

## **Importance of Sports (Basketball, Handball, Football, Table Tennis) Exercises for the Physical Formation of Volleyball Players**

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### **ABSTRACT**

*In this article, the opinions of domestic and foreign scientists about the importance of sports (basketball, handball, football, table tennis) physical training for volleyball players are mentioned.*

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### **Introduction.**

Physical exercises are crucial for athletes in any sport, including basketball and volleyball. While basketball and volleyball are distinct sports with unique demands, there are several aspects of physical conditioning that are transferable and beneficial to both.

1. **Cardiovascular Endurance:** Basketball requires constant movement up and down the court, while volleyball involves rapid sprints and jumps. Both sports demand excellent cardiovascular endurance to sustain performance throughout a match. Engaging in aerobic exercises such as running, cycling, or interval training can improve overall endurance, benefiting players in both sports.
2. **Strength and Power:** Both basketball and volleyball require explosive movements such as jumping and quick changes in direction. Strength training exercises like squats, lunges, and plyometric drills can enhance muscular strength and power, aiding players in jumping higher, moving faster, and executing dynamic plays effectively.
3. **Agility and Coordination:** Agility and coordination are essential in both sports for quick reactions, precise movements, and efficient footwork. Agility drills, ladder exercises, and cone drills can improve agility, balance, and coordination, enabling players to maneuver on the court with agility and finesse.
4. **Flexibility and Mobility:** Flexibility and mobility are vital for preventing injuries and optimizing performance in basketball and volleyball. Stretching exercises, yoga, and mobility drills can enhance flexibility, joint range of motion, and overall mobility, reducing the risk of injuries and improving athletic performance.

5. **Core Stability and Balance:** A strong core is essential for maintaining balance, stability, and power transfer in both sports. Core strengthening exercises such as planks, Russian twists, and stability ball exercises can improve core stability and balance, enhancing overall athletic performance and reducing the risk of injuries.
6. **Endurance and Recovery:** Both basketball and volleyball matches can be physically demanding and require athletes to endure prolonged periods of play. Engaging in endurance training and incorporating recovery strategies such as proper nutrition, hydration, and adequate rest can improve athletes' endurance capacity and facilitate faster recovery between matches or training sessions.

Incorporating a well-rounded physical conditioning program that addresses these aspects can benefit volleyball players by enhancing their overall athleticism, agility, strength, and endurance, which are essential for success in both basketball and volleyball. Additionally, cross-training in basketball-specific drills and exercises can provide volleyball players with valuable skills and insights that may complement their performance on the volleyball court.

Handball and volleyball are both dynamic, high-intensity sports that require athletes to possess a wide range of physical attributes. While there are differences in the specific skills and movements required for each sport, there are several ways in which handball physical exercises can benefit the physical formation of volleyball players:

1. **Agility and Quickness:** Handball involves rapid changes in direction, quick accelerations, and swift movements to evade defenders and create scoring opportunities. Similarly, volleyball requires agility and quickness for players to react to the ball, change direction, and move efficiently around the court. Handball drills focusing on agility ladder exercises, shuttle runs, and footwork drills can improve a volleyball player's ability to move swiftly and react promptly during gameplay.
2. **Hand-Eye Coordination:** Both handball and volleyball demand excellent hand-eye coordination for ball control, passing, and shooting. Handball exercises that involve dribbling, passing, and catching drills can enhance a volleyball player's hand-eye coordination, which is crucial for receiving serves, setting the ball, and executing accurate attacks in volleyball.
3. **Strength and Power:** Handball requires players to possess strength and power for throwing the ball with speed and accuracy, as well as for defending against opponents. Strength training exercises such as medicine ball throws, plyometric drills, and resistance training can improve a volleyball player's muscular strength and power, aiding in hitting, blocking, and serving with greater force and control.
4. **Endurance and Stamina:** Both handball and volleyball matches can be physically demanding, requiring athletes to sustain high-intensity efforts for extended periods. Endurance training methods such as interval training, circuit training, and cardiovascular exercises can improve a volleyball player's stamina and endurance, allowing them to perform at a high level throughout long matches or intense rallies.
5. **Tactical Awareness:** Handball involves strategic gameplay, with players constantly assessing the situation, making quick decisions, and adapting to the movements of opponents. Participating in handball drills and small-sided games can enhance a volleyball player's tactical awareness, decision-making skills, and ability to anticipate the flow of play, which are valuable assets in volleyball for reading the game, anticipating opponents' actions, and executing effective strategies.
6. **Teamwork and Communication:** Handball, like volleyball, is a team sport that relies on effective communication, collaboration, and teamwork to achieve success. Engaging in handball activities and drills can foster teamwork skills, encourage effective communication, and promote cohesion among volleyball players, which are essential for coordinating plays, supporting teammates, and achieving collective goals on the volleyball court.

Overall, incorporating handball physical exercises into the training regimen of volleyball players can provide a holistic approach to physical formation, enhancing their agility, hand-eye coordination, strength, endurance, tactical awareness, and teamwork skills, ultimately contributing to improved performance and success on the volleyball court.

