

GENERAL PHYSICAL PREPARATION METHOD VOLLEYBALL GIRLS

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Annotation: This article explores the methods and importance of physical preparation for female volleyball players, focusing on developing strength, endurance, agility, and coordination to meet the demands of the modern game. The study emphasizes the integration of general and special training exercises tailored to the athletes' physiological characteristics.

Keywords: exercise, functional opportunities, physical qualities, downloads, physical preparation, method.

The actual ministry. To deal with regular exercise, especially in sports games targeted to deal with the health, physical development of their preparation, the mode of action and coordination of the daily requirements of the times, it is important to find at the level of identities.

Very currently make up the majority engaged in volleyball. The results of the analysis conducted the survey the survey, univesitetdagi 85,8% of the hox girls engaged in this sport. The action of the game reflect the real modern volleyball athletes puts high demands on functional skills and opportunities. The comprehensive development of the physical qualities necessary to do this.

Going about physical preparations physical quality of raising the necessary skills and action skills to master the functional capabilities aimed at increasing understanding of the process of teaching. Involved functional capacity and the physical attributes of strength, agility (movement of koordinatsiya), efficiency, durability, elasticity and a high level of skills in the development of action competence plays the main role in the position. The task of psychological and physical preparation to be done at the same time will help in the formation of the

quality of irodaviy.

Research methods: questionnaire survey section, pedagogical observation, conversation, mathematical statistics.

The purpose of the research. Choose exercises and physical training them to increase preparedness girls voleybolchi introduction.

Voleybolchi is divided into general and special physical preparation of a part of the process.

General physical preparation of the following tasks:

1. Of health of the overall development of the player's body on the body formation.
2. The basic that you need to Voleybolchi harakat development and improvement of qualifications and skills.
3. Main voleybolchi strengthen the system of the body that falls during the game downloads.

Umumrivojlaniruvchi exercise, walking, running, jumping, review, cast all directed to the development of quality in the review process and exercise more variety snaryad, in-flight exercise, do sports to deal with other types of general physical preparation means.

Special physical preparation tasks are the following:

1. The development of physical qualities that are necessary for the activity of the game.
2. To master the techniques and tactics of the game and physical abilities required for the quality of develop.

The development of the physical qualities necessary for long-term and complex process. Because high-level sport requires physical training. Therefore, the development of the physical qualities proporsional is very important.

Physical preparation tools. Take off on the tasks of physical preparation, as well as various tools: training exercises, harakatli and sports games, educational games and competitions that you can use. Shug'ullanuvchilarning exercises

adapted to the individual characteristics of one of the main conditions to be applied is from.

Shug'ullanuvchilar you can add to workout issued for the following:

a) the body, hands, legs affecting the development of the power and efficiency of muscle power exercises;

b) affecting the development of the quality of endurance (efficiency-durability, efficiency-power resistance) exercise;

v) scan, quick order effects which exercise;

g) agility on the quality impact which exercise;

d) elasticity on the quality impact which exercise;

This exercise from the use of technical and tactical methods of performance to the quality of right- right effect will be.

The physical preparation used to style. Students for necessary that the physical qualities of nurturing in the following methods of use.

1. Bazoviy issues bringing up a flat resistant for long-term running
2. Complete the work on nurturing bilateral relations in the changing character of special resistant

3. Repeated exercise method. This method efficiency, power and agility were used in the development of quality and, thus, the chance of full recovery should create the rest of the body care range

4. Space style. Chidamkorlik this style is used mainly in the raising of efficiency and power. Thus, work and rest to get a persistent basis sorted out. The rest to get the range typically large is not.

5. Almashinuvchi exercise methods. This method is muhim side of exercise to go looking at the effect of a target of the directed case is changed. Thus, different hbuy in a different way with nagruzka (movement speed, work hof ajm, duration and hokazaki) of some indicators on mastering (action method navbatlashtirish, as well as, rest take to the range and activity of the external conditions change) way of by is achieved. Thus, the body's functional reflect the

real deals as usual is, that is, to have a bigger requirements are put, and this with their development for the opportunities it will create. This with along, action forms and conditions are updated to stand due utilized skills of dynamic stereotypes to modifications are introduced, conditional on a reflektor bound moves more nozikroq differensiyalash face lets, as a result, actions, skills further improvement, changing, external additional factors are relatively robust and flexible to be will. Involved physical qualities of nurturing for being granted exercise of their youth characteristics and physical qualitiesng comfortable youth on the period of depending to be chosen and to develop very muchhim is.

It should be remembered that in the game, volleyball girls have to perform multiple jumps, various movements, falls and cross-movements with a ball flying at the same time. And the volume of downloads is very high. Injuries can occur if engaged girls are not prepared to perform such loads.

The distance of sprint running exercises in the development of special endurance of volleyball girls can be up to 200 -300 meters. Downloads are issued in a strictly individualized order. 175 -180 rounds /min until the end of the work of the stroke. be saved. Performance maximum speed 80-85%, rest 45 sec. from 3 min. up to, the number of repetitions is 3-4 times, attempts are 2-3 times, between attempts it is advisable to have a rest period of up to 5 minutes.

Exercises to jump girls in argamchi in training. With the help of some special exercises, it is desirable to develop (on the way) as a game. Jumpiness and endurance not only play the necessary role during the game, but also closely ensure that the technique is performed with agility and changes the place of the volleyball player during the game. In a process in which the game is going, the emergency remains all sorts of moving missions, which require quick and precise thinking of the player as they block and strike.

When assessing girls ' fitness, it is good to use 30 m jogging, jumping long from where they stand, jumping three letters from where they stand, throwing a

tennis ball from behind the head to the distance (left hand right foot ahead, right hand left foot ahead)..

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