

The Importance of Activity Games in the Development of the Physical Qualities of Young Volleyball Players

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Abstract: Many branches of knowledge have been studying the origin, content and importance of mobile games for a long time. The article describes the importance of mobile games in the development of physical qualities of young volleyball players.

Key words: Action games, "Chillak", "Pile", "Rainbow", "White stone", young generation, fitness, physical education.

Introduction

Fundamental changes are being made in the field of sports development of our country. Taking into account the role of physical education and sports in the healthy education of the future generation, further improvement of sports activities in our country, creation of educational and material-technical base at the level of modern requirements, as well as targeted state-level activities to increase the population's interest in sports is being developed and implemented. Sport plays an important role in understanding the identity of the nation, in its consolidation and unification towards specific goals, and in showing its full potential and power as a nation to the world. From this point of view, the development of the country's sports is an urgent and extremely important issue.

After all, a nation that is physically strong, healthy and has many young people will be powerful, its state will be strong in all respects, and it will develop towards great progress. In recent years, the conditions and opportunities created for our youth have led to great achievements in the field of sports.

In the Republic of Uzbekistan, a number of scientific and practical works have been carried out on mobile folk games, and several manuals and books have been published. In the study and analysis of the above-mentioned and published literature of the specialists of the current countries, it became clear that action games are a conscious activity dedicated to the fulfillment of their specific action task. In action games, the creative initiative of the player is expressed by the manifestation of various actions in coordination with the unity of the team. In children's play activities, there are two very important objectives, one of which is connected with the other, there are criteria. On the other hand, they get spiritual and refined nourishment from this activity, and deepen their study of the surrounding environment.

DISCUSSION AND RESULTS

As a result of all this, it greatly contributes to the complete education of the individual. Thus, the mobile game is an embodied means of education, it is focused on all-round physical training (in the changing conditions of team activity, not only mastering the basic movements, but also

complex behaviors performance), improves the body and character of the participants of the game. Collecting action games and applying them to life, their rational use is of both theoretical and practical importance facing us today. is an important task. This task imposes a great responsibility on the physical education that educates the young generation in a healthy and well-rounded way. This problem, aimed at the development of the physical qualities of students, which allows to educate young people to be physically fit in every way, makes it necessary to consider the physical culture of the teachers of general education schools in an integrated manner, which connects them together with organizational and pedagogical processes. we would like to repeatedly emphasize the role of action games in this. Therefore, it is our goal to carefully preserve the national games of our people, which have been passed down from century to century, to search for ways to pass them on to the next generation, to develop and implement them. Action games are one of the most effective methods of physical education. It is an important tool in the joint successful implementation of mental, moral and intellectual education of students. Therefore, it is necessary to pay attention to aspects such as the spirit, nature, level, and behavior of the participants of children's games.

In order to ensure the general and special physical fitness of young volleyball players, it is necessary to pay attention to the same features when using some of the motion games that we recommend. Motion games are used as an auxiliary tool in training sessions. Because the game increases the interest of the participants, gives them pleasure, and ensures faster recovery of work ability. They forget to get tired because of the game, they carefully perform the training sessions (A.Sh. Kasimov). All games have a complex effect on the body of the participants. That is why games are considered as a developmental tool that has a general physical effect. who said that games should be widely used. They looked at active games as a means of strengthening people's health and comprehensive education. G.V. Plekhanov was the first to prove that in the historical development of society, work is higher than play, but in the life of a child, play comes before work. edi. P.F. Lesgaft represents games as a means of physical education in his physical exercise system. He says that he prepares for life with the help of the game. P.F. Lesgaft's requirements for the implementation of action games have not lost their value until now; for example, he should set specific goals for each game, match the strengths and abilities of the participants, have a positive emotional impact on the participants, organize the games systematically and N.K. Krupskaya emphasized that games play a big role in a child's life and said: "Children do not grow during knitting. , but they also learn in the process of playing, they learn to organize, they learn to understand life." According to N.K. Krupskaya, work should be organized in such a way that games help educate the younger generation. The games will be different. There are some games that foster rudeness, boasting, cursing, etc. in children. There are games that teach qualities such as helping one's fellow man and being resilient. A.S. Makarenko believed that games prepare children and young people for work. In his opinion, just as work plays a positive role in the life of adults, play is just as important in the life of children. A.S. Makarenko prioritized games that require actions similar to special work actions. Action games, relay games should take the leading place in the school sports section.

Action games are used more in basketball, volleyball, football, handball and other sections. Movement games are also used in gymnastics, athletics and swimming sections. The regular and appropriate use of various games in the sections greatly helps the physical fitness of students and the improvement of their skills. In order to develop the necessary physical qualities in students, it is necessary to change the games previously learned in physical education lessons in new variants based on new rules. should be taken into account. A lot of different games are taught to the students

of junior school age who have not prepared much. The better prepared groups will play less games. Especially basketball, volleyball, handball, tennis and athletics sections work in Uzbekistan in spring, summer and autumn, during such times national sports such as "Chillak", "Kaziq", "Kamalak", "Aq Tosh" and Russian folk games should be used.

CONCLUSION

The use of action games in training young volleyball players through the use of special exercises, their activity in the conditions of the formation of physical qualities, skills and abilities of young volleyball players. As a result of regular participation in physical education classes held in general secondary schools with volleyball, it has a positive effect on vision, hearing, vestibular and other analyzers and shapes their activity.

Exercises used in volleyball and this game itself affect the movement apparatus and develop muscle fibers, as a result of which their tone increases and physical qualities improve. In addition, it is necessary to take into account the age, gender and other characteristics of children when playing volleyball, in the exercises used during training. The most important difference between games in physical education classes and other forms of training is to focus on the educational and health aspects of the game, and relay games are considered an effective tool for the physical qualities and development of volleyball players in the sport of volleyball. Relay games help in proper physical development and training of the body. Formation and improvement of movement skills and abilities of young volleyball players, teaches new movement types and movement activities. In the process of teaching movement and relay games, students' mental processes, as well as thinking activities, all begin to develop.

It is necessary to pay attention to the education of children's ability to creatively use the knowledge and skills gained in the process of active games, because children achieve this ability due to their good qualities such as diligence, independence, intelligence, resourcefulness, and punctuality. This is especially important for quick and accurate scoring in volleyball.

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