THE LEVEL OF PHYSICAL PREPARATION OF THE EFFECTIVENESS OF TECHNICAL-TACTICAL MOVEMENTS OF VOLLEYBALL PLAYERS

Tashkent University of architecture and civil engineering
Assistant Davronbekov Bakhodir

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, and 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.

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

Аннотация : В данной статье изучен научно-практический опыт отечественных и зарубежных ученых в области спорта по технико-тактическому и физическому развитию юных волейболистов, а также научно-теоретическая информация, представленная в источниках научной литературы. При анализе тренировочного процесса юных волейболистов в процессе исследования были использованы современные методы развития их технико-тактической и физической подготовленности. Были высказаны научно-теоретические заключения по контролю уровня подготовки и проведены научно-исследовательские работы, проведен сравнительный анализ полученных результатов исследований и сделаны соответствующие выводы.

Ключевые слова: Взрывная сила, оперативная сила, технико-тактическая подготовка, годовая подготовка, исследовательская группа, группа управления, учения.

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

The modern volleyball game requires a lot of physical and technical training from the player, to act with accuracy throughout the game, because a lack of physical training leads to ineffective completion of all actions on the field, and 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 "tours"

requires us to have an optimal program to ensure that the players are at a high level of physical and psychological preparation for each "tour".

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

Relevance of the study

Several 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. 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 study: is to improve the efficiency of technical-tactical training of young volleyball players during the annual training period and to study its connection with physical training.

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

In order to determine the dynamics of the effectiveness of technical and 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 was 30 m before the study. 4.8 seconds, 69.2 seconds in 400 meters, 186 centimeters in long jump, 30 meters. 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 30 m before the study. to run 4.9 seconds on average according to the standard of control, 68.6 seconds for running 400 meters, and standing long jump 187 centimetres, 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	Full name	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball by hand	Throwing the ball far		AUT
1.	Abdukodirov J.	5.0	70	190	5.3	51	30	20	14
2.	Abdufaizov M.	4.8	70	180	5.4	62	28	22	13
3.	Abdumajidov N.	4.7	72	185	5.5	95	31	23	15.5
4.	Akramjonov A.	4.9	70	190	5.2	80	26	31	14
5.	Algadumorov G.	5.0	69	180	5.1	60	31	21	13
6.	Abduvaliev S.	5.1	70	190	5.4	63	32	28	14
7.	Boriev V.	4.9	68	200	5.3	92	27	30	14
8.	Ganiev A.	4.9	69	180	5.3	60	26	23	13
9.	Zakirov B.	4.7	70	185	5.6	63	30	20	15
10.	Makhamatov Kh.	4.8	70	180	5.4	97	38	19	15.5
11.	Mirzaev M.	4.9	69	180	5.1	53	29	25	13.5
12.	Madusmanov J.	4.9	68	180	5.0	85	26	31	15
13.	Nasirkhanov N.	4.8	67	185	5.3	112	29	26	13
14.	Omonov A.	4.7	69	200	5.1	101	30	20	15.5
15.	Rakhimov T.	4.8	70	180	5.5	58	31	18	15
16.	Rakhimov S.	4.7	71	190	5.6	90	32	27	14.5
17.	Rustamov S.	5.1	68	195	5.3	101	30	25	14
18.	Sadritdinov Sh.	4.9	67	180	5.1	89	30	22	14.5

19.	Tojiboev B.	4.8	69	180	5.5	102	29	26	15.5
20.	Yergashev O.	5.0	68	190	5.4	78	30	31	13
X		**4.8**	**69.2**	**186**	**5.3**	**77**	**29.7**	**24.4**	**14.2**

After that, in order to improve the effectiveness of technical and tactical training in the study group during the annual training period, the proportion of technical-tactical training was increased in the planning of training hours, physical training exercises were added to match episodes, and in the experimental group, training through this distribution 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	Full name	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1.	Abdukodirov J.	5.1	69	185	5.6	68	28	18	13
2.	Abdufaizov M.	4.9	71	190	5.4	70	27	22	14
3.	Abdumajidov N.	4.8	67	180	5.2	59	25	24	13.5
4.	Akramjonov A.	4.9	68	190	5.5	48	22	26	15
5.	Algadumorov G.	5.0	68	200	5.3	51	29	32	14
6.	Abduvaliev S.	4.9	69	185	5.1	62	31	28	13.5
7.	Boriev V.	5.0	67	195	5.6	87	33	20	14
8.	Ganiev A.	4.9	70	190	5.3	99	31	26	15.5
9.	Zakirov B.	5.0	70	180	5.5	133	29	21	14
10.	Makhamatov Kh.	5.1	69	180	5.5	48	27	25	13
11.	Mirzaev M.	4.9	68	195	5.4	59	32	24	14.5
12.	Madusmanov J.	4.9	68	190	5.3	75	31	22	14
13.	Nasirkhanov N.	4.8	67	185	5.2	81	29	24	15
14.	Omonov A.	4.9	69	200	5.0	72	28	22	16
15.	Rakhimov T.	4.8	69	190	5.2	42	29	31	14
16.	Rakhimov S.	4.9	68	180	5.1	44	33	24	15
17.	Rustamov S.	4.8	70	185	5.3	87	31	28	15

