

## IMPROVING SPECIAL PHYSICAL TRAINING OF VOLLEYBALL PLAYERS

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### Abstract:

This article is about improving the physical training of volleyball players.

**Keywords:** *Volleyball players, interaction with the ball, skill of the game, physical training.*

The gaming activity of volleyball players is characterized by short-term interaction with the ball; high variability of motor skills in every unexpected situation, accuracy of various motor actions, etc. According to L.V. Kapilevich, 2011; V.A. Kashirina et al., 2009; I.S. Kolesnika et al. 2012; A.V.Rodina, 2006, indicators of technical training of qualified volleyball players are:

- stability of parameters of performed technical techniques in difficult conditions of competitive activity;
- stability of the psycho-emotional state in stressful situations of interaction with an experienced enemy;
- Self-confidence when meeting a strong opponent.

The sportsmanship of volleyball masters is manifested in the following indicators:

- the effectiveness of performing each technically complex technique;
- efficiency of motor actions;
- ability to extrapolate movements;
- high level of development of spatial-temporal and spatial-force orientation skills;
- timely distribution and redistribution of muscle efforts;
- In demonstrating the ability to predict the motor acts of the enemy.

The practical, methodological and psychological basis for achieving high sportsmanship of qualified volleyball players is physical training with optimal indicators for each stage of sports training of muscle strength, speed-strength qualities, jumping ability, rhythm and other qualitative

aspects of motor activity. A specific feature of the gaming activity of a volleyball player is the high accuracy of motor acts in an unsupported state. The effectiveness of such motor actions is ensured by the coordination of movements of the upper and lower extremities, motor and autonomic functions, timely redistribution of muscle efforts, and kinematic parts of the body in the unsupported phase.

The greatest effect is achieved during the impact movement, when the speed of movement of the proximal link of the upper limb becomes maximum in the initial phase of the motor act and decreases at the moment of hitting the ball, causing the emergence of reactive forces that contribute to an increase in the speed of movements of the forearm and hand. The development of an individual technique of striking actions in a jump is associated with the formation of movement coordination skills in the unsupported phase. This provides for the need to develop special dexterity of a volleyball player, accuracy and other motor-coordinating qualities, the indicators of which constitute the physical fitness of a volleyball player.

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