



**THE QUALITY ASSESSMENT TECHNOLOGY AND DEVELOPMENT
TECHNIQUES IN VOLLEYBALL PLAYERS**

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Annotation

The article is scientifically based on the method of developing the jumping skills of volleyball players aged 19-21.

Keywords: Jumping, jump endurance, jumping technique, vertical jump, competition cycles, jumping exercises, jump coordination

Law 6 of the Republic of Uzbekistan No. 637 of the Republic of Uzbekistan dated No. 637, "On Physical Culture and Sports" in May 26, 2000, 76-II Measures to radically improve the territory of the physical culture and sports, "On measures to further develop physical culture and mass sports on March 5, 2017" on March 5, 2017 "Measures to radically improve the system of public administration in physical culture and sports Decree of the President of the Republic of Uzbekistan No. PF-6099 of the President of the Republic of Uzbekistan "On measures to implement a healthy lifestyle" Gi 2020 Decisions on additional measures for the support and increase of a healthy lifestyle No. 735 of the Cabinet of Ministers of the Republic of Uzbekistan on the Cabinet of Ministers and the 735 November 735 of November 19th of the Republic of Uzbekistan to physical education and sports The tasks set out in the government decisions, all tasteless Current issues of M. CEOs today, the strengthening of physical culture and sports movement among the Ya'i population, including physical and agile, educating the younger generation in the spirit of all educational, patriotic spirituality is physical The organization and conduct of upbringing and sports through new methods and means, the most students are aimed at attracting and developing young sports and organizing public-sporting events.

As a result of visual surveillance of numerous volleyballs, volleyball, and making volleyball processes this thing is kineaid and coordinated in accordance with these methods in accordance with these methods in the use of exercises on forming playing methods Serily attention is not paid to elements and phases.





It is evident that the concepts of jumping, mass-sagging Teaching and forming them in the crop types is based on the same principle. However, in teaching the play methods to be performed, massiveness and jump in the development of the fortification, the air (back-down), in the air, in the air (In the base), special attention is of special practical attention to cinematic phase, such as the preservation of necessary coordination, method of landing, landing and balance. To effectively organize this process, the use of a number of access-templates developed from us is believed to be a positive result. Instantly moving, hazing, blocking, ball transmission, including the strike, the complete (maximum) jumps, including the complete (maximum) and kinematic elements applied to the zone, are completely moved from different zones, or the co-kinematic elements applied in ball transmission. different. Therefore, training in playing methods to be played and improved by various zones should be modeled based on the resistance tactics of a particular rival team or opponent player.

Falling clubs, volleyball clubs and volleyball clubs and the national teams focus on physical qualities such as the ability, saccular and jumping resistance of specialist classes. But not all trainers always use effective exercises in the development of these abilities and qualities, and evaluation of formation (growth) dynamics in accordance with the help of corresponding tests is not taken as a serious matter. However, the choice of targeted exercises in the development of jumping skills, the selection of targeted exercises, regularly monitoring the dynamics of development of these qualities) allows this process effectively.

Taking into account these current issues, we have organized a series of research on volleyball players with various ages and sports.

The study was attended by children from 19-21, which is involved in volleyball in 2 years:

The following cinematic elements of vertical jump have been studied using a special appliance:

- a height of jump on the basis of the active movement of two hands (classic option);
- Only a jump height on the basis of the active movement of the right hand (left hand handle to the body);
- Only a jump height on the basis of the active movement of the left hand (right hand is connected to the body);
- Heightsight without the active movement of two hands (both hands are connected to the body);





- Height height on the basis of the right foot with the right foot;
- alone on the basis of left foot with left leg;

Using modified tests, the number of quick sittings in the right and left foot is determined (the right and left foot).

The results of the study showed that the right and left of the vertical jumps, the right and left footstorm, the right and left footstorm. It is inextricably linked to the synchronous movement of the hand (their inner movement). In particular, the height of vertical jumps on the platform, the height of the place is to switch back to the same speed, and bend the legs on the optimal corner of the legs and the explosive power of the finished legs. This cinematic factors have had different "power" in the research participants (Table 1). Cinematic factors (functional movement of leafy elements) The jump height in the weakest formed tester is 31 cm., And 53 cm is a relatively "strong" formed. expressed by. Average statistical indicator (\bar{ch}) 43.6 cm. formed. As the minimum and maximum indicators were large (the range), the average square deviation of the average pointer was also distinguished with a large amount (4,32).

Table 1 In volleyollists of 19-21 year olds, indicators representing the role of a vertical jump and some cinematic factors that provide it (n = 16)

VerticalJumpTerms	Results obtained	
	min – max	$\bar{X} \pm \sigma$
Vertical jumping from place on the platform (cm)	31 – 53	43,6±4,32
Only jump on the active action of the right hand (cm)	28 – 47	38,2±3,28
Only jump on the basis of the active action of the left hand (cm)	25 – 46	38,2±3,28
Jump (cm) without the active movement of two hands (cm)	25 – 46	18,2±3,16
Only jumping (cm) in the right foot (cm)	27 – 39	32,8±3,74
Only jumping and jumping (cm)	29 – 43	37,2±3,22

On the basis of the active movement of the right hand is 28 cm, which is recorded on the vertical jump on the right hand., Max pointer 47 cm. formed. This indicative range (diaterno) 19 cm. was equal to. The average statistical indicator is 38.2 ± 3.28 cm. It is clear that the vertical jump height is 43.6 ± 4.32 cm from a place in the traditional place in the traditional manner. If the left hand is equal to the body, only a vertical jump recorded on the active action of the right hand is 38.2 ± 3.28 cm. formed. This means that the height of the jump is 5.2 cm with the "absorbity" of a cinematic factor. diminished to.



