



**THE ACCURACY OF THE MOVEMENTS OF YOUNG VOLLEYBALL
PLAYERS FORMATION STYLES**

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ABSTRACT:

The article discusses aspects of the formation of a healthy lifestyle, analyzes the positive relationship between physical culture and sports by fostering a healthy lifestyle among growing youth.

Keywords: practical significance, healthy lifestyle, perfect person, physical development, physical training, the process of moral education.

Introduction

President Of The Republic Of Uzbekistan Sh.M. In his lectures, Mirziyoev noted that " our young people have independent thinking, high intellectual and spiritual potential and mobilize all the strength and capabilities of our state and society so that they can mature and be happy as people who do not empty in any sphere to their peers on a global scale."

Indeed, Our Countryman Sh.M. Under the initiative and direct leadership of Mirziyoev, physical education and sports are taking a place within the framework of the dominant directions of state policy as a means of forming the gene pool of the nation and educating a harmonious generation. In our country, the law " on physical education and sports "(2015, new edition) was adopted, the decree PF-5368son"on measures to radically improve the system of Public Administration in the field of physical education and sports "(March 5, 2018), decree PF-3031"on measures for the further development of physical education and mass sports" (June 3, 2017). such as decrees of the president of the Republic of Uzbekistan and government decisions were adopted.

These conceptual documents made it possible to carry out huge reforms in the field of physical education and sports, incomparable creative work. In recent years, more and more modern sports facilities have been built in the regions of our country, even in remote villages and districts, and on the same day they are operating in the service of our children, our ring.

In addition to the development of physical education and mass sports, there is an emphasis on raising the status of a "big" sport. From year to year, the holding of international and world-class prestigious competitions in our Republic takes place from the composition of traditional events. Uzbek athletes have achieved high results in Asian, World and Olympic competitions and have been glorifying the fame of our country in front of the world community. From this it can be said that the position of the high sports achievements of our motherland determines the sharpening of competition in international competitions, as well as the legal process of the exchange of generations of athletes of the country's national teams, the need to improve the



scientifically based systems of sports competition and the training of promising young people in the

Volleyball has been serving as a means of physical and mental perfection in our country's cities-villages, neighborhoods, weddings and celebrations with its co-existence, simplicity, beautiful game content, large-scale focus and protective combinations.

As a teaching subject, volleyball is included in the curriculum of all educational institutions, introduced into the educational process based on special planning documents in sports clubs, Bosms, sports clubs that operate during the extracurricular and extracurricular periods.

To engage in volleyball, it is of particular importance to determine the personal quality and characteristics that cause the development and manifestation of the abilities of children to play activities, which cannot be determined using technical training indicators, in combination with scalloping the accuracy of actions.

In talented young volleyball players, the need arises for a scientific search for novel approaches, effective tools and techniques that can help improve the process of scalloping the accuracy of movements and determine the relevance of this work.

The analysis of the literature noted on the topic allows us to recognize this thing, as a result of the scientific work carried out on the description of modern volleyball and the classification of the accuracy of movements in the game technique, it was noticed that among schoolchildren engaged in volleyball, work on theoretical knowledge about the sport of volleyball is not at a satisfactory level. At the same time, it was observed that interviews with schoolchildren also did not receive a positive response to oral surveys on the classification of Game techniques. Judging from the above, it is possible to insist that not only the theoretical aspects of volleyball, but also other sports, should be paid the necessary attention. Of course, it was determined that it would be appropriate if, in addition to having adequate physical, technical and tactical training, theoretical training was also involved.

Focusing on all aspects of the sport that we recognize as modern volleyball, continuing to research on which detail it is more expedient to start volleyball techniques in combating the younger generation with the necessary knowledge about the accuracy of movements of volleyball techniques, it was revealed ways to train them both physically and mentally as mature specialists in the homeland, while giving

The technique of accuracy of movements is assessed by purposeful, effective movement in various situations. The execution of each technical method in the game is made up of a moving system that is inextricably linked with each other. The technique of accuracy of movements was given the indication of the dynamic and kinematic characteristics of the movement, which are necessary and sufficient to solve the tasks of movement by a certain method.

When performing technical actions, a certain phase of the accuracy of actions is distinguished in terms of time. Typically, three phases of motion accuracy were defined: preparatory, basic, and closing phases. Side stepping was used in many cases when an obstacle with a non-great distance was hit, when receiving an offensive shot, or when receiving a ball that returned by changing its direction from the obstacle.

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