



**Spectrum Journal of Innovation, Reforms and Development**

**Volume 14, April, 2023**

**ISSN (E): 2751-1731**

**Website: [www.sjird.journalspark.org](http://www.sjird.journalspark.org)**

**THE ROLE OF ACTION GAMES IN THE FORMATION OF PHYSICAL QUALITIES AND TECHNICAL-TACTICAL SKILLS**

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**ABSTRACT**

Effective performance and high results in volleyball can only be achieved through well-developed physical qualities. In this regard, endurance quality, including game endurance and jumping endurance, is particularly important.

**Keywords:** Many years of sports training, active games, special endurance , strengthening of health , correct development of the child physically (weight, body and body parts sizes, living capacity of the country, etc.) , formation of vital movement skills (walking, running, jumping, stopping, pulling, etc.) , development of physical qualities (strength, quickness, agility, endurance, flexibility) , cultivation of special physical qualities (agility, special quickness and strength, special endurance) , training in the skills of moving volleyball positions, receiving passes, hitting, entering the ball, blocking.

**Introduction**

Due to independence, children's and youth sports in our country have taken a place in the framework of the priority directions of the state policy, and with the support of the "Healthy Generation" program and the "Fund for the Development of Children's Sports of Uzbekistan" introduced by the President, they are on the way to a high peak. wing is writing. Yesterday's young athletes are not only bringing Uzbek sports to the podiums of the Olympic Games, World and Asian competitions, but also glorifying the glory of our country in front of the world community with their results.

This scientific research is based on the Decree of the President of the Republic of Uzbekistan No. PF-60 of January 28, 2022 "On the Development Strategy of the New Uzbekistan for 2022-2026", No. PF-5198 of September 30, 2017 "Preschool Decrees "On the fundamental improvement of the management of the education system", decisions of the Republic of Uzbekistan No. PQ-3955 of September 30, 2018 "On measures to improve the management of the preschool education system " , 2020 Laws of September 23, 2015 "On Education" No. ORQ-637, "On September 4, 2015 No. ORQ-394 "On Physical Education and Sports", as well as this serves to a certain extent to solve the tasks defined in a number of other regulatory legal documents related to the fields.

But just as the wheel of progress cannot stand still, neither do sports records. Therefore, it will be necessary to form the system and methods of training competitive sports reserves, to create advanced technologies. This situation, in turn, draws attention to the importance of personnel



training, regular improvement of their skills, legal, normative, material-technical and organizational work in accordance with the requirements of the time. Today, these issues are consistently implemented under the control of our country with the support of the children's sports development policy. Nevertheless, there are still serious deficiencies in the organization of sports training in places, especially in rural areas. A blind approach to popular sports such as volleyball, basketball, handball, athletics, swimming, gymnastics, watching their regularity, quality and effectiveness, preparation and competition cases of non-scientific justification of processes are observed. For example, although volleyball, which has been an Olympic sport for a long time, is included in the program of all competitions held in our country, in particular, such as "Sprouts of Hope", "Barkamol Avlod", "Universiade", our republic still does not produce sports masters suitable for the international level. True, there are specific objective, especially subjective reasons for this. As an objective and subjective example of these reasons, it is possible to take the fact that long-term sports training is not organized on a scientific basis. In particular, the selection of children for volleyball clubs based on modern tests and the organization of training from the initial preparatory stage on a scientific basis is an actual foundation that determines the fate of "senior" volleyball.

In fact, in recent years, very large reforms have been introduced in the development of children's sports in our country and the training of young talented sports reserves, a lot of creative work has been carried out, regular sports activities and local and all conditions were created for holding the Republican competitions.

