



FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI

ISSN: 2181-1776

Dustov Bakhtiyor Akmalovich

Teacher of Bukhara State University

MULTI-YEAR SPORTS TRAINING IS A LONG-TERM PEDAGOGICAL PROCESS CHARACTERIZED BY A SPECIFIC PROGRAM FOR CERTAIN AGE GROUPS

Annotation: In this article, the preparation of children for the first competition is carried out by a physical education teacher in a school setting, students can be selected on the basis of the program and with the help of assessment exercises, active folk games. These qualifiers are widely covered in order to be very close to the essence of the game of volleyball

Key words: Voleybol, specific program, sports training, pedagogical process, physical qualities

This process is carried out in the following stages:

- Health group - 7-8 years;
- initial training group -9 -1 0 and 11-12 years; -
- Study group - 13-14; 14-15; 15-16; 16-17 years old;
- improvement group - 17-18; 18-19; 19-20 years old;
- group of high sports skills - 1 7 and older.

Depending on the hereditary and lifelong physical, psychological and morphofunctional capabilities of the child involved, they can be transferred from a small age group to an older age group. Admission of children to groups and their transfer from one group to another is

based on the results of standardized tests. The training process in all groups should focus on the following tasks:

- strengthening, strengthening, building physical, psychological and morphofunctional capabilities;
- Improving vital motor skills (sitting, walking, jumping, sliding, pulling, etc.);
- Development of physical qualities (strength, speed, agility, endurance, flexibility);
- formation of special qualities of volleyball (jumping, jumping endurance, speed-strength, game endurance, attention, memory, will, intelligence, etc.);
- promotion and improvement of technical and tactical skills;
- Improving game skills in educational games and competitions.

Physical and technical (volleyball) exercises in the training process and in academic classes should be standardized in terms of their size, intensity, complexity and number of repetitions, taking into account the functional and physical capabilities of children of different ages and genders. The correct distribution of physical and technical-tactical exercises used in the training process determines the effectiveness of training qualified volleyball players. In primary education, most of the exercises should be aimed at developing the child's physical and functional fitness, and the rest should be aimed at developing technical and tactical skills. At this stage, a variety of movement games, including a volleyball game, will help to effectively organize the preparation process. Such action games should be used at all stages of the training and development process. During the development phase, the percentage of general exercise is gradually reduced, while the percentage of specific physical and technical-tactical exercises is significantly increased. The volume of the exercises is slightly reduced, and the intensity and number of repetitions are increased. At the stage of improving (strengthening) skills, the intensity of the exercise should be brought to the level of competition. At this stage, it is important that most of the competition exercises are applied to different game situations. Teach each game skill to play (insert, pass, block, receive, strike the ball) in different ways, for example, the right and left hand of the kick performance expands the range of execution of game skills and enriches the action reserve. 0 'In the process of training and improving, to ensure that game skills are physically, technically and tactically fast, strong, agile, precise and situationally effective over a long period of time, exercise is often performed in the presence of fatigue complications. However, such exercises should be used with extreme caution. This is because overloading a child can lead to stress, injury or pathological conditions. In the training of young volleyball players, it is important to form their psychological qualities in parallel. It is well known that success in a volleyball game or in certain situations of the game requires the development of all qualities, skills and abilities, as well as quick thinking, analysis, differentiation, correct assessment, attention, memory, foresight. (envy), will, and ingenuity also require the formation of the qualities of "cunning." The effectiveness of the training of talented young volleyball players will largely depend on the purposeful organization of the selection process for admission to sports clubs and sports schools. "Competition" is a multi-year process, which includes preliminary selection, re-selection (selection from group to group), competition on game functions, admission to the team on a competitive basis enters the stage.

