

DEVELOPMENT OF 2-13-YEAR-OLD VOLLEYBALL PLAYERS PASSING THE BALL TECHNIQUE FROM ABOVE BY ACTION GAMES

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Abstract: The goal is to study the technique of passing the ball from the top with two hands for 12-13-year-old volleyball players and to develop it rapidly with the help of selected action games. At the initial stage of training in sports technique, the issues of using mobile games were conducted on the example of young volleyball players. In the study, special exercises and action games aimed at forming the technique of receiving and passing the ball with two hands from above in 12-13-year-old volleyball players engaged in the initial training stage were selected based on the research.

INTRODUCTION

Today, volleyball is one of the most popular sports not only in the world, but also in Uzbekistan. According to official statistics, young and old students regularly play this sport in our country. 45% of them are women, 55% are boys and men. Since many years, it has been customary to hold various volleyball competitions - championships, cup competitions and international competitions among boys and girls, teenagers, young people and adult men and women in our republic.

RESEARCH METHODOLOGY

In recent years, under the initiative of the President of the Republic of Uzbekistan Sh. M. Mirziyoyev, his active efforts and direct leadership, physical education, mass and professional sports, like all other fields, are developing in a completely new way within the priority directions of our state policy. . A number of decrees and decisions have been adopted in this regard, and today they are gradually and consistently finding their practical expression.

Today, it is known to everyone that the use of standard exercises only specific to volleyball and aimed at the development of special physical qualities extinguishes children's interest in the sport, and intense stereotype (same type) exercises quickly tire the participants. That is why leading sports experts and research scientists have emphasized the advantage of using action games suitable for the content of these sports skills in order to effectively train them in teaching sports techniques. The purpose of our research is to study the effectiveness of adapted movement games in the acquisition of certain game skills specific to volleyball (for example, the technique of passing the ball from above with two hands) in 12-13-year-old children. Although the issues of using action games in the initial training stage of sports technique have been studied to

a certain extent by most researchers, this issue has not been deeply studied in the case of young volleyball players.

RESEARCH RESULTS

Based on the purpose of our research, the following tasks were considered. 1. Forming the technique of playing skills of young volleyball players with the help of action games - learning their experience. 2. To determine the effectiveness of forming the technique of receiving and passing the ball with two hands from above in young volleyball players using adapted movement games. The object of the study was the selection of volleyball players in the initial training stage, the second year of training, and the study of the effectiveness of the formation of technical skills using special exercises and action games. In our study, special exercises and dynamic games aimed at forming the technique of receiving and passing the ball with two hands from above for 12-13-year-old volleyball players engaged in the initial training stage were selected based on the research. Secondly, as a result of regular use of special exercises and action games corresponding to the mentioned technique, these performance skills developed more effectively in a relatively short period of time. The results of research, their analysis, opinions and conclusions, as well as the application of the developed practical recommendations to volleyball training sessions increase the possibility of effective formation of technical and physical training of young volleyball players. The research was conducted on 12-13-year-old volleyball players, and the pedagogical research was carried out for 6 months by children belonging to the control and experimental groups, each consisting of 12 people. In both groups, the training consisted of 90 minutes and was conducted 3 times a week. The accuracy of technical skills was studied with the help of existing traditional tests, and the level of formation of technical skills was determined based on the evaluations of experts consisting of 3 trainers.

DISCUSSION

The following adapted action games were used in the training sessions of the experimental group. 1. "Accept the ball and accurately return it."

