

## METHODOLOGY OF SELECTION AND USE OF MOBILE GAMES AS A MEANS OF CONNECTED FORMATION OF TECHNICAL SKILLS AND DEVELOPMENT OF PHYSICAL QUALITIES OF VOLLEYBALL PLAYERS

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### ANNOTATION

In the modern training process, there has been a steady trend of accelerated development of physical qualities in comparison with the formation of motor skills in potential reserve athletes, which largely contradicts the established trend of advanced didactic training of young athletes in relation to the growth of motor abilities. A feature of the training of young volleyball players is the duration of mastering the technical arsenal, which is caused by the high complexity of the technical elements of the game. This orientation obliges trainers to rely on early specialization in order to stretch the training over time. However, the latter is impossible in volleyball, since younger schoolchildren are not physically prepared to perform the technical elements of the game. This problem can be solved by choosing the right strategy for the formation of special abilities of younger schoolchildren in the volleyball training process not by exercises of the sport itself, but by means available for this age. As such, there can be outdoor games, game exercises, the content of which allows you to have targeted effects on the development of special, primarily coordination, abilities: orientation in space, speed and accuracy of reaction and rearrangement of motor actions, the ability to accurately differentiate.

**Keywords:** Key words: youth sports, potential reserve athletes, physical training, technical training, conjugated training methodology, outdoor games.

**The purpose of the study:** substantiation and application of outdoor games in the formation of the technical readiness of young volleyball players to master the basic techniques of attack and defense in volleyball, taking into account the individual differences of young athletes and their tendency to play roles.

The formation of technical and tactical actions and the growth of the physical fitness of volleyball players in the training process are not always combined in rational proportions, and this should be considered as a contradiction that negatively affects the effectiveness of the training of young volleyball players. In the process of training, volleyball players are required to develop a certain level of physical qualities - the manifestation of an increased attacking potential due to quick movements and an increased speed of performing techniques, which can be preliminarily modeled under the conditions of an appropriate choice of outdoor games.

In the pedagogical experiment, the experimental group was faced with the tasks of advancing the overall physical fitness of those engaged in a process involving training in basic techniques of attack and defense, the formation of techniques for performing other game actions of a volleyball player (dashes, runs, jumps, falls), when, as we saw, intensive accelerated growth of motor abilities and physical qualities presumably contributed to effectively master the technical game elements and techniques of a volleyball player. Techniques in volleyball relate to complex coordination movements and require careful preliminary preparation from the teacher-coach.

Simulation of efforts can be achieved by using purposefully selected outdoor games. The experimental group used general development and special exercises of a volleyball player, outdoor games and relay races.

The use of general developmental exercises, outdoor games and relay races in the training sessions of the experimental group is due to the need to take into account the individual characteristics of volleyball players and their inclination to roles. Outdoor games in volleyball contribute to:

- formation and improvement of running, jumping, throwing skills;
- the development of such physical qualities as speed, agility, strength, endurance;
- help to cultivate a sense of collectivism and honesty;
- have a developing effect on the body of children and contribute to strengthening their health.

The technique of the game as a whole, as well as individual motor actions of serving and passing the ball, receiving, attacking, blocking, largely depend on the physical capabilities of those involved and the preliminary level of their physical fitness.

Young volleyball players who do not have sufficient motor experience lag behind in technical improvement and drop out of the first team numbers. From a large set of outdoor games, those were selected that aimed at the predominant development of certain abilities - speed, other speed abilities, as well as coordination abilities and endurance.

The players of the front line, the structure of competitive actions of which is characterized by the performance of multiple jumps, were recommended games aimed at developing speed and strength, the players of the back line, in the structure of actions of which there are more movements, coordination interactions, were offered games with a target focus on the development of dexterity and endurance.

In the conducted pedagogical experiment, the hypothesis was confirmed that advanced physical training, based on the use of outdoor games, taking into account individual differences and propensity for roles, contributed to the associated development of technical preparedness and the growth of physical qualities [2]. This is evidenced by the results of the control pedagogical testing obtained and significantly different from the control group (in the shuttle run 3x10, long and high jumps from a place, in the 6-minute Cooper test, in a number of technical tests).

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