18.	Sadritdinov Sh.	5.0	71	180	5.4	129	32	19	14.5
19.	Tojiboev B.	4.9	68	185	5.6	66	30	24	14
20.	Yergashev O.	4.7	67	190	5.5	74	29	26	13.5
X		**4.9**	**68.6**	**187**	**5.3**	**72.7**	**29.3**	**24.3**	**14.2**

the experimental group 30m before the study. 4.8 seconds in the control standard, after the study this figure was 4.6 seconds, in the 400 meters run it was 69.2 seconds before the study, 66.8 seconds after the study, standing long jump 186 centimetres before the study, 197 centimetres after the 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 foot after the study and 27.4 in the left foot meter. And in throwing the ball from the outside, they showed the result of 14.2 meters before the study, 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	Full name	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1.	Abdukodirov J.	4.8	66	200	5.0	89	35	24	16
2.	Abdufaizov M.	4.6	67	190	5.2	97	33	26	14.5
3.	Abdumajidov N.	4.6	68	200	5.3	130	32	28	16.5
4.	Akramjonov A.	4.7	68	200	5.0	180	30	35	16.5
5.	Algadumorov G.	4.8	66	190	5.0	160	36	27	15.5
6.	Abduvaliev S.	4.7	66	210	5.2	76	38	33	16.5
7.	Boriev V.	4.8	67	215	5.0	130	31	33	18
8.	Ganiev A.	4.8	65	190	5.1	86	29	25	16.5
9.	Zakirov B.	4.5	67	200	5.0	78	32	24	16.5
10.	Makhamatov Kh.	4.7	68	190	5.2	105	36	22	17
11.	Mirzaev M.	4.6	68	190	5.0	139	30	27	15
12.	Madusmanov J.	4.8	67	205	4.8	78	28	34	16
13.	Nasirkhanov N.	4.6	66	190	5.0	167	31	28	15.5
14.	Omonov A.	4.5	66	185	4.9	91	33	21	17

15.	Rakhimov T.	4.6	67	200	5.2	90	34	19	16
16.	Rakhimov S.	4.6	68	200	5.3	73	36	29	16
17.	Rustamov S.	4.7	69	200	5.2	363	32	33	17
18.	Sadritdinov Sh.	4.8	65	205	5.1	97	36	28	17
19.	Tojiboev B.	4.6	66	190	4.9	107	34	24	15.5
20.	Yergashev O.	4.6	67	205	4.8	126	32	28	16
X		**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 30 minutes before the study. The average running time of 4.9 seconds was 4.8 seconds after the study. 68.6 seconds before the study in the 400 meters, 67.8 seconds after the study, 187 centimetres in the standing long jump, 191 centimetres 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, and 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	Full name	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1.	Abdukodirov J.	5.0	68	190	5.4	80	30	21	14
2.	Abdufaizov M.	4.9	69	190	5.2	105	29	22	14
3.	Abdumajidov N.	4.7	67	185	5.1	145	29	27	14.5
4.	Akramjonov A.	4.9	67	190	5.4	135	26	30	15.5

5.	Algadumorov G.	5.0	68	200	5.3	170	32	35	14
6.	Abduvaliev S.	4.8	67	190	5.1	65	32	30	14
7.	Boriev V.	4.9	66	200	5.4	89	33	25	15.5
8.	Ganiev A.	4.9	69	195	5.2	138	31	28	15.5
9.	Zakirov B.	4.9	68	185	5.4	100	31	24	14
10.	Makhamatov Kh.	5.0	68	185	5.3	70	28	26	14
11.	Mirzaev M.	4.8	68	195	5.2	105	33	28	15
12.	Madusmanov J.	4.8	67	200	5.1	89	32	24	14.5
13.	Nasirkhanov N.	4.7	66	190	5.2	90	30	25	15
14.	Omonov A.	4.8	68	190	5.0	88	28	26	16.5
15.	Rakhimov T.	4.7	69	195	5.1	50	31	32	15
16.	Rakhimov S.	4.8	67	185	5.0	70	34	26	16
17.	Rustamov S.	4.8	68	190	5.1	40	33	29	15
18.	Sadritdinov Sh.	4.9	69	185	5.2	51	34	24	15
19.	Tojiboev B.	4.8	68	195	5.2	45	31	24	14
20.	Yergashev O.	4.8	70	190	5.3	80	30	28	14.5
X		**4.8**	**67.8**	**191**	**5.2**	**90.2**	**30.8**	**26.7**	**14.7**