Another important aspect of this issue is the role of support activists in the organization of mass volleyball, the search for talented children, the involvement of children in volleyball in residential areas, the organization of competitions, normative exercises and "Alpomish »And« Barchinoy ». It is important for every coach to work with the school, the teacher and the parents of the child in order to ensure that the training process in the sports club and sports schools is purposeful. This is because the effectiveness of the coaching, the child's ability to master the exercises, and the development of his or her skills depend on the child's situation at school and at home, his or her mood, worldview, interests, and character and other factors. It is known that in the process of training, the child is able to perform the exercises consciously, to feel how the load is performed, to master the skills and abilities, as well as the secrets of the game. is also related to intellectual preparation. This means that every coach should have all the information about the child under his guidance, which will not only help to develop this child as a skilled athlete, but also play an important role in raising him as a spiritually mature person. Depending on the age of the child, the stage of training and development, and the name of the group, the theoretical and practical hours of study are divided into "bottom" and "top". In the rehabilitation and initial training groups, general physical training takes the most hours, special physical training - the least, technical - the least, and tactical training the least. In the following groups, the volume of training is increasingly focused on specialization. That is, special physical training did not take precedence over hours, and the volume of technical and tactical exercises increased. This principle should be applied in the stages and periods of sports training. . In particular, during the general physical training stage (stage 1), special physical training stage (stage 2) and pre-competition stage (stage 3) of the training period, the volume and intensity of training gradually change proportionally. That is, the volume of the Ibosha is large, and the intensity is slow, and in stages 2 and 3, the "location" of these two indicators changes. In other words, as you get closer to the race, the amount of exercise decreases and the intensity increases to the maximum. Template 16 describes the organizational forms of volleyball training, volleyball training groups and the scope of training.

The main task of technical training is to master the biomechanical laws of game technology and to develop a technically stable and perfect set of actions or movements. Learning and mastering new movement techniques is based on existing movement experience. Mastering the technique of movement or a set of movements requires the participant to sufficiently develop the instantaneous qualities of the body, such as strength, speed, agility, endurance, flexibility. It is advisable to follow the order of performance of this quality-developing exercise and the technique of the game skills to be taught (mastered). The following guidelines should be followed when teaching movement techniques:

- First of all, in order to put an end to the state of re-learning of a certain movement technique (if it is taught incorrectly), the training process should be started immediately. It is necessary to train the most effective copy of the movement technique;
- Secondly, in the process of teaching, special attention should be paid to theoretical lessons, so that the learner understands the order of execution of the taught movement techniques, remembers them well and is able to think correctly;
- Third, in the process of learning, the learner must create a sufficiently developed physical quality foundation that allows the taught movement technique to be performed accurately and purposefully in different situations, at different speeds. Because if the learner is physically weak, the movement technique taught will be performed

incorrectly, will not be effective, and the ability to direct the learning process in the right direction will be limited or even lost.

The implementation of technical training is associated with the process of training and improvement, which includes the following stages:

Phase 1. To create an initial understanding of the movement technique, the order of its execution and to prepare the trainee to master this movement technique mentally.

Phase 2. Gradually complicate the formation, training, mastering of basic skills in the process of teaching motor skills.

Step 3. Complete and perfect movement technique. Get rid of excess effort.

Step 4. Stable, complete and fast performance of movement techniques.

Step 5. Perform movement techniques purposefully in a variety of changing situations.

Step 6. Advanced is the process of learning and improving.

Step 7. Ensuring the perfection of the techniques taught, maintaining and expanding, enriching and improving the methods of execution of the link.

The effective performance of technical and tactical skills in sports and the achievement of high results in a particular sport depends on the physical fitness of the athlete. Therefore, the formation of physical qualities (strength, speed, agility, endurance, flexibility) in accordance with the purpose is one of the important conditions of sports training.

References

1. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1011-1016.
2. SH.Kadirov. Спорт как важный Фактор социализации учащихся. Professional formation of the future teacher Materials of the international scitntific conference on May 22-23, Prague 2017
3. SH.Kadirov. Physical education as the necessary elements of sports culture. XIII international correspondence scientific and practical conference european research; innovation in science,education and technology dio;10 20861 2304-2338-2018-42
4. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. Педагогическое образование и наука, (1), 91-97.
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. – Т. 10. – №. 5. – С. 1446-1450.
6. Shoxrux Ne'matovich Kadirov FEATURES OF TECHNICAL AND TACTICAL TRAINING OF YOUNG FOOTBALL PLAYERS SCIENTIFIC PROGRESS VOLUME 2 | ISSUE 7 | 2021 ISSN: 2181-1601
7. Kadirov Sh.N. PSYCHOLOGICAL METHODS OF REGULATION OF TECHNICAL AND TACTICAL ACTIONS OF VOLLEYBALL PLAYERS.WEB OF