Only on the basis of the active movement of the left hand is 35.4 ± 4.02 cm to the height of the vertical jump (right hand body). was equal to. 12.2 cm from the order of jumping in the traditional manner. was expressed in a small amount.

Only the active movement of the right hand was more than 3 cm from the left-handed height of the jump in the left hand active movement. Hence, the Asymmetrical difference in the active movement of the arms performed during the jump for the jump was confirmed by the minimum and maximum results of the individual indicators.

For example, the range between the mining height observed on the basis of the active movement of the right hand was 19 cm, the digesters of the left hander jumping passage 21 cm.

The results of this test showed that the bashing height (14 cm) and maximum (25 cm) indicators are minimized in the research-volleyball players. It is possible that such a large bandly narrative is based on the fact that the leg muscles have a variety of vegetation in the study.

The average indicator of jump height depends on the hands is 18.2 cm. was equal to. So without help of hand, the jump height is traditional in the traditional order (43.6 cm.) 25.4 cm. distinguished with little quantities.

The results obtained on the left leg, but on the right leg, the results were shown in the left leg that the explosive force of the feet explodes is asymmetrical properties. Including on the right foot, the average of $32.8 \pm 3,74$ cm. In case of formation of the left foot $37.2 \pm 3,22$ cm. was equal to. It is clear that when the legs are synced in vertically jumping from the place, the explosive force of the left foot is stronger than the right foot. It can be noted that if the explosive force of the right and the left foot was well developed in the symmetrical ratio, the vertical jump is 43.6 cm. It was clear that it would be higher than it.

It is also said that the active signs of the hands in the analysis of the mentioned indicators shall be expressed in the jump, even if the foot explosive power is formed in symmetrical order, and running from the place, running from the place, running from the place, running He was lur.

The development of the legs asymmetric ratio of the legs was confirmed on the right and left foot, at maximum speed and maximum sitting test tests (Table 2). For example, the minimum token pointed to the right foot is 3 times, the maximum pointer was 16 March. These figures were 13 times the diaper. The average statistical indicator was characterized by 6,5 times times.





At the maximum speed and maximum number of sittings in the left foot was 5-15 times, the signal diaper is 10 times. The average statistical indicator was 8.8 ± 2.7 times. So, the explosive force of the left foot is higher than right leg. Asymmetry of the explosive force is also clear from the results of these tests.

As mentioned above, jumping in today's volleyball is one of the most important factors that ensure the effectiveness of the game. The resistance of the study is 25 cm from the hand ascending. The complex hanged in the balance was studied through the maximum "times jumped test test" (see Table 2).

The minimum indicator of individual results received was 4 times, and the maximum pointer was 11 March. The indicators difference was 7 times. The average statistical indicator was characterized by 6.7 ± 1.04 times. There is no doubt that Jump Encouragement recorded during this study, if only to jump 242-394 times, to perform the attacks only during a match, the study is required during this study (6 , 7 times) can be concluded that in general. So, testingollockers can also jump a lot of jumps, but jump height is 25 cm. is less than. At such a height, leaping, the jump does not allow the strokes of attacks to effectively perform efficiently.

Table 2 Pictures that represent the right and left foot explosive strength and jump in volleyollists of 19-21 and left footing (n = 16)

Testexercise	min – max	$\bar{x} \pm s$
At the maximum speed and maximum of (times) at maximum speed	3 – 16	$6,5 \pm 2,4$
Maintal speed and maximum sitting in the left foot	5 – 15	$8,8 \pm 2,9$
25 cm from the rose hand. Take a maximum jumping on the balance T / Ball (times)	4 – 11	$6,7 \pm 1,04$

1. The result of various age and prepared volleyball players As long as it was.
2. In 2020, research on the innocence and jump research on development of development dynamics is indicates this. The growth dynamics of poemers agreed these qualities is very slowly growing in vertelies, which (mass giving 2cm. found to have reached the level of demands.
3. Integrality and jump have proven that the main cinematic elements that mark the corresponding jump, and the integration function that will be played, and the integration function that will be performed. It is this situation that will result in the abbreviation and resistance to the player of the volleyboards, - lets conclude.



4. In the volleyballs, first of all, to teach usually implemented, teaching a matching technique to be performed, it needs to be improved using a suitable jump, using local and integrating special exercises. In organizing this process in accordance with the target, we offer to use the 1st, 2nd and 3 blocks listed in this chapter. In addition, it is advisable to include the concepts of "jumping equipment and cinemational elements," cinemational elements that provide "jumping and tactics and tactics" in the process of developing volleyball.

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