



Training Of Volleyball Players In Various Age Groups

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Abstract: This article discusses scientific opinions about the types of training and preparations, methods and in the preparation of volleyball players in different age groups.

Keywords: volleyball, training, competition, preparation, technique, development, game, skill, speed.

As a result of regular sports training, a person's motor activity is formed, new forms of movement arise, vital motor skills (running, jumping, walking, etc.) are improved, and mental qualities (thinking, consciousness, will, attention, emotions, etc.) are honed. Motor skills characteristic of a particular sport are improved.

Sports training is a long pedagogical process that aims to teach game skills, improve them, and master individual group and team, technical, and tactical actions. Volleyball as a sport leads a person to comprehensive physical development.

As is known, modern volleyball places great demands on the human body in terms of its nature, essence, and content. Regular volleyball training improves all physical, technical, tactical, and psychofunctional qualities. The technical and tactical skills inherent in volleyball, performed over a long period of time (up to 1.5-2 hours) in various directions and speeds, develop in the trainee general and special endurance.

Conditionally, sports training styles can be divided into three groups: verbal, visual, and practical. These styles should correspond to the tasks of the training individually or in combination (times), be able to solve these tasks. In addition, these styles must correspond to the principles of training, the age, and training (qualification) of practitioners. The process of sports training is carried out based on certain principles, procedures, and scientific-methodological patterns. These patterns are the main factor in the orderly, correct, and effective organization of the athlete's training system.

The principles of sports training are based on general pedagogical and didactic principles in the process of upbringing and education as a whole. But intensive, heavy, and prolonged exercises applied during sports training require special attention to these principles. Because this state is aimed at the proper development of the trainees' body, the careful expansion of their psychofunctional capabilities.

In the theory and practice of sports, the following basic principles are used: consciousness and activity "opportunity" (giving a load corresponding to the capabilities of the trainee) and individualization, regularity, clarity, and gradual increase in demands.

Sports training is conducted based on the following patterns: orientation towards high results, ensuring the unity of general and special training, continuity of training sessions, gradual and



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maximum increase of the load, wave-like application of the load (transition to change), organization of the training process based on repetition.

The main goal of the training process is to prepare athletes for competitions at a high level of "sports form" and to create an opportunity to achieve a high sports result in this competition. Consequently, the strategic task, which is set during regular, continuous training, is related to the orientation of the athlete towards high results. Training highly qualified volleyball players and the volleyball team in the process of long-term sports training is a long pedagogical process led by a coach.

Control refers to the change that occurs when regularly influencing an object and is created as a result of this influence to achieve a certain goal. The training process in sports is considered as a complex dynamic structure, in which the pedagogue-coach acts as the managing subject, and the athletes, teams, or training groups act as the managing objects.

Long-term sports training is a long pedagogical process expressed in conducting classes according to a specific program in certain age groups.

This process is carried out in the following stages: health group - 7-8 years old; initial preparatory group - 9-10 and 11-12 years old; training group - 13-14 years old; 14-15 years old; 15-16 years old; 16-17 years old; health group - 17-18 years old; 18-19 years old; 19-20 years old; high sports mastery group - 17 years old and older.

The admission of children to groups and their transfer from one group to another is carried out based on the results of normative control work. The training process conducted in all groups should be aimed at solving the following tasks:

- strengthening health, tempering, forming physical, psychological, and morphofunctional capabilities;
- improvement of vital motor skills (sitting-standing, walking-running; jumping, sliding-stopping; pulling, etc.);
- development of physical qualities;
- formation of special volleyball qualities;
- training and improvement of technical and tactical skills;
- to improve game skills in training games and competitions.

Physical and technical exercises performed during the learning process should be normalized taking into account the functional and physical capabilities of children of different ages and genders in terms of their volume, intensity, complexity, and number of repetitions. The correct distribution of physical and technical-tactical exercises used in the training process determines the effectiveness of training qualified volleyball players.

One of the important conditions in initial training is that the vast majority of exercises should be aimed at forming their physical and functional preparedness, while the remaining part should be aimed at mastering their technical-tactical skills. At this stage, the effective organization of the preparatory process will be facilitated by the use of various active games, including specialized active games for playing volleyball.

At the improvement stage, the percentage of general physical training gradually decreases, while the percentage of special physical training and technical-tactical training increases significantly. The volume of exercises is somewhat reduced, the intensity and number of repetitions are increased.



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At the stage of improving skills, the intensity of exercises should be brought to a competitive level. At this stage, the fact that most competitive exercises are applicable to various game situations is of great importance.

Teaching the game of each game competency differently, for example, the ability to relatively evenly execute a strike with the right and left hand, expands the range of performance of the game competency and enriches the reserve of movements. When training young volleyball players, it is important to develop their psychological qualities in parallel.

As is known, success in playing volleyball or in certain game situations requires the high development of all qualities, skills, and abilities, as well as quick thinking, analysis, the ability to distinguish, correctly assess, and the formation of attention, memory, anticipation, will, resourcefulness, and "cunningness."

The essence of today's volleyball game, which includes the execution of technical and tactical actions, is distinguished by the fact that most of them are performed "in the air," that is, in a position without support. Throwing while jumping, blocking, passing the ball, receiving the ball while falling, and entering the ball are prime examples. The sharp change in the rules of the game in recent years has led to increased intensity of the game.

Specialists have established that in each competitive game, volleyball players perform a technical-tactical qualification, performing 300-600 or even more jumps. If we take into account the jumps during the pre-match "warm-up," the distracting jumps performed in game situations without the ball, then the volume of recorded jumps increases even more. On the way, if we talk about the annual volume of these jumps, it becomes clear how much achieving a high result in modern volleyball depends on physical capabilities.

Consequently, physical training is closely linked to technical-tactical training and plays a significant role as the foundation for ensuring high athletic skill. Specialists believe that mainly these physical qualities and vital motor skills are more effectively developed through games. Proper application of physical exercises, monitoring their assimilation by children, allows for fostering in these children physical qualities, growth, and physical and functional development in the right direction.

It is known that a person's physical qualities begin to form from the moment they are born. But to what extent these qualities are formed in him in childhood, whether they master simple or complex actions, depends not only on the environment in which he grows up and lives, but also on what means the child develops a particular quality. Alternatively, depending on the type, direction, and purpose of the movement, the role of each physical quality in performing this movement is different. Nevertheless, the integral significance of these physical qualities in various professional activities or sports will have its own share. In modern sports practice, achieving high results is related to the ability of an athlete to maintain the ability to work qualitatively and effectively for a long time.

Physical training is one of the types of training aimed at developing the volleyball player's body, improving their physical qualities and abilities, as well as creating a solid foundation that ensures the effective implementation of game activities. Today's 190 cm tall volleyball player, despite having a large height, should be agile, quick, jumping, perceptive, quick-witted, sharp-minded, and possess indicators capable of quickly responding to "useful" situations that arise on the field.



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The content, volume, and intensity of physical training vary depending on the athletes' age, training, and qualifications, as well as the period and objectives of sports training. Modern volleyball refers to a type of sport that requires exceptionally high qualities of strength, speed, agility, endurance, and flexibility from the participants. The essence of the game is that the player's movements are performed very quickly, accurately, and in a short time in different directions and in a changing situation.

The volleyball player's performance of jumping, falling, running, stopping, turning, leaning, and other movements at high speed to overcome numerous obstacles, strikes, and hitting the ball during each game requires great physical strength, exceptional agility, solid endurance, and mental harmony.

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