SCIENTIST:INTERNATIONAL SCIENTIFIC RESEARCH JOURNAL ISSN:2776-0979,Volume 3, Issue 2, Feb.,2022

8. Kadirov Shohrukh Nematovich. Sports, physical, physical education as necessary elements of sports culture. MIDDLE EUROPEAN SCIENTIFIC BULLETIN ISSN 2694-9970 VOLUME 11 April 2021
9. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.
10. Pkhomovich M. F. FEATURES OF THE EDUCATIONAL AND TRAINING PROCESS OF YOUNG FOOTBALL PLAYERS AT THE STAGE OF INITIAL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1314-1320.
11. Mo'minov F. YOSH FUTBOLCHILAR O'QUV MASHG'ULOTLARINI OPTIMALLASHTIRISH METODIKASI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
12. Mo'minov F. ЁШ ФУТБОЛЧИЛАРНИНГ ЖИСМОНИЙ РИВОЖЛАНИШИНИНГ ЎЗИГА ХОС ХУСУСИЯТЛАРИ, УЛАРНИНГ ЖИСМОНИЙ ТАЙЁРГАРЛИГИНИНГ КЎПРОҚ БАРҚАРОР КЎРСАТКИЧЛАРИНИ ТАНЛАБ ОЛИШ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
13. Mo'minov F. FUTBOL SPORTIDA MASHG 'ULOT JARAYONLARINI BOSHQARISH ASOSLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
14. Pkhomovich M. F. METHODOLOGICAL BASIS FOR THE FORMATION OF FOOTBALL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 355-363.
15. Ibodov A. THE NEED FOR AN INNOVATIVE APPROACH TO THE DEVELOPMENT OF STUDENTS PHYSICAL CULTURE //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
16. Ibodov A. Control Of Special Aggression Of Football Players //Центр Научных Публикаций (Buxdu. Uz). – 2021. – Т. 8. – №. 8.
17. Ф.С. Фазлиддинов ВИДЫ СОРЕВНОВАТЕЛЬНЫХ НАГРУЗОК В ФУТБОЛЕ- Web of Scientist: International Scientific Research..., 2022
18. FS Fazliddinov PSYCHOLOGICAL TRAINING OF ATHLETES- E-Conference Globe, 2021
19. Abduyeva S. AGE-SPECIFIC DYNAMICS OF ATTACK AND DEFENSE RESPONSE SPEED IN HANDBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
20. Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.

21. Abdueva S. СПЕЦИФИКА ДИСТАНЦИОННОГО ОБУЧЕНИЯ В ВЫСШЕМ ОБРАЗОВАНИИ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
22. Abdueva S. Jismoniy madaniyat sohasida innovatsion metodlarni qo'llashning psixologik jihatlari //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
23. Abdueva S. Xotin-qizlarning milliy madaniyati va hozirgi davr jismoniy tarbiya va sportning tasiri //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
24. Alimovichn F. U. The system of training young basketball players at the initial stage of training at school //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 93-98.
25. Abdueva S. THE PSYCHOLOGICAL SIGNIFICANCE OF HIGHLY QUALIFIED 19-21-YEAR-OLD HANDBALL PLAYERS BETWEEN PERIODS IN THE TRAINING PROCES //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
26. Karomatovich I. A. METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 242-249.
27. Karomatovich I. A., Shodiyevich T. M. THE PEDAGOGICAL SIGNIFICANCE OF THE FORMATION OF STUDENTS'SPIRITUAL AND MORAL VALUES THROUGH MOVEMENT GAMES IN SPORTS LESSONS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 310-320.
28. Karomatovich I. A., Utkirjonovich E. F. CHARACTERISTICS OF TECHNICAL AND TACTICAL TRAINING METHODOLOGY OF BOXERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 27-40.
29. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
30. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
31. Azimovna F. M. et al. DEVELOP THE PROFESSIONAL SKILLS OF FUTURE PHYSICAL EDUCATION TEACHERS AND MANAGE THE PHYSICAL CULTURE MOVEMENT OF STUDENTS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 275-283.
32. Azimovna F. M. et al. EDUCATIONAL IMPORTANCE OF PHYSICAL EDUCATION, SPORTS AND HEALTH MEASURES IN HIGHER EDUCATIONAL INSTITUTIONS //E-Conference Globe. – 2021. – С. 321-325.
33. Nurullaev A. R. Methods of developing endurance in students through the use of folk games in physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 520-524.

34. Ruzimbaevich N. A., Ruzimbaev M. A. RESEARCH PARK. – 2021

35. Rasulovich R. R. EFFECTIVENESS OF IMPROVING THE TECHNICAL AND TACTICAL MOVEMENTS OF MIDDLE-DISTANCE RUNNERS //E-Conference Globe. – 2021. – C. 309-314.