

Method of Increasing Students ' Rapid Strength Abilities in Physical Education Lessons Using the Technique of Rotational Exercises

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Annotation. In order to radically change the exercises in physical education classes, as well as to increase the effectiveness of the lesson, we used the rotational exercise method in physical education classes. The main goal was to develop the ability of students to be quick.

Key Words. Lesson, physical education, speed, strength, exercise, physical fitness.

Introduction

Relevance of the topic. The goal of the physical culture implemented in our republic is to prepare a healthy mentally motivated and creative person for life. The goal of Physical Culture is to ensure that the healthy whistle of society is physically developed in all respects. It is a long-term organized pedagogical process, which consists in the education of guards who are ready for labor and defense of the motherland. High efficiency in physical education classes achievement can only be done in exchange for the correct Organization of the lesson and the correct distribution of loads. In our country, on the basis of the practical implementation of the modern educational system, the stage of generating potential opportunities for the process of providing knowledge continues. Educators are also looking to improve the efficiency and quality of the educational process by introducing innovative technologies into the educational process. In our republic, the field of education is completely renewed, we are experiencing a period of literal transition to a new process and adaptation to it. Decree of the president of the Republic of Uzbekistan dated November 6, 2020 No. 4884 PQ "on additional measures to further improve the educational system" of the president of the Republic of Uzbekistan (September 23, 2020) has widely revealed the possibility of introducing tacomil-state educational standards, educational programs, state requirements, new educational textbooks into practice in educational institutions, modern educational rooms in

Literature Analysis And Methodology

A number of scientific studies devoted to the problems of theory and practice of physical education and sports of secondary schools were carried out, in which the issues of methods of development of physical abilities of students were covered in physical education lessons (R.D.Khalmukhammedov R.S.Salomov, A.Abdullaev, Yu.M.Yunusova, Sh.Khonkeldiev, M.Shalikh, V.V.Medvedev, A.I.Faleev). In addition, in the scientific work of other scientists, the scientific-theoretical and practical foundations and methods of developing students ' physical abilities are described in physical education lessons. This problem was developed by a number of scientists, but in their work, unfortunately, the issues of the methodologies of the development of students in volleyball lessons at school, speed-strength skills through a circular exercise have not been sufficiently studied.

It is difficult to imagine our national culture, the moral education of young people, which is considered a component of universal culture without a conscious approach. It is known after himself that a person consciously takes his place in social life, gives his adult, child duty, parental duty determines the progress of society by leaving a mark. The study of the problem of research of the ways and conditions of organizing physical education classes of students is the basis for a deeper penetration into the national educational system and clarification of this problem from a scientific and practical point of view. One of the urgent issues is the correct Organization of

physical education classes and the development of students' physical qualities, that is, the proof of their operational-strength abilities on the basis of research.

The result. In order to determine the effectiveness of the technique of Rotary exercises in volleyball lessons in the development of speed-strength abilities, the handlers are divided into 2 groups of 10. In the control group, classes were conducted in the traditional style. And the research groups were given the following exercises.

1. Leaning on the hands, bend them and write them off from the ground and play the chaplain torches
2. Circular motion torches of the torso with weights (barbell, lappagi, dumbbells, sand-filled hacksaws)
3. Sitting mashiks lifting the barbell to the chest.
4. Jumps by taking the barbell to the shoulder. Weight is in the volume of 50% of the maximum.
5. Jumps on the stirrup on one and two legs.
6. Depth jumps.

After the pedagogic study, the results in both groups are given in Table 4.5.

When throwing a filling ball, the average result in the research group was improved from 8.2 to 10.2, while the increase would be equal to 20%. In the control group, the average result on this test is improved from 8.3 to 9.0, with an increase of 7%.

In the hand bend writing test, the average result in the research group improved from 11.6 to 14.7 and the increase was equal to 22%, while in the control group this indicator improved from 11.4 to 12.0 and the increase was equal to 6%.

In the sit-down test, the average result in the research group improved from 23.7 to 29.0, with an increase of 18%, while in the control group on this test the average result was an improvement of 23.0 to 25.0 and an increase of 7%. It turns out that the growth in the research group is high.

