

VOLLEYBALL AS A MEANS OF DEVELOPING PHYSICAL QUALITIES. ВОЛЕЙБОЛ КАК СРЕДСТВО РАЗВИТИЯ ФИЗИЧЕСКИХ КАЧЕСТВ.

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Abstract. Physical education at higher educational institution is particularly significant part of the educational process, which has a positive impact on overall health of a student. The paper discusses the impact of physical exercises (volleyball) on development of physical qualities. The improvement of ways and methods of volley- ball playing and exercises aimed at the development of physical qualities are the topical issue now. Therefore, the purpose of the paper is the review of exercises, execution of which help to prepare for volleyball playing, and thereby affect the physical quality of students.

Key words: physical culture, physical quality, physical quality professional engineers, volleyball.

Аннотация. Физическое воспитание в высшем учебном заведении особо значимая часть образовательного процесса, которая оказывает положительное влияние на общее состояние организма студента в целом. В данной статье рассматривается влияние физических нагрузок в виде игры в волейбол на развитие физических качеств студентов вузов. Совершенствование способов и методов проведения игры в волейбол является актуальным вопросом. Именно поэтому цель статьи – рассмотрение упражнений, выполнение которых помогает при подготовке к игре в волейбол, тем самым влияет на

физические качества студентов.

Ключевые слова: волейбол, физическая культура, физические качества, профессиональные физические качества инженеров.

Annotatsiya: Oliy o'quv yurtida jismoniy tarbiya o'quv jarayonining muhim qismidir, bu umuman talaba tanasining umumiy holatiga ijobiy ta'sir ko'rsatadi. Ushbu maqolada voleybol o'yini ko'rinishidagi jismoniy faoliyatning universitet talabalarining jismoniy fazilatlarini rivojlantirishga ta'siri ko'rib chiqiladi. Voleybol o'ynash usullari va usullarini takomillashtirish dolzarb masaladir. Shuning uchun maqolaning maqsadi mashqlarni ko'rib chiqishdir, ularning bajarilishi voleybol o'ynashga tayyorgarlik ko'rishga yordam beradi va shu bilan talabalarining jismoniy xususiyatlariga ta'sir qiladi.

Kalit so'zlar: voleybol, jismoniy tarbiya, jismoniy fazilatlar, muhandislarning professional jismoniy fazilatlarini.

Volleyball is considered to be one of the most popular and widespread games among the population. Volleyball has become one of the most popular sports due to the fact that it is easy to learn, widely accessible, and dynamic in the process. It should be noted that volleyball has received the greatest recognition among young people for this reason, as a game form that develops and improves the physical qualities of students, it is included in the curriculum of the discipline physical culture.

Volleyball is an athletic sport that can be practiced by athletes whose body condition can be characterized by a high and strong level of functional requirements. After reviewing the results of pulsographic studies and the observed fixed weight loss in athletes, you can make sure that volleyball is a sport that is characterized by a large amount of stress and intensity of the lesson. These characteristics place high demands on the physical condition of students who are directly involved in the game process.

It should be noted that volleyball is aimed at developing endurance due to the high saturation of jumps and the intensity of their performance. It is the intensity of the jumps that is a distinctive feature of volleyball against the background of other types of sports games.

In the conditions of the modern development of the world, the game of volleyball in physical education classes at universities does not lose its relevance, but even gains its popularity. Firstly, improving the health of students, and secondly, the formation of physical qualities that will definitely be useful to students of an educational institution in later life and professional work after completing their education, which will contribute to more effective activities of future specialists.

Professionally significant physical qualities of engineers studying at our university include: high performance and resistance to fatigue, stress resistance, strength, endurance, dexterity, attentiveness, fast reaction speed, high concentration and attention switching, well-developed memory, especially operational, high level of perception and developed observation skills, formed practical thinking, the ability to make quick decisions in difficult situations, observation, high coordination of movement. All of the above qualities are a necessary requirement for practicing volleyball, therefore, physical education classes in general, as well as volleyball games in particular, must be organized competently.

