

# Training Volleyball Players For Various Age Groups

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**Abstract-** This article presents types of volleyball training, techniques, and opinions on the training of various young volleyball players.

**Keywords-** Volleyball, training, sport, competition, technique, play, qualification, combination, preparation, and speed. It's all part of the game.

As a result of regular sports training, a person's motor activity is formed, new forms of movement appear, vital motor skills are improved (walking, jumping, walking, etc.), skills are improved, and mental qualities are developed (thinking, consciousness, will, attention, emotions, etc.). Improves movement skills characteristic of a specific sport. Sports training is a long-term pedagogical process aimed at teaching game skills, improving them, mastering individual and collective, technical, and tactical actions.

Volleyball as a sport contributes to the comprehensive physical development of a person. As is known, modern volleyball, with its characteristics, essence, and content, places great demands on the human body. Regular volleyball training improves all physical, technical, tactical, and psychofunctional qualities. Technical and tactical skills performed over a long period (up to 1.5-2 hours) in various directions and speeds characteristic of volleyball form the trainee's general and special endurance. Individual, group, and collective movements performed in the game demonstrate mutual support, mutual assistance, and unity.

Sports training can be conditionally divided into three groups: oral, visual, and practical. These methods should correspond to the objectives of the training session individually or jointly (in parallel), solving the specified tasks.

In addition, these methods must correspond to the principles of training, the age and qualifications of the participants.

The process of sports training is carried out on the basis of certain principles, procedures, scientific and methodological laws. These laws are the main factor in the uniform, correct, and effective organization of the sports training system.

The principles of sports training in the process of universal upbringing and education are based on general pedagogical and didactic principles.

However, the intensive, heavy, and prolonged exercises used in sports training require special attention to these principles. Because it is aimed at the proper development of the organism, the careful expansion of the participants' psychofunctional capabilities. In sports theory and practice, the following basic principles are applied: consciousness and activity, "ability" (rewarding according to the athlete's capabilities) and individualization, regularity, demonstrativeness, and gradual increase in demands.

Sports training is conducted based on the following patterns: Directing towards high results, ensuring the unity of general and special training, the continuity of training sessions, gradually increasing the load as much as possible, comprehensively applying (changing) the load, organizing the training process based on periodicity.

The main goal of the training process is to prepare athletes for competitions at a high level of athletic form and create an opportunity to achieve high sports results in these competitions. Thus, the strategic task set during regular, continuous training is to motivate the athlete towards high results.

The training of highly qualified volleyball players and the volleyball team during long-term sports training is a long-term pedagogical process led by a coach.

Management is understood as a change caused by a systematic influence on any object, leading to the achievement of a certain goal. In sports, the training process is considered as a complex dynamic system, the subject of which is the teacher-trainer, and the object of management is the athletes, teams, or training groups.

Long-term sports training represents a long pedagogical process, which is expressed in conducting classes in certain age groups according to a specific program.

This process is carried out in the following stages: health group 7-8 years; initial training group 9-10 and 11-12 years; training group 13-14; 14-15; 15-16; 16-17 years; improvement group 17-18; 18-19; 19-20 years old; high sports mastery group 17 years old and older.

The admission of children to groups and their transfer from one group to another is carried out based on the results of standard test trials. The training process conducted in all groups should be aimed at solving the following tasks:

- strengthening health, forming physical, psychological, and morphofunctional capabilities;
- improvement of vital movement skills (sitting-standing, walking-running; jumping, swaying-standing; pulling, etc.);
- development of physical qualities;
- formation of special volleyball qualities;
- training and improvement of technical and tactical skills;
- improving game skills in training and competitions.

Physical and technical exercises in the learning process should be developed taking into account the functional and physical capabilities of children of different ages and genders in terms of their volume, intensity, complexity, and number of repetitions. The correct distribution of physical and technical-tactical exercises used in the training process determines the effectiveness of training qualified volleyball players.

One of the important conditions in the initial training process is that most of the classes should be aimed at forming physical and functional preparedness, while the remaining part should be aimed at mastering technical-tactical skills. At this stage, the use of various movement games, including specialized movement games for playing volleyball, helps to effectively organize the training process.

In the improvement stage, the percentage of general physical exercises gradually decreases, while the percentage of special physical exercises and technical-tactical exercises increases significantly. The volume of exercises is slightly reduced, and the intensity and number of repetitions are increased.

At the stage of improving skills, the intensity of exercises should be brought to the level of competitions.

At this stage, it is of great importance that most competitive exercises are applied in accordance with various game situations. Teaching each game skill to be performed in different ways, for example, performing the same strikes with the right and left hand, expands the range of game skills and enriches the reserve of actions.

In the training of young volleyball players, the formation of their psychological qualities is of great importance. As is known, achieving success in volleyball or in some game situations requires the high development of all qualities, skills, and abilities, as well as quick thinking, analysis, discernment, correct judgment, attention, memory, foresight, will, intellect, and cunning.

The essence of modern volleyball, including the execution of technical and tactical movements, is distinguished by the fact that most of them are performed in the "air," that is, in a helpless position.

For example, jumping, blocking, passing, hitting, etc. The sharp change in the rules of the game in recent years has led to a further acceleration of the game rhythm. The specialists discovered that during each competition game, volleyball players perform technical-tactical skills performed by jumping 300-600 times and even more. The number of recorded jumps increases if you take into account the jumps in the pre-match "warm-up" and distracting jumps performed in game situations without the ball. If we consider the number of jumps per year, it becomes clear how much achieving high results in modern volleyball depends on physical capabilities. Thus, physical training is closely related to technical-tactical training and plays an important role in ensuring high sports mastery. According to specialists, mainly these physical qualities and vital motor skills are more effectively developed through games.

Proper application of physical exercises, monitoring how children master them, allows for the cultivation of these children's physical qualities, their virtues, and their physical and functional development in the right direction.

As is known, a person's physical qualities are formed from birth. But the extent to which these qualities are formed in childhood, the extent to which simple or complex actions are assimilated, depends not only on the environment in which they grew up and live, but also on the means by which certain qualities of a child are developed. Furthermore, depending on the type, direction, and purpose of the movement, each physical

property plays a different role in performing this movement. Nevertheless, in various professional activities or in various sports, the integral significance of these physical qualities is of particular importance.

In modern sports practice, achieving high results is related to the ability of an athlete to maintain high quality and effective work for a long period of time.

Physical training is one of the types of training aimed at developing the volleyball player's body, improving their physical qualities and abilities, and creating a solid foundation that ensures the effective implementation of game activities.

A modern volleyball player has a height of 190 cm. He should be tall, agile, quick, jumping, intelligent, intelligent, quick-thinking, with a sharp mind, able to quickly understand the situation on the field and give a "useful" answer. The content, volume, and intensity of physical training vary depending on the athletes' age, preparedness, and qualifications, as well as the period and objectives of sports training.

Modern volleyball refers to the type of sports game that requires the player to possess extremely high qualities of strength, speed, agility, endurance, and flexibility. The essence of the game is determined by the fact that the player's movements are performed very quickly, accurately, and in the shortest possible time in various directions and in a changing environment.

Modern volleyball refers to a type of sport that requires exceptionally high qualities of strength, speed, agility, endurance, and flexibility from the participants. The essence of the game is that the player's actions are performed very quickly, accurately, and in a short time in various directions and changing situations. A volleyball player performing a large number of obstacles, kicks, and balls during each game, jumping, falling, running, stopping, turning, leaning, and other movements at high speed requires great physical strength, exceptional agility, strong endurance, and psychological harmony.

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