**1- Table.
Post-pedagogical research in Research Group 2
results (n=10)**

No	Name and surname	1kg filling	Writing times with bent arms	Sitting times
1.	Axmedov A.	10	14	30
2.	Ataboev M.	10	14	31
3.	Komiljonov Sh.	9	16	30
4.	Matkarimov S.	10	11	26
5.	Qo`shnazarov M.	9	10	25
6.	Qo`shnazarov N.	9	11	25
7.	Solaev B.	10	10	26
8.	G`ofurov A.	10	14	33
9.	Abdullaev F.	13	16	29
10.	Abdullaev J.	12	15	33
	Σ xi	102	147	288
	Min-max	9-13	10-16	25-33
	X ± δ	10,2±0,4	14,7±0,2	29±0,4

After a brief summary and significance of a specific uyin rule is told, the delivery of the ball with two hands from above, the method (technique) of its execution is demonstrated, and students are also allowed to perform the same method. Then a problematic question is posed " " where does the collision of the ball with the hand (paws) take place?". In most attempts to respond, we are commanded to say the following answer Mahal: opposite our face. Then new questions are asked – - " Why do hands bend slightly from the elbow when passing the ball? What determines the angle of their Bend?".

In the search for answers to the above questions of readers, their energy is directed towards biomechanical regularities, according to which the first of the question if the answer to the factor is to achieve the goal with the choice of the shortest distance (from a spatial point of view), then the second is the degree of strength-speed possibility of the ball transmitter. Based on the above requirements, we propose to once again perform a ball transfer. We are not interested in the fact that time is spent a lot, because it justifies itself in the future

Table2.
Post-pedogical research in the control group
results (n=10)

No	Name and surname	1kg filling	Writing times with bent arms	Sitting times
1.	Abdullaev R.	8	15	22
2.	Boboev Z.	11	11	24
3.	Baxtiyorov M.	10	10	19
4.	Komilov A.	9	13	23
5.	Kenjaev B.	8	14	31
6.	Qo`chqorov S.	8	11	30
7.	Sobirov Q.	9	11	26
8.	Toxirov B.	9	11	25
9.	Yusufboev G`.	9	12	24
10.	Sharipov Sh.	8	13	24
	Σ xi	89	121	248
	Min-max	8-11	10-15	19-31
	X ± δ	9,0±0,4	12,0±0,1	25±0,6

Hence, the effectiveness of the study carried out by US has found its proof. It is also necessary to say that the duration of mastering the technique of action depends on the family conditions of the child, his social and economic capabilities, as well as his mental state. The initial training process is carried out in several stages, and each of these stages includes its own specific techniques and tools. General developmental exercises are used to polish the player's physical perfection and the movement skills and skills necessary for the player.

Table 3.
Results in both groups after the study
(n=10)

№	Test exercises	Groups		
		Control $X \pm \delta$	Research $X \pm \delta$	
1.	1kg fill ball throw meter	Before the study	8,3±0,9	8,2±0,5
		After the study	9,0±0,7	10,2±0,4
2.	Writing times with arms bent	Before the study	11,4±0,7	11,6±0,8
		After the study	12,0±0,1	14,7±0,2
3.	Sitting times	Before the study	23,0±0,8	23,7±0,9
		After the study	25,0±0,8	29,0±0,4

The fact that the results in the research groups are much higher than those in the control groups indicates that the chosen method is effective.

All exercises in the course of the study form the main parts of the special training of training, united in accordance with their direction: general physical, special physical, technical, tactical, game training. Each type of preparation has its own leading factors, with the help of which the intended goal is achieved. At the same time, all types of preparations are inextricably linked with each other. For example, if the student is not physically well prepared, he will not be able to perform well the technical exercise of striking in an attack. In this case, it is more useful to temper the reader from the physical side than to repeat the method of striking many times.

Conclusion.

- Regular use of specially developed exercises recommended for practice in a physical education lesson in classes held in open and closed sports facilities in all quarters of the school year and in all seasons of the year, will stimulate the mass formation of the process of physical education.

- In addition to the classification of strength exercises presented in the work, it should be noted that they are divided into static and dynamic, strength and fast-strength, resistance-overcoming and lateral exercises, according to the degree of their qualifying effect (general and relatively affecting a specific place), as well as according to the mode of muscle work.

List Of Supported Literature.

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