

METHODS OF PREPARATION OF PHYSICAL DEVELOPMENT OF YOUNG VOLEYBOLCHI

Ziyatov Muhammad Namazovich

Samarkand State Medical University

Lecturer at the department of Physical education and sports,

doctor of philosophy on teaching in science (PhD), docent

Ziyatovmammad@gmail

Physical preparation involved physical development and progress towards the direction abilities development is also a large contribution will add. In this regard, in the exercise of the process from the initial preparation during the period of physical training of the increase to the total time of 80% is allocated. General and specific training in between . an important difference there. General physical preparedness in key physical attributes: strength, speed, agility, flexibility, durability, movements of the combination , and others to be developed. Special physical preparation specific sport type , and their main method of exercise study and their performance, skill increase by caused.

The results of research purpose: the initial preparation of voleybolchi the physical preparation of the analysis make. stage

The results of research go to: Research Jizzakh region of arnasay district the people of the education department , owned by 8- general secondary education, in school and out did not go. In a few years in sport with and dealt 11-13 - year - 20 students in the reader 's research and control group in the case grab. Research in the group training physical training that develops exercise added in case, control group school program work plan on the basis of the training you get will go to. From lessons in the process out to go and research going physical training tests by was checked. The sessions towards downloads going physical preparation on the positive or negative effects show health we can is. Tests of two period of the case, namely the first period research at the beginning, the second the period the survey at the end of were taken. First period obtained results table through was expressed. Research at the end of obtained results the average account was removed and ikkila the period of each other with were compared. Initial preparation stage involved physical preparedness determine to the following test test outline is.

1. Standing from a place uzunlikka jump;
2. I 60 to running;
3. In arg'amchi jump;
4. 1 kg fill the ball to throw;

Standing from a place uzunlikka jump exercises following out is carried. Involved marked line came, the feet are in a line parallel put without to g'riga deysinib has jumped.

Involved came down in the place will stand. Specified line (start line) engaged came down that place of long measure.

Running mashqida set the start line from my 60 length finish line is determined. Involved turn with the start line came, the coach or the referee command with the finish into running. Finish line crossing transition with coach or referee sekundamerini stops.

In arg'amchi jump in students 60 seconds within few in march jumped to their failure to lead is.

1 kg fill the ball to throw mashqida volleyball field specified in the line involved turn with is. Engaged 1 fill the ball I hold without a coach or referee's command to wait. From the command , then the start line behind the maximum jump, in the air head , followed by two support the maximum range to fill the ball, to throw with the distance is determined. Fill the ball dropped where the place from the start line, the distance is measured. The research during the obtained results merged summarize the average score is out. A complex test every a part from the obtained results to each other are added and come out the number of participants by the number of divided. O'tgazilgan research the first period, second period, a comparison for $[(y/x)-1]*100$ the formula by is determined. Thus, Y – second period obtained results , the average account X – first period of the obtained results , the average account is. This formula through two period during voleybolchi in agility , the quality of a few percent to the development of prosperity or zo'riqqanligini determine we can.

Arnasay district the people of the education department , owned by 8- general secondary education in school learners of physical training and the development according to the following conclusion did not come;

- readers not only physical training, but also the physical quality is also a positive side to change were reached;
- physical training and development identify and development for the readers of action and the quality (strength, speed, agility, flexibility, durability and others) on total that develops exercise, harakatli games applied, so as a result of educational physical preparation to grow were observed;
- readers of physical training and development to ensure in order to experience and get who go to research in the group sessions in the process of an extra workout to give on the basis of their physical training, an increase has been achieved;

We work in our work, the training healthy a lifestyle to the formation of attentional focus with along them in physical development and physical development continuously monitor, control to go to the skills to soak custom shades to add we should.

Literature:

1. SH.M. Mirziyoyev “Buyuk kelajagimizni mard va oliyjanob xalqimiz bilan birga quramiz” 2018 T:
2. O`zbekiston Respublikasining “Jismoniy tarbiya va sport to`g`risidagi qonun”gi. , - T.:O`zbekiston. 2015 4-sentyabr
3. SH.M. Mirziyoyev O`zbekiston Respublikasida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish chora tadbirlari to`g`risidagi 2017-yil 3-iyundagi PQ–3031-son [qarori](#).
4. Jismoniy tarbiya va ommaviy sportni rivojlantirish to`g`risidagi Konsepsiya 2019 13-fevral.
5. Ziyatov Muxammad Namazovich, Shermamedova Qohira Texronovna (2023) THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN THE SCHOOL EDUCATION SYSTEM. International Journal of Advanced Research in Education, Technology and Management, Published in Volume 2, Issue 8, 2023, 96-100
6. Ziyatov Muxammad Namazovich, Shermamedova Qohira Texronovna (2023) SPECIFIC ASPECTS OF ORGANIZING PHYSICAL TRAINING AND SPORTS EVENTS IN THE HIGHER EDUCATION SYSTEM International Journal of Advanced



Research in Education, Technology and Management Published in Volume 2, Issue 8, 2023, 91-95

7. Murodov Muzaffar Shermamatovich, Normaxmatov Ilxom Zayniddinovich, Axmedjanov Shuxrat Boltayivich, Ziyatov Muxammad Nomozovich, Sattarov Qarshiboy Norkulovich, & Khusainov Shamshidin Yalgashevich. (2024). Proposals On Innovative Solutions Of Organizing The Architecture Of Multifunctional Sports Facilities. Journal of Advanced Zoology, 45(S2), 131–135. <https://doi.org/10.53555/jaz.v45iS2.3852>