

## VOLLEYBALL AS A MEANS OF DEVELOPING PHYSICAL QUALITIES OF UNIVERSITY STUDENTS

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### **Abstract:**

This article is about volleyball as a means of developing the physical qualities of university students.

**Keywords:** *Training, volleyball classes, volleyball, sports, student.*

The effectiveness of the learning process is directly related to many factors, in particular to the student's performance in a volleyball lesson. Performance is the student's ability to perform technical techniques and tactical combinations throughout the entire volleyball lesson. In other words, students must maintain relatively high levels of activity for a relatively long time during training. Accordingly, it is difficult to imagine the entire period of preparation without highly developed physical qualities of the body, such as strength, endurance, agility, speed, and flexibility. All of them contribute to the production of thermal energy necessary for the work of individual muscle groups. Only in this case will motor play actions be effective.

In practice, it has long been proven that any physical activity has a beneficial effect on increasing the level of a student's overall activity and his physical and mental performance, which cannot be said about students who avoid physical activity and playing any kind of sport. The manifestation of these qualities occurs if the classes are aimed at the primary development of endurance, ingenuity, team spirit and strength.

Playing volleyball promotes the development of speed and its elementary forms - reaction time, frequency of movements and the speed with which students will move during the game. Confirmation of this fact is that professional athletes are distinguished by an instant reaction, which is reflected in the range from 0.12 to 0.18, and a fairly high frequency of movements, which can be judged when working on a telegraph key. The maximum rate of movements is in the range of 70-90 beats in 10 seconds and exceeds the performance of athletes from other sports in this test, which indicates high mobility and lability of nervous processes.

Just like other sports, volleyball develops in students the ability to perform complex combinations, forms the ability to make decisions as expediently as possible in connection with suddenly formed

conditions and tasks, as well as their sudden changes, that is, it contributes to the mastery of dexterity.

A special place among students during the game is occupied by such characteristics of thinking that are associated with indicators of coordination in space, visual perception and attentiveness.

Students have to solve tactical problems during the game, based on an urgent assessment of a large amount of information about a specific current situation in time and space, comparing this situation with the existing experience behind them. In this case, the solution to tactical problems is probabilistic in nature and the player chooses from a variety of solutions the one that, in his opinion, gives a greater probability of a positive outcome. Thinking over a strategy for further actions in his mind, the player focuses his attention on the object of the game, trains visual memory and non-verbal perception of reality. So, volleyball simultaneously develops both physical capabilities and tactical thinking.

Volleyball should be perceived not only in the narrow sense, as a sport. This is also a game that occupies an important place in preparing future specialists for industrial work after graduation, whose activities will be associated with physical labor, stability, and high response speed.

Psychological preparation is of no small importance in volleyball. The difference between volleyball and other games is that this sport has a high level of emotional and intellectual stress. Psychological characteristics are determined by the rules of the game. One of the main tasks during preparation for volleyball is the development of strong-willed qualities. Training sessions cope with this task, during which students show new efforts, concentration, and coordination of attention.

Thus, we can conclude that the use of means and methods of playing volleyball in organizing physical education classes at a university helps to improve the professionally important qualities of students.