



Features of Training Volleyball Players of Different Age Groups

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Abstract: *Physical and technical (volleyball) exercises given during training and academic classes should be regulated in terms of their volume, intensity, complexity and number of repetitions, taking into account the functional and physical capabilities of children of different ages and genders.*

Keywords: *volleyball players, technical and tactical skills, pedagogic process, game skills, competition, sports training.*

Multi-year sports training is a long-term pedagogic process, which is represented by training in certain age groups based on a specific program. This process is carried out in the following stages:

- health care group - 7-8 years old;
- preliminary training group -9-10 and 11-12 years old;
- training group - 13-14; 14-15; 15-16; 16-17 years old;
- improvement group - 17-18; 18-19; 19-20 years old;
- high sports skill group - age 17 and older.

Depending on the physical, psychological and morphofunctional capabilities of the working child, they can be transferred from the younger age group to the older age group. Admission of children to groups and their transfer from one group to another is carried out based on the results of normative tests.

The training process conducted in all groups should be focused on solving the following tasks:

- ✓ health strengthening, training, formation of physical, psychological and morphofunctional capabilities;
- ✓ improvement of vital movement skills (sitting-standing, walking-running; jumping, moving-stopping; pulling, etc.);
- ✓ development of physical qualities (strength, quickness, agility, endurance, flexibility);
- ✓ formation of special qualities related to volleyball (skill, endurance of skill, speed-strength, game endurance, attention, memory, will, intelligence, etc.);
- ✓ training and improvement of technical and tactical skills;
- ✓ improve playing skills in educational games and competitions.

Physical and technical (volleyball) exercises given during training and academic classes should be regulated in terms of their volume, intensity, complexity and number of repetitions, taking into account the functional and physical capabilities of children of different ages and genders. The correct distribution of physical and technical-tactical exercises used in the training process determines the effectiveness of training skilled volleyball players. In the process of primary education, the majority of exercises should be aimed at forming the physical and functional readiness of the child, and the remaining part should be aimed at mastering technical and tactical



skills. At this stage, the use of various movement games, including a movement game specialized for the volleyball game, helps to organize the preparatory process effectively. Such action games should be used at all stages of the training and improvement process. In the improvement phase, the percentage of general physical exercises is gradually reduced, and the percentage of special physical exercises and technical-tactical exercises is significantly increased. The volume of exercises is slightly reduced, and the intensity and number of repetitions are increased.

In the stage of perfecting (strengthening) the skill, the intensity of the exercise should be brought to the competition level. At this stage, it is of great importance that most of the competition exercises are used in accordance with different game situations. Teaching each skill of the game (passing, passing, blocking, receiving, kicking) in different ways, for example, the right-handed and left-handed kicking is relatively the same performance expands the range of performance of game skills and enriches the stock of movement. In the process of training and improvement, in order to ensure long-term physical, technical-tactical, fast, strong, agile, accurate and effective execution of game skills, in most cases, exercises are performed in cases where there are complications of fatigue. However, such exercises should be used very carefully. Because excessive load can cause the child's organism to strain, get injured or suffer pathological conditions. In the training of young volleyball players, it is important to develop their psychological qualities in parallel. It is known that success in the game of volleyball or in certain situations of the game requires the development of all qualities, skills and abilities, as well as quick thinking, analysis, discernment, correct assessment, attention, memory, foresight. (anticipation), will, intelligence also require the formation of "cunning" qualities. The effectiveness of training talented young volleyball players largely depends on the appropriate organization of the selection process for admission to sports clubs and sports schools.

"Competition" is a multi-year process, which includes stages such as initial selection, re-selection (sorting when moving from group to group), selection of game features, acceptance into the team based on selection. enters. During the training process, the coach selects talented and exemplary children from among the group members of different ages working under his leadership and prepares them as his active assistants. increases its effectiveness, but also helps to organize the sports discipline and educational process in general. Another important part of this issue, that is, the place of auxiliary activists, is that auxiliary activists are involved in organizing mass volleyball, searching for talented children, attracting children from residential areas - neighborhoods to volleyball, organizing competitions, conducting standard practice tests and "Alpomish" " and "Barchinoy" take a special place in the acceptance of tests. It is important for every coach to organize the training process in sports clubs and sports schools in cooperation with the school, teachers and parents of the participating child.

Because the coach effectively conducts the training, the child learns the exercises, and the formation of his skills depends on the condition of the child at school and at home, his mood, worldview, interest, character, and other factors.

