

Methodology of Developing Physical Qualities of Young Volleyball Players (Aged 12-13) Based on the Cluster Approach

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Annotation: This article provides brief information about the methodology of developing the physical qualities of young volleyball players (aged 12-13) based on the cluster approach.

Keywords: Pedagogy, cluster, component, education, sport, age, physical education, support.

Pedagogical education innovative cluster system envisages the training of component personnel in demand of the time during the formation of basic competencies in education. Basic and subject-related competencies of teachers are formed during the educational process. The effective organization and quality of the educational process depends on the extent to which we, the pedagogues, fulfill our responsibilities and obligations during our work.

It is known that physical education classes in schools serve as a basis for selecting and targeting young athletes for sports and requires the use of new effective methods.

Currently, in the improvement of the state policy regarding youth, it is necessary to educate them to be physically healthy, mentally and intellectually developed, independent-thinking, with a firm outlook on life, loyal to the motherland, to deepen democratic reforms and to increase their social activity in the process of developing civil society. support and implementation of creative and intellectual potential, formation of a healthy lifestyle among children and youth, wide involvement of them in physical education and sports. "Law on Education" by our independent state and the first president of the Republic of Uzbekistan I.A. by Karimov on 24.10.2004. With the adoption of the decision "On the establishment of the Children's Sports Development Fund of Uzbekistan", the study of the physical development of children and adolescents living in different geographical and ecological conditions is gaining urgent importance.

On the initiative of the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, 2019 was declared the year of "Development of Science, Enlightenment and Digital Economy". In the decrees and orders of President Shavkat Mirziyoyev, it is necessary to carry out fundamental and practical research aimed at attracting children with sports abilities to physical training and sports, as well as developing and implementing modern methods of their selection.

It is known that the diagnosis of sports talent is still far from its improvement. At the same time, describing the trends of increasing competition in sports, the modern stages of sports development, science is sharply raising questions about the need to improve the effectiveness of the methods of selecting athletes and evaluating their readiness in the future.

For every child who wants to achieve and engage in high sports results at the level of modern

requirements, striving for a goal in his activities, combining with regular education of hard work, perseverance and perseverance, to achieve high results, to acquire quality knowledge, skills and qualifications in physical education classes. depends.

There should be no concepts of small or big problems in the preparation of talented young sports reserves. Even the smallest problems that are not visible to the eye can add up to a big problem. Therefore, first of all, it is necessary to train students in physical education classes on the basis of physical and functional training. Only physical and functional potential with sufficient energy reserve creates opportunities to master sports skills with ease.

Visual observations and objective interviews show that most of the activities conducted in sports clubs and general secondary schools are approached on a one-sided basis, especially the physical or it is noticeable that technical and tactical exercises are not provided with coherence, fluency and proportionality. It is known that the same type of high-volume and high-intensity exercises, depending on the age, sex, and capabilities of the participants, eventually have a negative effect on the psychofunctional organs. as a result, deep exhaustion and tension occur. Children's motivation and interest in sports begin to fade, so such children may leave sports. Another important aspect of this issue is that if physical and technical-tactical exercises are not mutually integrated during the initial training, health, stature, and skills will not be formed in a harmonious manner.

The word cluster means bundle. Implemented in the teaching process - this method is a well-thought-out strategy that can be used with students individually or in groups.

Development of physical indicators of volleyball players based on the cluster approach in physical education classes. In order to effectively teach volleyball, the following tasks should be performed:

- formation of a system of games that is close to and suitable for the sport of volleyball out of action games and adaptation to the characteristics of volleyball;
- determining the impact on the level of physical development and technical-tactical training of students through auxiliary and special exercises;
- to study the efficiency and adaption of mobile games to age characteristics in directing students to the sport of volleyball in physical education classes;
- increase students' inclination, endurance, range of thinking and interest in volleyball training by connecting students with other sports using the cluster system.

Physical exercises of active games are first of all divided into types according to the composition of the main movements. For example: Action games aimed at putting the ball into play: "Hunters and ducks", "Ball shooting", "Ball to the captain", etc. Action games can be used in a variety of ways. This makes it possible to teach students quickly and precisely due to the flexibility of the person and the quick mastery of the movements. Therefore, if we use the cluster method in school physical education lessons, especially for 5th-6th grade students, and connect them with other sports, we will be able to quickly achieve the goal. At the same time, the level of physical fitness and their height are of the greatest importance when teaching volleyball to students. It is expedient to take into account their age characteristics when choosing tools and methods in the course of lessons and training in the cluster system.

In conclusion, the systematic monitoring of the introduction of the cluster method of teaching physical education classes to the education and upbringing process of general secondary schools will give the expected effect. When teaching volleyball to students in physical education classes, such active games, auxiliary exercises and special exercises, selected taking into account the characteristics of volleyball, are used, the physical training of the participants is greatly improved, as well as the all-round development of the individual, health , is of great importance for increasing adaptation to exercises, acceleration and work performance.