Players are placed in two columns of 6 each. The starters throw the ball to the first players in the line, and the players take turns returning it to the starter with two hands from below. The players who received the ball accurately and returned it to the starter are considered the winners. 2. "Ball 4 m. accurate transmission to a 50 cm circle-target drawn on the wall above" (interval 3 m). Players line up in two columns and one after the other pass accurately out of 10 chances to the target drawn about them. The player who passes the ball the most times is the winner. 3. This game is played sitting - standing only after passing the ball. 4. This game, just touch the ball until it hangs. 5. Standing in two columns, the players take turns passing the ball to the wall at a distance of 2 m. If the player makes a mistake (drops the ball), the practice is stopped. The

column that passes the ball the maximum number of times without a mistake is considered the winner. 6. The players stand behind the field in two columns (picture 1). When the signal is given, the players successively throw the ball into the circle-target with a diameter of 2 m drawn in zones 1 and 5 in the second half of the field. The column that has entered the ball correctly many times is considered the winner. General development exercises. 1. Bending the paws with the hands forward, sideways, up. 2. Crushing tennis (rubber) balls. 3. Push-ups against the wall with palms and fingers. 4. Bending and writing while lying on the hands. 5. Carrying basketballs and soccer balls on the ground. 6. Throwing basketballs and soccer balls towards the wall with one hand. 7. Throwing balls from different positions: in front of the chest, behind the head, from below.

Converging exercises. 1. Imitation of passing the ball with two hands from above from a standing position and after movement. The main attention is paid to the following situations of the technique: when the ball approaches - correcting by raising the hand up; reduce the speed of the ball flight - slightly bend the arms from the elbow joint and the legs from the knee joint; passing the ball - stretching forward and up by straightening the arms and legs; return to the initial state.

2. Teaching the position of putting the palm and fingers on the ball. The hands are positioned so that the thumbs are facing each other, the index fingers are directed at an angle, and the remaining fingers grip the ball from the side. 3. Forward and upward transfer of the ball hanging on the rope. Attention is focused on the coordinated movement of the body, legs and arms. 4. Throwing the ball to oneself and passing the ball up and down. 5. The same exercise, only the partner throws the ball. 6. Passing the ball to the wall. This exercise is used after the players have mastered the passing of the ball.

Technique exercises. Pairs exercise. The distance between partners is 3 m, and the ball is passed at an average height. 2. Passing the ball over oneself - passing to a partner. The height of passing the ball over oneself is 1-1.5 m. 3. Pass the ball over the net to a partner. The distance is 2-3 m. 4. Passing the ball from different distances, in different trajectories and changing its direction. 5. Passing the ball in harmony with observation; to the changing partner; passing the ball in response to the partner's actions: when sitting - on himself; when moving the right hand to the side - passing the ball to the right; when moving his hands up - passing the ball in a high trajectory and so on. 6. Passing the ball behind the head. Three players stand in a row. The range of operators is 2-3 m. The player on the edge passes the ball to the player in the middle, who in turn passes the ball to the next player behind the head. The player in the middle will switch places after a certain time. 7. Passing the ball behind the head in pairs. After passing the ball over himself, the player turns 180° and passes the ball behind the head. 8. Jumping pass. The distance between workers is 3 m. Just like that over the net. 9.

Various competitions performed with passing the ball. Normative tests 1. Evaluation criteria by the number of passes from above to the wall from a distance of 3 m: "5" "4" "3" "2" 12 years old 4 3 2 1 13 years old 7 5 3 1 2. Basketball 10 passes to the basket or square from the penalty line: «5» «4» «3» «2» 12 years old 5 4 3 2 13 years old 6 5 4 3 The technique of receiving and passing the ball with two hands from above is evaluated on the basis of a 10-point scale with the help of 3 qualified volleyball experts.

CONCLUSION

During the research, it was noticed that the children who participated did not meet the requirement of technical training. The results of the pedagogical experiment proved the effectiveness of specialized action games in forming the technical training of young volleyball players and showed how sharply the accuracy and technique of receiving and passing the ball with two hands from above can be formed in a short period of time (18 months). Active games such as "Pass the ball-sit" and "Ball transfer relay" proved to be a very effective tool for improving the technical training of young volleyball players. Applying the above-mentioned special movement games to the training of volleyball players guarantees a positive effect on their technical training. So, if the process of training young volleyball players is organized on the basis of observation and research and with the participation of active games, the formation of technical skills can be done faster and easier.

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