It is known that during the educational and training process, an active child performs the exercises with a conscious understanding, feels how he performs the load, has skills and abilities, and can perfectly master the secrets of the game, in many ways, his theoretical-intellectual is also related to preparation. Therefore, every coach having all the information about the child working under his guidance will not only help to raise this child as a qualified athlete, but also plays an important role in raising him as a spiritually and culturally mature person. Depending on the age of the working child, the stage of training and improvement, and the name of the group, the hours allocated to theoretical and practical training are divided from "low" to "high". In the recovery and initial training groups, general physical training takes the most hours, special physical training - less, technical training - even less, and tactical training takes the least amount of hours. In the next



groups, the volume of training is more and more focused on specialization. That is, special physical training is superior in terms of hours, the volume of technical and tactical exercises increases. It is necessary to apply this principle in the stages and periods of sports training.

In particular, during the general physical training stage (stage 1), special physical training (stage 2) and pre-competition stage (stage 3) of the preparatory period, the volume and intensity of training gradually changes proportionally. That is, the volume of the 1st stage is large, and the intensity is slow. In the 2nd and 3rd stages, the "place" of these two indicators changes. In other words, as the competition period approaches, the volume of training decreases, and the intensity increases to the maximum level. Organizational forms of training of volleyball players, training groups of volleyball players and the volume of training are presented in the 16th template.

The main task of technical training is to master the biomechanical laws of the game technique and to improve the movement or complex of movements from the technical side in accordance with the goal. Learning and mastering new movement techniques is based on existing movement experience. Mastering the technique of a movement or complex of movements requires sufficient development of physical qualities such as strength, quickness, agility, endurance, and flexibility. The order and direction of these quality-developing exercises are in accordance with the technique of the game skills to be taught (to be mastered). In the process of teaching movement techniques, it is necessary to follow the following methodological recommendations: -

First, to avoid re-teaching a specific movement technique (if taught incorrectly) directly at the beginning of the training process. it is necessary to teach the movement technique to the most effective copy;

- Secondly, during the teaching process, it is necessary to pay special attention to the theoretical exercises, so that the learner fully understands the execution procedure of the taught movement technique, remembers it well in memory and can perform it correctly in his thinking;
- Thirdly, in the process of training, the student learns the taught movement technique in different situations and at different speeds. it is necessary to create a sufficiently developed foundation of physical quality that provides the possibility of accurate and appropriate performance. Because if the learner is physically weak, the taught movement technique will be performed with mistakes, it will not be effective, the possibility of turning the direction of learning in the appropriate direction will be limited or even lost.

The implementation of technical training is related to the process of training and improvement, which includes the following stages:

Stage 1. To form the first understanding of the movement technique, the order of its execution, and mentally prepare the student to master this movement technique.

Stage 2. In the process of teaching movement techniques, the formation, education, and gradual complicating of mastery of basic skills.

Stage 3. Full and perfect performance of movement technique. Get rid of excess activity.

Step 4. Perform movement techniques steadily, fully and quickly.

Step 5. Performing movement techniques appropriately in various changing situations.

Step 6. "In-depth" is a complicated training and improvement process.

Step 7. 0 to ensure, preserve, and expand the methods of implementation of the techniques of the taught skills, enrich and improve them.



Effective implementation of technical and tactical skills in sports and achieving high results in a specific sport directly depends on the athlete's physical fitness. Therefore, the formation of physical qualities (strength, quickness, agility, endurance, flexibility) is one of the important conditions of sports training. Physical training consists of general and special physical training processes and requires that it be organized in accordance with the characteristics of the appropriate sport.

The main goal of this process is to develop general and special physical qualities. The level of development of the general physical quality depends on the effective or ineffective formation of the special physical quality. Special physical training is focused on increasing the functional capabilities of athletes' bodies and developing special physical qualities. As in all sports, in volleyball, quick, precise and appropriate execution of game skills depends primarily on special physical qualities. The main means of special physical training are special exercises performed in different directions and consist of game skills such as throwing, receiving, passing, hitting, blocking. It is known that in modern volleyball, all game skills are performed in most situations at high speed without support (jumping, falling on the chest and receiving the ball). So, when organizing a special physical training process, depending on the periods and stages of sports training, jumping, running short distances in different directions, "falling". stopping, squatting exercises can be used separately or with the performance of game skills.

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