Football-type physical exercises can offer numerous benefits for the physical formation of volleyball players, despite the differences in the specific skills required for each sport. Here's how football exercises can contribute to the development of volleyball players:

1. **Aerobic Endurance:** Football involves continuous running over a prolonged period, requiring players to have excellent aerobic endurance. Volleyball matches can also be physically demanding, with rallies lasting for extended periods. Engaging in football-style cardio workouts, such as running drills, interval training, and endurance runs, can help volleyball players improve their cardiovascular fitness and stamina, enabling them to sustain high-intensity play throughout matches.
2. **Explosive Power and Speed:** Football requires explosive movements such as sprinting, jumping, and rapid changes in direction. Similarly, volleyball players need explosive power for jumping to block, spike, or dive for the ball. Football drills focusing on plyometrics, sprinting, agility drills, and acceleration exercises can enhance a volleyball player's explosiveness, speed, and agility, enabling them to react quickly and perform dynamic movements on the court.
3. **Strength and Physicality:** Football demands physical strength and endurance to compete effectively against opponents. Strength training exercises commonly used in football, such as squats, deadlifts, lunges, and upper body exercises, can help volleyball players develop muscular strength and power, which are essential for executing powerful spikes, blocks, and serves, as well as for maintaining stability and balance during gameplay.
4. **Agility and Coordination:** Football requires precise footwork, coordination, and agility to navigate through defenders and execute plays effectively. Similarly, volleyball players need agility and coordination for efficient movement around the court, precise footwork, and quick reactions to the ball. Football-inspired agility drills, cone exercises, ladder drills, and coordination exercises can improve a volleyball player's agility, balance, and coordination, enhancing their ability to move quickly and react efficiently during matches.
5. **Teamwork and Communication:** Football is a team sport that relies on effective communication, collaboration, and teamwork to achieve success on the field. Similarly, volleyball players need strong teamwork skills and communication to coordinate plays, support teammates, and execute strategies effectively. Engaging in football-style team drills, small-sided games, and scrimmages can help volleyball players develop teamwork skills, foster camaraderie, and enhance their ability to work cohesively as a team on the volleyball court.

By incorporating football-type physical exercises into their training routine, volleyball players can improve their aerobic endurance, explosive power, strength, agility, coordination, teamwork, and communication skills, ultimately enhancing their overall physical formation and performance on the volleyball court.

Table tennis, although different from volleyball in terms of gameplay, offers several physical benefits that can complement the physical formation of volleyball players. Here's how table tennis-type physical exercises can contribute to the development of volleyball players:

1. **Hand-Eye Coordination:** Table tennis requires precise hand-eye coordination for accurate shots and quick reflexes to return the ball. Similarly, volleyball players rely on hand-eye coordination for passing, setting, and hitting the ball effectively. Engaging in table tennis drills and games can improve a volleyball player's hand-eye coordination, enhancing their ability to control and manipulate the ball with accuracy and speed during matches.
2. **Footwork and Agility:** Table tennis involves rapid movements and quick footwork to position oneself for shots and cover the table efficiently. Similarly, volleyball players need agile footwork to move around the court, approach the ball, and perform various techniques such as jumping and blocking. Table tennis exercises focusing on footwork drills, lateral movements, and quick changes in direction can enhance a volleyball player's agility, balance, and footwork coordination, translating into improved on-court mobility and maneuverability.
3. **Reaction Time and Reflexes:** Table tennis requires fast reaction times and sharp reflexes to anticipate

opponents' shots and respond swiftly. Volleyball players also need quick reflexes to react to the ball, adjust their positioning, and execute defensive plays or attacks. Participating in table tennis matches or drills can sharpen a volleyball player's reaction time and reflexes, enabling them to anticipate the ball's trajectory more effectively and react promptly during intense rallies or defensive actions.

### **Conclusion.**

**Focus and Concentration:** Table tennis demands intense focus and concentration to track the ball's movement, anticipate shots, and execute precise strokes. Similarly, volleyball players need mental focus and concentration to stay engaged in the game, read opponents' actions, and make split-second decisions during gameplay. Table tennis exercises can help improve a volleyball player's ability to maintain focus, stay alert, and make quick decisions under pressure, enhancing their overall performance on the volleyball court.

**Hand Speed and Control:** Table tennis requires fast hand movements and precise control to execute various strokes such as forehands, backhands, and volleys. Similarly, volleyball players need fast hand speed and precise ball control for passing, setting, and spiking. Engaging in table tennis drills can enhance a volleyball player's hand speed, dexterity, and touch, improving their ability to handle the volleyball with finesse and accuracy during matches.

Incorporating table tennis-type physical exercises into the training regimen of volleyball players can provide a fun and engaging way to enhance their hand-eye coordination, footwork, agility, reaction time, focus, and hand speed, ultimately contributing to their overall physical formation and performance on the volleyball court.

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