

THE DEVELOPMENT OF DEXTERITY AMONG VOLEBOLISTS

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Annotation: The relevance of the work lies in the fact that modern volleyball is in the stage of a rapid creative upsurge aimed at activating actions, both in attack and defense. In this regard, there is a problem of a lack of specialized literature, which in turn leads to difficulties in conducting the training process during the preparation of young volleyball players.

Keywords: volleyball, sports, physical training, agility, physical qualities, ball, discipline, loading, training.

Volleyball is a very effective tool for promoting health and physical development. All movements in volleyball are natural, based on running, jumping, throwing. Modern biomedical and sociological studies show that regular volleyball practice causes significant morphofunctional changes in the activity of analyzers, the musculoskeletal system and internal organs and systems. In particular, deep and peripheral vision improves, and the ability to neuromuscular apparatus leads to rapid tension and relaxation of muscles; performing jumps in the game helps to strengthen the musculoskeletal system of the lower extremities, strengthens the apparatus of the hands and increases their mobility; improves metabolism, the work of the circulatory and respiratory organs. Volleyball requires athletes to have good coordination of movements, dexterity, flexibility, speed, physical strength, courage and intelligence.

The orientation and content of the training of young volleyball players is determined, first of all, by the age-related features of the functioning of organs and body systems, psychological characteristics and are guided by the model characteristics of highly qualified athletes.

Modern volleyball is in the stage of a rapid creative upsurge aimed at activating actions, both in attack and defense. The ability to react quickly to an ever-changing game situation, correctly and efficiently handle a flying ball with high ball speed, quickly move from one action to another, is of great importance in volleyball and significantly affects the final result of the game. In sports games, the complex of these skills is combined by the concept of "special dexterity"

The explanatory dictionary, giving a definition of dexterity, refers us to the formulation of the following plan: "Coordination of movements is the consistency and

orderliness achieved as a result of training in space and time of movements of individual parts of the athlete's body, the ability to quickly transform movements in accordance with new conditions. It is achieved by the most rational inclusion in the work of various muscle groups that ensure the performance of movement in terms of spatial, temporal and dynamic characteristics in accordance with the structure of a particular motor skill.

Special dexterity is of paramount importance in all game techniques where high demands are placed on coordination of movements. Its development can be judged by how quickly a student can master a complex game technique, by the degree of accuracy of its execution in a changing game environment. Special dexterity is a complex quality. A dexterous player has a good sense of space, time, and is able to quickly and expediently rearrange his movements. That is why one of the important tasks of educational work with children aged 10-13 years is the development of their motor functions and the ability to control their movements. Movement coordination exercises (the ability to combine movements with different parts of the body, quickly switch from one movement to another) play an important role in solving this problem. Coordination of movements is a motor ability that develops through movements, and the more motor skills a student has, the richer his motor experience and the wider the base for mastering new forms of motor activity activities. It is known that a child's motor abilities develop most effectively by the age of 10-13. Therefore, the age from 6 to 14 years should be considered as a period of active development of coordination abilities and dexterity.

In modern conditions of human activity, the volume of activities carried out in probabilistic and unexpected situations has significantly increased, which requires resourcefulness, quickness of reaction, ability to concentrate and switch attention, spatial, temporal, dynamic accuracy of movements and their biomechanical rationality. All these qualities or abilities in the theory of physical education are associated with the concept of dexterity. Dexterity is the ability of a person to quickly, efficiently, it is advisable, that is, the most rational way, to master new motor actions, successfully solve motor tasks in changing conditions. The less well-known, more complex the movements or actions, the faster it is necessary to show dexterity, the higher it should be. In particular, dexterity is needed in case of an unexpected motor task that requires quick orientation and urgent execution when there is no time to think. Dexterity is a complex complex motor quality, the level of development of which is determined by many factors. The largest highly developed muscular feeling and the so-called plasticity of neural cortical processes are important. The urgency of the formation of coordination links and the speed of transition from one set of attitudes and reactions to others depends on the degree of manifestation of the latter.

In textbooks, monographs and articles, one can read that dexterity consists of two main abilities: firstly, the ability to quickly master new motor actions (the ability to learn quickly) and, secondly, the ability to quickly and co-ordinately rebuild motor activity in a sudden change in the situation. The latter ability is sometimes considered as the ability to motor adaptation, manifested in relatively standard and unexpected, rapidly changing situations. Agility in volleyball is manifested in the performance of all tactical and technical actions and is closely related to strength, speed, endurance, flexibility.

Dexterity is the ability to control one's movements and quickly rebuild motor activity in accordance with the requirements of a changing environment. Dexterity in volleyball is manifested in the performance of all technical and tactical actions and is closely related to strength, speed, endurance, flexibility.

Agility in volleyball is conditionally divided into acrobatic (motor actions in attack, blocking, and second passes in a jump) and gaming (the ability to anticipate the continuation of the action).

Psychological training is of particular importance in the development of dexterity among young volleyball players. Such training begins with its planning, when the coach, knowing the individual characteristics of each player and the "character" of his team, as well as the current state, selects in advance a means of increasing or decreasing mental the tension of recent training sessions with a general tendency to decrease tension in the last days before the competition. Sometimes it makes sense to raise his level, to do a kind of "charging", after which it is easier to stabilize the mental state of the players, as it often does for.

The development of a volleyball player's dexterity is the improvement of coordination of movements, and most importantly, the ability to quickly rebuild motor activity in accordance with constantly changing situations of the game and control of one's body in a secure position.

Dexterity as a physical quality creates prerequisites for mastering coordination-complex movements, which is necessary for mastering the technique of the game and its manifestation in competitive conditions. Dexterity develops through sports and outdoor games, gymnastic exercises, jumping rope, etc. The main condition for the development of dexterity is a constant increase in coordination difficulties when performing exercises.

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