Summary : Scientific Evidence shows that the control of volleyball players' competitive activity plays an important role in the process of training volleyball players. Along with the assessment of individual technical-tactical movements, volleyball players determine the qualities of speed, strength, special agility, endurance and technical movement abilities. Based on the results of the analysis, it is possible to have a targeted effect on various aspects of the volleyball player's training.

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

List of used literature

1. Nurimov R.I. Sovershenstvovanie takticheskikh deistviy voleybolistov vysokoy qualificatsii. Ucheb posobie, T., 2000. -254 p.
2. Melziddinov R.A. Motor activity of volleyball players as an indicator of the first level of special physical fitness. FAN-SPORTGA scientific theoretical magazine. Issue 6 of 2020. B. [13.00.00 #16]
3. Melziddinov R.A. Pedagogical testing of the level of special physical fitness of volleyball players. "PEDAGOGIKMAHORAT" Scientific-theoretical and methodical journal, issue 4 (August 2020) . 231-233 pages . [13.00.00 #23]
4. Rajabov S. et al. Analysis of imaginary, general-imaginary and digital-imaginary rules //Science and Education. - 2024. - T. 5. – no. 5. - S. 262-268.
5. Rajabov S. ANALYSIS OF IMAGINARY, GENERAL-IMAGINARY AND DIGITAL-IMAGINARY RULES //Digital economy and information technologies. - 2024. - T. 4. – no. 1. – S. 113-119.
6. Abdullaev M. ORGANIZATION OF WASTE PROCESSING IN SOLVING ENVIRONMENTAL PROBLEMS IN UZBEKISTAN //Nordic_Press. - 2024. - T. 1. – no. 0001.
7. Kabilov A. et al. ANALYSIS OF ASSOCIATIVE RULES AND MARKET BASKETS //Digital economy and information technologies. - 2023. - T. 3. – no. 3. - S. 115-120.
8. Rajabov SB et al. Social mining and its development stages //Science and Education. - 2023. - T. 4. – no. 4. – S. 1342-1345.
9. Oybek o' oglu ON, Urinovich KA, Bakhtiyorovich RS USE OF DIGITAL TECHNOLOGIES IN IMPLEMENTATION OF TAXES AND OTHER MANDATORY CHARGES IN DIGITAL ECONOMY //Archive nauchnyx issledovaniy. - 2022. - T. 5. – no. 5.
10. Ziyadullayevich SA, Mirzaliev SM, Bakhtiyorovich RS IMPROVING THE PROGRESSES OF WASTE PRODUCTS PROCESSING THE AUTOMATED MANAGEMENT SYSTEM //Galaxy International Interdisciplinary Research Journal. - 2022. - T. 10. – no. 5. - S. 372-381.
11. Mirzarakhimova A., Abdulakhatov M. Analysis of Healthcare Services in the Digital Economy //Proceedings of the 7th International Conference on Future Networks and Distributed Systems. - 2023. - S. 410-414.
12. Abdulakhatov MM, Avlokulova SS TECHNOLOGY OF SEARCH ORGANIZATION IN VIRTUAL E-SHOPS WITH IMAGE RECOGNITION //Archiv nauchnyx issledovaniy. - 2022. - T. 2. – no. 1.
13. Kobilov A., Abdulakhatov M., Jaloliddinova M. PECULIARITIES OF THE USE OF ARTIFICIAL INTELLIGENCE IN THE EDUCATIONAL PROCESS //Digital economy and information technologies. - 2021. - T. 1. – no. 3. - S. 32-37.

14. Nigmanov AU ANALYSIS OF INCREASING ENERGY EFFICIENCY IN CHINESE INDUSTRIAL NETWORKS // XXI Century: Science and Education Issues (XXI Century: Voprosy nauki i obrazovaniya). - 2024. - T. 1. – S. 146-162.
15. Nigmanov A. U. i dr. MAIN DIRECTIONS OF IMPLEMENTATION OF INVESTMENT ACTIVITY IN FREE ECONOMIC ZONES // GEOGRAPHY: NATURE I OBSHCHEESTVO. - 2020. - T. 1. – no. 2.
16. Bobojonov JBO Prospective trend of investment policy of the PRC //Science and Education. - 2024. - T. 5. – no. 10. – S. 203-209.