In modern sports practice, physical training serves as the only and decisive foundation that brings technical and tactical skills to the highest level. Therefore, in order to train competitive athletes, it is one of the important conditions of sports training to develop physical qualities from an early age, in accordance with the specific characteristics of the sport chosen by children who have just joined the club. To do this, the correct selection of exercises and the effectiveness of their implementation under pedagogical control are among the most urgent issues in the cultivation of talented sports reserves. It is also important to note that each sport has its own characteristics, and these characteristics determine which physical qualities are prioritized in the training of young athletes. In particular, in volleyball, the quality of speed-strength and quickness prevails. The use of action games in the formation of this quality in young volleyball players has not been fully studied and is one of the urgent problems of today's physical education.

The planning of training content in the initial preparatory stage of the multi-year sports training process has its own characteristics.

According to most scientists, the use of action games specific to the chosen sport at this stage is of great importance in the development of physical qualities and in the formation of technical and tactical skills. One of the main reasons for this is that it has been proven that if during the initial training phase, the emphasis on physical or specialized exercises with only standard content can discourage young athletes, they will not be able to open up their movement possibilities.

In addition, each sport has its own priority of each physical quality.



Effective performance and high results in modern volleyball can only be achieved through well-developed physical qualities. In this regard, endurance quality, including game endurance and jumping endurance, is particularly important. According to VATitar, the most important physical quality for volleyball players is jumping endurance. But whatever special endurance (jump, game, speed endurance) it can only be formed on the basis of general endurance. Therefore, it is appropriate to analyze scientific data on the problems of developing endurance in general along with the quality of speed. It should be said that the effectiveness of the formation of sports training is directly dependent on the interrelated development of all physical qualities. Another important condition in this matter is that the level of development of physical qualities should be assessed using appropriate test exercises.

The main direction of training sessions held in the initial training group is to organize them based on the principle of universality. The following tasks should be solved in these exercises:

- strengthening of health;
- correct physical development of the child (weight, size of the body and body parts, vital capacity of the body, etc.);
- formation of vital movement skills (walking, running, jumping, stopping, pulling, etc.);
- development of physical qualities (strength, quickness, agility, endurance, flexibility);
- development of special physical qualities (agility, special speed and strength, special endurance);
- training in the skills of moving volleyball positions, receiving passes, hitting, throwing, and blocking.

The duration of each training session held in preliminary training groups should not exceed 2 academic hours.

Although the amount of hours is given in this table according to the direction of training, the text of the program does not allocate hours to the types of tools (exercises) allocated to these trainings (physical, technical-tactical and game exercises).

1 table

**STUDY PLAN for volleyball preliminary training group**

T/r	Courses	School year and age	
		1 10-12	2 11-13
1.	Theoretical preparation	8	18
2.	General physical fitness	131	126
3.	Special physical training	76	65
4.	Technical training	107	100
5.	Tactical training	38	53
6.	Game preparation	38	34
7.	Admission, transfer and graduation standardized tests	18	20
	Total:	416	416



The exercises that form the technical training consist mainly of specialized exercises. In our opinion, the appropriate use of volleyball in the formation of technical skills will give an effective result. In particular, the use of these action games adapted to the characteristics of game skills leads to the formation of indicators of technical training more quickly. Because it is difficult for children who have just started playing volleyball to quickly master special technical exercises. This is precisely where customized action games come in handy. A number of scientific literatures have expressed opinions confirming this opinion). In addition, in the book "Yun y y voleybolist" by Yu.N. Kleshyev , AGFurmanov, nothing is said about the need to use action games intended for the formation of technical skills as part of technical training tools. The authors talk only about specific technical exercises, approach and preparatory exercises.

However, regardless of what physical qualities or what technical-tactical skills need to be formed in the training conducted in the initial training phase, it is important to give the exercises used in a game style.

Based on her many years of research, МАKurbanova has proven that the use of adapted action games in the formation of technical and tactical skills of young volleyball players is very effective.

Therefore, choosing exercises suitable for the formation of technical and tactical skills at the initial training stage, re-developing them accordingly, and using them in training creates an opportunity to increase the effectiveness of training young volleyball players.

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