In order for volleyball classes with students to be methodically competently and correctly constructed, the teacher must know the anatomical and physiological characteristics of the young organism. Only under this condition will volleyball classes contribute to the proper development of students' physical qualities.

The effectiveness of the learning process is directly related to many factors, in particular, the student's performance in a volleyball class. Performance is the student's ability to perform technical techniques and tactical combinations throughout the entire volleyball class. In other words, students should remain relatively active for a long time during training. Accordingly, it is difficult to imagine the entire training period without highly developed physical qualities of the body, such as strength, endurance, dexterity, speed, flexibility. All of them contribute to the production of thermal energy necessary for the work of individual muscle groups. Only in this case, the motor game actions will be effective.

In practice, it has long been proven that any physical activity has a beneficial effect on increasing the level of general activity of a student and his physical and mental performance, which cannot be said about students who avoid physical exertion and any kind of sport. The manifestation of these qualities occurs if classes are aimed at the primary development of endurance, ingenuity, the spirit of collectivism and strength.

The game of volleyball promotes the development of speed and its elementary forms of reaction time, frequency of movements and the speed with which students will move during the game process. Confirmation of this fact is that professional athletes are distinguished by an instant reaction, which is reflected in the range from 0.12 to 0.18, and a fairly high frequency of movements, which can be judged when working on a telegraph key. The maximum rate of movement is in the range of 70-90 strokes in 10 seconds and exceeds the indicators for this test of athletes of other sports, which indicates high mobility and lability of nervous processes.

Just like other sports, volleyball develops students' ability to perform a combination of complex combinations, forms the ability to make decisions as expediently as possible in

connection with suddenly formed conditions and tasks, as well as their sudden changes, that is, it contributes to the mastery of dexterity.

A special place among students is occupied during the game by such characteristics of thinking that are associated with indicators of spatial coordination, visual perception and attentiveness.

Students have to solve tactical tasks during the game, based on an urgent assessment of a large amount of information about a specific situation in time and space, comparing this situation with the existing experience behind them. In this case, the solution of tactical tasks is probabilistic in nature and the player chooses from a variety of solutions the one that, in his opinion, gives a high probability of a positive outcome. Thinking over the strategy of further actions in his mind, the player focuses on the object of the game, trains visual memory and non-verbal perception of reality. Volleyball simultaneously develops both physical abilities and tactical thinking. The combination of the components disclosed in the table emphasizes the special importance of emotional and mental regulation in the process of competitive activity of volleyball players. It seems that visual perception determines the playing stability of volleyball players. The isolation of this factor emphasizes the importance of students' emotional balance in the game.

Teachers of higher educational institutions have noticed that the performance of general developmental, summing up and special exercises by students has a positive physiological effect on their body. Thus, during the warm-up process, the frequency of cardiovascular contractions increases, the stability of the vestibular apparatus improves, and the strength index also actively increases.

By the end of the training session, students have an increase in the field and depth of vision. There was also an increase in intensity, stability, and especially attention switching. This is directly explained by the increase in the overall performance of students, increased strength and mobility of nervous processes.

Volleyball is characterized by movements that are based on jumping, running, as well as throwing, passing the ball. To date, scientists in the field of medicine, biology, and sociology have revealed that regular organized volleyball classes significantly affect the functioning of all sensory organs. They mean certain analyzers, that is, functional units that are responsible for receiving and analyzing sensory information. This term was introduced by I.P.Pavlov. Regular volleyball has a positive effect on the musculoskeletal system, improves the performance of the gastrointestinal tract and circulatory system. In the process of playing volleyball, students are in favorable conditions in which there is a great opportunity to show strength, dexterity, speed, ingenuity, teamwork, as well as many other qualities necessary for

students to improve and become themselves as a person.

By directly participating in the game, students must learn how to use volleyball methods and techniques that serve as means of physical improvement of students, necessary for them in their future life outside the walls of an educational institution.

