



DEVELOPMENT OF STRENGTH SKILLS IN YOUNG VOLLEYBALL PLAYERS

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Abstract: *This article examines the basics of educating and developing the physical qualities of young volleyball players and improving the physical and spiritual development of young volleyball players.*

Keywords: *young volleyball players, physical qualities, physical education, spirituality, sports, harmoniously developed generation, healthy lifestyle.*

Introduction: In order to develop sports in our country, decrees and decisions were developed, which created a great ground for the development of physical education and sports, and at the same time, for the formation of a healthy generation. Consistent measures are being taken to popularize physical education and sports in our country, to create the necessary conditions and infrastructure to promote a healthy lifestyle among the population, especially among young people, and to ensure the country's proper participation in international sports arenas.

Physical education and sports are an integral part of the national culture of the people of the Republic of Uzbekistan, and serve as an important means of physical and spiritual development. Only if physical training is based on a specific system, the intended result will be achieved.

In order to physically develop the human body, it is necessary to eat properly and in moderation, ensure rest, and regularly engage in physical education and sports on time..

Our great-grandfather Abu Ali Ibn Sina - Briefly about Physical Exercises - states that one of the main factors of the health maintenance regime is physical exercise. Do systematic physical exercises in the daily routine of eating, sleeping, and resting..

Under the leadership of our head of state, special attention is being paid to bringing the young generation to adulthood in a healthy manner, creating all necessary conditions for them, and building modern sports facilities..

Therefore, the necessary opportunities are being created in our



country to further strengthen the health of the population, especially the young generation. Today, in order to raise our children as well-rounded and perfect people, it is necessary to make young people healthy through physical education and sports training, and to teach them to do physical education exercises independently.

Instilling love for physical education and sports in every person starts from the family. Most importantly, physical education and sports, as one of the foundations of a healthy lifestyle, serve to increase the opportunities and potential of young people, as well as their physical and spiritual maturity. Regular physical training and sports refreshes the child both physically and mentally, and his whole body develops harmoniously.

Usually, the lack of awareness of one's physical quality, physical capabilities, and the level of physical fitness necessary for one's age causes an individual to waste time and body energy inefficiently. The concept of "physical quality" has its own different interpretations. Among them, the closest to us is the expression of the meaning of the qualities manifested in the movement of the human body, such as strength, speed, endurance, agility, flexibility, that is, the elasticity of muscles and the mobility of joints are different from each other..

The main part: It is easy to engage in physical labor, craft, profession or physical exercise, one or another type of sport, focusing on the level of physical qualities recorded with the goal of achieving high results, movement, physical exercise, type of sport It is important to choose the right quality holder.

Choosing it incorrectly, in a way that does not have the appropriate quality for the activity, will in some cases lead to the extinction of the great desire to engage.

Therefore, it is important to know how to distinguish between determining our physical qualities when choosing a type of sport or independent exercise. To solve tasks related to physical qualities, static exercises are used, otherwise they are also called isometric exercises. In such exercises, the manifestation of strength occurs due to tension without changing the length of the muscle fibers.

They are 5-6 sec. maximum muscle tension during Such exercises are performed by overcoming the resistance of one's own body weight. In addition, the use of other external resistance exercises with 60-90% of the maximum load carrying capacity is also effective in modern training. It is now proven that repetitions and repetitions of exercises during



training with specified resistances are more effective than other methods, depending on the amount of resistances. By developing the strength of your muscles, you will achieve better functioning of your internal organs. It's inevitable that you'll have a hard time performing strength-based exercises compared to your peers. In some cases, they may even laugh at you. Don't be shy to show them your determination and willpower.

If you use every minute of your free time to do self-strengthening exercises using the methods you read above, you will feel the results in 3-5 months. But don't try too hard to get quick results. At the beginning, you will have a little difficulty in training, but the exercises you performed will bring you a good mood and happiness.

The use of volleyball in physical training is explained by the fact that the sport of volleyball is used to develop and improve the physical qualities of young volleyball players, and to educate their moral and willful qualities.

Summary: In volleyball training sessions, it is assumed that young volleyball players will acquire theoretical information, acquire the basic methods of technique and tactics, participate in the game and organize independent training.

The widespread use of volleyball is explained by several examples: the availability of the game for different ages; the possibility of using it for all-round physical development and strengthening of health, education of moral and willful qualities, and at the same time as a type of useful and emotional activity in the open air in the organization of free time of young people; simplicity of game rules; high spectacular effect of game competition; simplicity of inventory, equipment and playground.

Volleyball is a team game, and this game is characterized by changing actions of each player, rapid changes in situations, changes in intensity and activity. The conditions of the volleyball game allow young people to subordinate their actions to the interests of the team in order to achieve a common goal, to use their strength and capabilities to the maximum, to overcome difficulties in the process of sports fighting, to instantly assess the current situation and make the right decision.

These features help young volleyball players to develop collectivism, determination, purposefulness, attention and speed of thinking, control their emotions, and improve basic physical qualities. Thus, the use of volleyball as the main tool of physical education classes and the



organization of competitions in club training and between classes, competitions on weekends and in other forms will give the expected result.

It is possible to achieve a significant increase in the interest of students in this form of physical activity, as well as a statistically significant increase in the physical fitness of students, expressed in a high and stable continuation of these activities.

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