

MAIN METHODS OF ORGANIZING VOLLEYBALL SPORTS ON THE BASIS OF INTERNATIONAL REQUIREMENTS

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ABSTRACT

The game of volleyball is not only entertainment, but also an educational activity that increases physical activity. Therefore, it is very important to organize volleyball lessons and educate students to be competitive and resistant enough to play this game. This article describes in detail the methods used in the organization of a volleyball game and its study.

Key words: volleyball, endurance, fitness, physical exercises, pedagogue, students, Educational program, etc.

Volleyball is an effective and versatile means of physical training and personal development. Playing volleyball has an effective effect on many important systems of the body and improves them at a high level. For these reasons, volleyball has an important place in the physical education system of many countries. Volleyball is included in the physical culture science programs of secondary schools, secondary schools, and higher educational institutions. Physical culture teams play volleyball in sports sections and military units. Volleyball is used in parks, swimming pools, holiday homes, and many public sports events as a means of active recreation and relaxation, which brings pleasure to people with a sedentary lifestyle. Understanding the dynamic mechanisms that determine the effectiveness of playing styles in volleyball and the ability to determine their formation will help the coach to select exercises and determine their size, as well as to determine the correct emphasis in training. "Volleyball Theory and Methodology" is a specialty subject of the curriculum of a higher educational institution in accordance with the requirements of preparation for the profession of volleyball coach. Specialists in the specialty "Sports activities" (types of activities) of the Higher Education State Education Standard 5610500.

Performs most of the general tasks in the formation of the abilities specified in the qualification description of training. This science

Training of specialists in "Physical culture" and "Sports activities" takes a leading place among a number of subjects in the curriculum. The educational program provides a necessary indicator of the requirements for the level and volume of knowledge, professional qualifications and skills that each graduate of the course should acquire. They consist of:

- general basics of volleyball theory;
- the method of teaching volleyball;
- theory and methodology of sports exercises;
- characteristics of training teams of different categories;
- mass sports activities;

- medical-biological and psychological foundations of volleyball;
- methods of organizing and conducting refereeing of volleyball competitions;
- material and technical support of playing volleyball;
- scientific-research works of students on volleyball;
- planning and controlling the level of sports training of volleyball players.

Understanding the problems of modern volleyball theory and methodology allows young professionals to objectively evaluate existing knowledge, to search for effective ways to improve their professional skills, and also to find new ways in the process of solving these problems. In a narrow sense, problem-based teaching methods can be used to master a part of the material, especially the theoretical part. The result of trying to solve many educational tasks independently or with the help of a teacher can be more understandable and effective. If young people come across a teacher who has high moral and pedagogical qualities, who can teach all the secrets of professional activity, who is worth imitating, then this is a great achievement. Young people should not miss this opportunity. However, it is not necessary to take relations with influential people to the level of mutual dependence. It relaxes a person, reduces his stability, prevents the development of important principles of the person. It is not allowed to trust famous people without words, often hesitate to ask "Why?", "Is it really so?" questions should be asked. Reasonable ambivalence towards established and established guidelines, theories and methods will improve the cognitive process and accelerate the personal formation and professional development of young professionals. Otherwise, lack of independence and lack of self-confidence will turn them into dry performers in the future. The ability to teach volleyball requires the acquisition of effective and technological teaching methods and comprehensive training of volleyball players. While this helps players improve their skills, it is an important, but not the only, skill of a coach. In one way or another, he relies on many other abilities of the trainer, partially absorbing them. Teaching skills are of particular importance for children's coaches. Young players take their first steps in volleyball at this stage of learning, their path leading to the peak of skill is long. Teaching young players to practice takes a lot of time and effort, so this step is very important. In the end, it is he who will determine whether the students of BOSM can become real skilled players in the future. The coach's skill consists of the following abilities: constructive (creativity) and forecasting (targeting, prediction). The creativity of the coach allows him to understand and choose the most effective methods for developing his skills based on the creation of an improved player from the available material. It is also necessary to be able to apply the chosen methods in practice. In order to successfully fulfill the role of a biomachine creator, a coach needs to have a clear idea of the mechanism of the emergence of all aspects of the players' skills, and the ability to engineer the athletes' biomachine devices. He should also be the creator of the whole team. The creative process takes several years, so the ability to develop a training system for each player and the team as a whole, based on the probable future of the coach, is of particular importance. An important skill of the coach in determining the prospects of the players and the team - forecasting (knowing in advance) is of great importance. Foresight allows the coach to determine the prospects of players and their numbers over time. It allows you to find talented players during the selection process, train a young player according to his abilities, and identify his strengths and weaknesses over

time. Being able to see the perspective of the players is very important in choosing the most effective ways to improve the skill.

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