The technique of playing volleyball involves performing multiple jumps, which directly contribute to strengthening individual muscle groups and increasing their dynamic strength. Effective playing is possible with good mobility in the wrist, elbow, shoulder joints, sacro-vertebral articulation, as well as in the hip and ankle joints. By developing joint mobility, students improve the physical qualities of their body. Volleyball should be perceived not only in a narrow sense, as a sport. It is also a game that occupies an important place in preparing future specialists for industrial work after graduation, whose activities will be related to physical labor, stability, and high response speed.

Psychological preparation is of great importance in volleyball. The difference between volleyball and other games is that this sport has a high level of emotional and intellectual stress. Psychological features are determined by the rules of the game. One of the main tasks facing during the preparation for volleyball is the development of strong-willed qualities. Training sessions cope with this task, during which students show new efforts, concentration, and coordination of attention.

Thus, it can be concluded that the use of means and methods of playing volleyball in the organization of physical education classes at the university contributes to the improvement of professionally important qualities of students. In order to develop, improve and enhance speed-strength qualities, certain methods are used in practice to promote the development and improvement of speed-strength qualities of students, for example. The method of unintentional efforts, the student independently determines the optimal weight for himself when performing a load, for example, squats with a weight of several kilograms. This means that the students are faced with the task of sitting down and getting up with the load at the fastest possible pace. The exercise can be repeated, but it is worth remembering that you need to slightly increase the weight of a kettlebell or barbell.

Coupled method, this method promotes the development of jumping ability in the process of performing techniques or parts thereof. Weighted belts are appropriate here, retaliatory strikes and ball feeds are performed with them. The exercises related to this method are designed to use the main muscle groups:

- hitting the ball;
- jumping from a deep squat;
- jumping rope;

- jumping up with light weights;

jumping up on one as well as both legs The next type of physical qualities that helps develop volleyball is speed. In this case, it is the student's ability to perform motor actions in a short period of time. It is important that the action does not last long and the student should not feel tired after performing it.

Of all the available and known physical qualities, the least studied and considered is such a physical quality as dexterity. It has been noticed that a student who has enough dexterity in volleyball may lack it in athletics. So, there are people who are able to perform certain movements better and faster, but who find themselves among the last when performing completely different exercises.

There are three degrees of dexterity: accuracy of movement, accuracy in speed, accuracy in speed under variable conditions. It is no secret that it is desirable for students playing volleyball to master all the listed degrees of dexterity. How to develop this kind of physical qualities? To do this, any exercises are used that will include elements of novelty that require rapid response to dramatically changing circumstances. The article has already mentioned the speed and strength qualities of students; let's consider strength separately. It is logical that those who neglect to strengthen the muscular system cannot differ in the strength needed to play volleyball.

The central issue of the students' strength development methodology is the choice of the resistance value. If weightlifters perform multiple lifting of the barbell with the highest weight for a certain time to develop strength, then this exercise is not suitable for volleyball players, since this will negatively affect their performance of precision exercises.

It is impossible not to say about tolerance as a physical quality of students. The term is used to understand the student's ability to perform gaming activities without reducing its effectiveness during a certain playing period. Conducting trainings aimed at developing endurance increases the functional capabilities of the upper respiratory apparatus, and also works to improve the response of the cardiovascular system to functional stress.

In order to fully determine the methodology for developing students' endurance, it is advisable to take into account the nature of their gaming activities and the load that the student undertakes. The most effective methods of endurance development are interval, variable, repeated, and flow methods.

Volleyball in general should be considered not only as a sport that contributes to achieving high athletic performance, but also as one of the means of preparing people for industrial work, whose profession is characterized by the manifestation of physical qualities, high intensity, stability, speed and accuracy of attention switching, high reaction speed and

accuracy of perception of muscular efforts. There is no doubt that volleyball is one of the means by which the physical qualities of university students are developed.

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