

Organization of the Training Process of Young Volleyball Players Based on an Innovative Approach

Tunyan Alyona Andreyevna

Teacher of Uzbekistan State University of Physical Education and Sport

ABSTRACT

This article gives a brief description of the system of training highly qualified athletes, provides information on the methods used in the training of athletes, ways to improve the physical fitness of athletes.

KEYWORDS: *innovation, volleyball, competition activities, physical training, exercise, training sessions, annual cycle, medical supervision.*

In the Address of the President of the Republic of Uzbekistan Sh.M. Mirziyoev to the Oliy Majlis, it was recognized that our country has entered the stage of innovative development in order to achieve modern progress. "Innovation is the future. We must start building our great future on the basis of innovative ideas. It is not for nothing that we are moving to the path of innovative development and digital economy.

At the current stage of sports development, we see such features that have a serious impact on the training process of the athlete and put new complex tasks and tasks before the trainer and the athlete, and these tasks and tasks, in turn, are forced to find the most suitable forms and methods of organizing the training process. will:

- in order to further increase the level of high performance achieved by today's volleyball players, it is necessary to completely improve the method of training the world's most qualified volleyball players, as well as the current organizational-methodical method, which has been used for training volleyball players for many years.
- as the results of the achievements in the biggest sports competitions are increasing more and more, the competition has become extremely intense. This situation increases the demand for the effectiveness, stability and priority of the technical and practical skills of volleyball players, moral will and mental preparation in the conditions of their repeated responsible starts.
- highly qualified volleyball players have reached such a high peak of special physical training that now it has become the most difficult and difficult task to rise above it, therefore, it is necessary to search for resources to increase the efficiency of special physical training, and at the same time, new methods and methods are needed in the system of the training process as a whole became
- the volume of training loads has become so large and heavy that the issue of rationally integrating it within the framework of the annual cycle and each of its stages has been put aside. At the same time, there was a need for an attitude that was recognized as the only way to increase the effectiveness of training. Accordingly, firstly, there was a need to search for the most beneficial ratio between loads in different preferential directions, and secondly, to search for new methods of organizing exercises, because such exercises, based on the exact relationship between the consumption and restoration of energy reserves in a volleyball player, fill the adaptation possibilities of his organism. provides the most optimal conditions for implementation.
- the role of science in solving methodological issues of training has increased, it is directly related

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to preparing highly qualified volleyball players, having a full-blooded effect on the life-sustaining functional methods in the volleyball player's body, and raising such methods to a very high level of activity, so that now the extremely complex problems of preparing a volleyball player in a modern way can be solved without scientific and methodical information, cannot be solved by relying only on common sense and emotion.

In volleyball, like other sports, the main means of training is physical exercises. They are very different. Therefore, they are classified according to their role in solving tasks at a certain level of training. This classification is based on the competitive activity of volleyball players. Accordingly, exercises are divided into two large groups: main or competition and auxiliary or training.

Competition drills are specific volleyball drills. In this case, technical methods and tactical actions are performed in accordance with the conditions of the game in the conditions of the competition.

Training exercises are aimed at facilitating and accelerating the acquisition of basic skills and ensuring the effectiveness and reliability of their application. They consist of special and general development exercises.

Special exercises are divided into two groups: preparatory exercises; approximation exercises. Preparatory exercises are mainly used to train special physical qualities. Converging exercises are used in the process of mastering precise technical movements.

General development exercises are used to educate basic physical qualities and improve necessary physical movement skills and abilities.

All exercises are included in the training component according to their direction. These preparations are: general physical; special physical; technician; tactical; integral (whole game). Each type of preparation has its own leadership tools, with the help of which special tasks are solved. At the same time, the exercises related to one type of preparation are closely connected with the exercises of another type of preparation. For example, if the practitioner does not have the necessary speed-strength qualities, he cannot perform the technique of attacking. In this case, it is appropriate to give exercises related to the development of quickness-strength qualities. Because increasing the size of the repetition of the attack will not be effective in this case.

The methods of training a volleyball player are a set of scientific and methodical bases, as well as the result of the cooperation of organizations (institutions) that consistently train volleyball players according to specific specialties.

2. In order to review the methods of training a volleyball player, let's turn to the organizational aspect of this activity.

It can be seen that ideological-educational work and training of moral-volitional qualities are given priority, because only if these activities are carried out well, one can have practical respect for oneself, the trainer, team members, opponent and others. The coach and the volleyball player, while developing the virtues as shown above, should regularly fight against the violators of the volleyball law, against drunkenness, hooliganism, lasciviousness, and other immoral people in all places. Among volleyball players, there are still a lot of people who do not know what to do, who are big-mouthed, arrogant, who demand to worship the personality of the champion. There are negative actions such as improper training of volleyball players, following fashion trends, tarnishing the honor of our volleyball players (especially abroad).

The planning of competitions and training sessions should also be considered an organizational task. This is the most responsible process in any volleyball job. Competitions should be planned in such a way that they will necessarily coincide with the time of volleyball training, be held gradually depending on their practice, and also take into account the conditions (climate, altitude of the place

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above sea level, time zone, etc.) of the biggest competitions. The correct distribution of competitions in the plan of the annual cycle accelerates the growth of volleyball results, allows to adapt to the conditions of the competition.

The method of organizing and holding training sessions also depends on the level of competition: every single task performed at such sessions should be thought out very carefully. For example: taking volleyball players to the training ground; well-planned schedule of training days, rest; diet, exercise venues, etc. Apart from these, educational works, medical services, and scientific-methodological support are carried out. The training sessions can be in different directions: a training session, a training session, a control-preparation session, a competition session, etc. It is also worth mentioning that it is necessary to create good conditions for volleyball players in the places where training sessions are held.

By collecting and analyzing volleyball data, we can envision not only the current state of volleyball, but also its future. Various coordination services are embodied in this place (coach, volleyball player, doctor, psychologist, methodologist, etc.), they jointly solve issues such as the structure of new technical movements, functional preparation for practical complex exercises, psychological preparation.

In order to provide national teams with such specialists, it is necessary to conduct regular training of new personnel and retraining of old personnel everywhere. Currently, one-year training courses for high-class trainers are being opened for national teams. Volleyball referees are required not only refereeing skills, but also physical and functional training. Scientific and methodical conferences are held for trainers, trainers share experience by inviting high-level experts and are re-certified from time to time.

It is necessary to properly organize and effectively spend free time and rest of volleyball players during training sessions and competitions. Ideological and political training in national teams is carried out differently depending on the age of the team members.

In order to ensure the system of preparing a volleyball player for the competition from a scientific and methodological point of view, it is first necessary to create a model of the future volleyball player. In the process of scientific training of national teams and preparation for responsible international competitions held in the State of Moscow, it is necessary to get as much information as possible about the physical characteristics, training methods, what kind of load, lifestyle and other aspects of each famous volleyball player. In this area, the intelligence of knowing the style of the opposing team or the opponent should be developed more and more.

The scientific-methodical group involved in the supply must definitely give its opinion on the management of the training process, the introduction of the volleyball player into the volleyball uniform, and the dynamics of the volleyball uniform.

Summary. While carrying out the training process, the coach should conscientiously select only promising children in the volleyball court (this is a system of organizational-methodical actions of a set of characters consisting of pedagogical, social, psychological, methodical-biological methods, and the talent and ability of children selected for the volleyball specialty is determined using these methods), it is a duty and duty to determine what type of volleyball they are capable of. But in any situation, when choosing children for volleyball, the coach must pay attention to the sum of positive factors in them and take into account the child's hardworking, hardworking and unique qualities.

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