In our republic, special attention is paid to raising boys and girls on the basis of universal human values, national moral standards, and deciding on a healthy lifestyle. Educational institutions with all

amenities and sports facilities are being built and equipped at the level of modern requirements.

The role of sports in the growth of the young generation growing up in the year of "Perfect Generation" to be healthy, mobile, strong and brave is great. Regular exercise strengthens the will of a young organism, improves its physical, spiritual and moral education.

In the "Volleyball" study guide intended for general education physical education teachers, the history of the origin of volleyball, game technique, attack technique, passing the ball, movement on the field, physical fitness, volleyball game rules are given. .

This structured volleyball program can provide practical assistance to teachers in teaching students the technique and tactics of volleyball, carrying, passing and passing the ball, and explaining the rules of the game. .

The main form of work of the volleyball club is participation in competitions, training sessions in educational groups. It is necessary to carry out morning gymnastics with the students every day, and also acts as a teacher for improving special technical methods and physical training.

Training must be organized taking into account the employment of young athletes at the school. All spiritual and educational activities are carried out in accordance with the general plan of mass-cultural and educational activities.

In each group of students, the program and topic are organized according to the plan during the training process.

The training process in teenage and teenage groups is divided into three periods: preparation, competition, and transition period.

The preparatory period is divided into three stages: the first stage - general preparation (education of participants in all-round physical fitness, physical and will quality, preparation for passing the "Alpomish" and "Barchinoy" test standards, technical and tactical preparation). The second stage is special training (developing the physical qualities, technical and tactical preparation necessary for volleyball players, forming a team. The third stage is preparing before the competition (then developing the special qualities of volleyball players, preparing for future competitions , improving game techniques and tactics, improving team cohesion).

the task of the competition period: to increase the level of good training, improve technique and tactics, special physical training, participation in the competition. Transition task. Maintaining the achieved level of general physical and technical training, preparing to pass the "Alpomish" and "Barchinoy" test standards.

This program is intended for all age groups with educational material. In the initial training group, the main focus is on strengthening health, overall physical fitness, development of coordination, speed, dexterity, and flexibility. Preparation and acceptance of "Alpomish" and "Barchinoy" test standards. Group supervision and participation in friendly meetings.

The young volleyball players in the second-year training group are then engaged in mapping physical development, prepare and pass the "Alpomish" and "Barchinoy" test standards, learn the basics of volleyball techniques and tactics. participate in official competitions held on

The third year will continue to improve all-round physical development in the group of participants, they will prepare and pass tests according to the standards of "Alpomish" and "Barchinoy". Volleyball players need to master the technique of the main methods of the game, to know how to use it in the game, to master the tactical systems and combinations of the game, to participate in the city, regional and republican competitions, to learn the work of referee and public instructor.

For each age group, educational material is given separately from theoretical training. Learning it is conducted in the form of a conversation before and after the practical training for 10-15 minutes. As much as possible, the leader or teacher should conduct the educational material by connecting the theoretical training with the practical one. During the interview, he can use visual aids, film, and film.

In the process of training on general physical training, tools familiar to basic children in physical education classes are used. In some separate trainings, it is appropriate to allocate time to general physical training. Based on the conditions of training and the specific tasks of training, it depends on the choice of the size and means of general physical training for each training. Because, in the initial period, when the effectiveness of the volleyball tool is low (there is little physical load in double games and technical exercises), 60-70% of the time allocated to training is the volume of total physical training. . Gymnastics, athletics, movement games, basketball, handball are more often used in training sessions with young volleyball players.

Teaching volleyball techniques and tactics to students is directly related to special physical training. In addition to the volleyball equipment, its components play an important role in the initial period of training, among the special training (preparation) equipment, exercises performed with objects occupy a certain place: padding, basketball, tennis balls; hemp, rubber amaritisers; dumbbells, various special devices, etc.

For 16- and 17-18-year-old female students, the weight of the filler ball is 1-2 kg, for 16-18-year-old students, 3 kg. A 1kg ball is used in the preparatory exercises for putting the ball in and giving an attack shot. Exercises performed with dumbbells are mainly intended for 16-18 year old students, 1-3 kg. Exercises with amiritzators are used from the age of 13. Medical rubber bandages are used as shock absorbers.

The training of tactical movement begins from the first training session. Young volleyball players will learn the tactical movement that depends on ten depending on their mastery of volleyball technique as much as possible.

Instructor practice is conducted starting with the group of teenagers and juniors. Instructor qualifications are obtained during special training and training sessions. Volleyball players should be able to line up, give basic commands, and choose exercises for the preparatory part of the lesson. They improve their instructor skills as a teacher's assistant.

Young volleyball players start refereeing practice in the youth group (13-14 years old) and start training. From the age of 15-16, students take part in refereeing city and district championship competitions. They should learn to organize competition rules, game calendars, organize and conduct competitions in circles.

The coach must give instructions for conducting the game before each calendar game, after which the game will be discussed. The instruction should be given in advance because the players have to think about the game plan. It is recommended to conduct a discussion or analysis of the game played before the training session.

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