

## THE IMPORTANCE OF PLAYING VOLLEYBALL IN THE SYSTEM OF PHYSICAL EDUCATION

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### ABSTRACT

This article presents instructions and suggestions for the role of the game of volleyball in the system of physical education, the essence and development of the content. It is envisaged to train schoolchildren in the sport of volleyball and thereby develop their physical qualities.

**Keywords:** modern volleyball, physical loading at the time of volleyball training, as a means of recovery from the game of volleyball, receiving the ball, making, etc.

### INTRODUCTION

The prosperity of an independent Uzbekistan, its rise from the economic and positive side to the level of a great state, is directly dependent not only on the intelligence, knowledge and qualifications of the young generation and working citizens, but also on their health, physical perfection. A positive decision of the fate of the current period and its prospects requires such sensations from every citizen, regardless of the field, as well as perseverance, entrepreneurship, resourcefulness and business acumen.

And on the ground of these sensations lies the qualities of strength, agility, agility and endurance. Of course, the active and purposeful formation of these qualities does not arise on its own, but is carried out at the expense of the fact that a person is regularly and according to plan engaged in the process of ontogenetic development with the help of sports or physical education tools (exercises). The first in our country within the Commonwealth states is the law "on Physical Education and sports" (1992, 2000, 2015), On the establishment of the children's Sports Development Fund of Uzbekistan (2002) decrees and government decrees of the president of the Republic of Uzbekistan Mirziyoev Shavkat Miromonovich of June 3, 2017 PQ-3031" on measures for the further development of Physical Education and mass sports "and Cabinet of Ministers of the Republic of Uzbekistan of October 25, 2018" on further improvement of the system of Republican sports competitions.

Due to the attention given to sports by this state, volleyball has been fruitful in terms of training, physical development of students, strengthening their health. This game can be played in the fresh air for most of the year. Training has a positive effect on the strengthening of the bone-joint and muscular apparatus, improving the metabolism in the body, the evolution of its functions. Therefore, the game of volleyball is used as a means of recovery.

Modern volleyball puts high demands on the functional state, physical qualities of the body of athletes. Because the physical load at the time of volleyball training is very high, and the result will not be as expected if it is not well prepared, practiced regularly and rigorously. Striving to achieve a common goal at the time of a volleyball game, teaches the

player to be passionate about the team, to cooperate, to help each other educate the Commonwealth and brotherhood. In the process of training, the volleyball player achieves the all-round development of his body, being handsome, the attractiveness of movements. Intense sports wrestling, the combination of team activities, gives players and spectators deep aesthetic pleasure.

The continuous growth of the ranks of volleyball players, in turn, provides the basis for the further strengthening of the ranks of the national team of the country.

The positive effect of volleyball on the body of a person, its co — existence, not too complicated in technical terms indicates a good result in the work of wellness.

Volleyball is played by two teams facing each other. The volleyball game is made up of offensive and defensive techniques. Both offense and defense are allocated to standing, sliding, and ball possession techniques.

During the game, the volleyball player is constantly sliding across the field. From these shifts, the goal is to choose the most convenient place to receive the ball and perform other technical methods.

**Stands.** Differs depending on the degree of bending of the leg from the knee. Each player accepts a fixed stance, with some players standing motionless (static), while others moving in one place, Goh U foot, goh bu foot.

Sliding across the field is performed by walking, running or jumping.

**Walk.** The player leans slightly forward with his knees bent, pulls his foot forward and steps. This makes it possible to quickly perform the necessary initial position while maintaining the posture and performing the technical method.

**Run.** A quick shift across the field and a sharp change in direction are performed by running on slightly bent legs. In the final run, the step is thrown too long, as long as it is followed by non-moving movements (stop reversing direction, attack dice, or block).

Thus, in the game of volleyball, each individual goes through self-control, quick thinking, practically acquired knowledge in the process of performing an experienced increased load, and envisages improving, improving his own technical and tactical skills from each training or competition.

The main direction of all exercises should be to choose the method of movement in accordance with the situation. For example: when receiving the ball, it will consist in connecting the mutual movement of the partner with his movement and performing the exercises noted above. The purpose of such exercises is to ensure the perfection of accurate ball passing, receiving, movements, while also developing indicators of physical qualities at a high level.

The essence of such exercises is that conditions are created for those involved to choose a method of tactical action and assess its effectiveness.

In conclusion, in physical education and post-Class Activities, volleyball is highly developed through the systematic organization and training of the sport in stages.

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