Ibodullayev Umidjon Habibjonovich	5.0	68	185	5.3	70	28	26	14
11.	Jabbarberganov, son of Muzaffar Rustam	4.8	68	195	5.2	105	33	28	15
12.	Jalilov, son of Mirmuhammad Miraziz	4.8	67	200	5.1	89	32	24	14.5
13.	Son of Jumanov Dilshad Ilkhom	4.7	66	190	5.2	90	30	25	15
14.	Mamurov Abdurashid Mahkam Son	4.8	68	190	5.0	88	28	26	16.5
15.	Muminov Saidbek Mirkarim Ogli	4.7	69	195	5.1	50	31	32	15
16.	Mustafaqulov	4.8	67	185	5.0	70	34	26	16

	Jonibek Vafaqul Son								
17.	Mustafojev Bahrom Obid son	4.8	68	190	5.1	40	33	29	15
18.	Normamatov Behro'Z Burkhan Oğlı	4.9	69	185	5.2	51	34	24	15
19.	Achilov Jahangir Kabiljan Oghly	4.8	68	195	5.2	45	31	24	14
20.	Son of Odilov Daniyor Jalaluddin	4.8	70	190	5.3	80	30	28	14.5
	X (Average)	4.8	67.8	191	5.2	90.2	30.8	26.7	14.7

Summary : Scientific The evidence shows that the control of volleyball players' competitive activity takes an important place in the process of training volleyball players. Along with the assessment of individual technical and tactical movements, volleyball players can determine the qualities of speed, strength, special agility, endurance and technical movement skills. Based on the results of the analysis, it is possible to have a targeted influence on various aspects of the volleyball player's training.

Technique training and its improvement depends on several factors, for example, the level of training of the players, the training period, the number of balls, the condition of the field and the meteorological conditions. Regular monitoring of movement training serves to consciously organize the work of the coach and is of great help to young volleyball players. Control and self-control instills a sense of freshness and self-confidence in a volleyball player.

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