



FEATURES OF PHYSICAL TRAINING OF TEENAGE VOLLEYBALL PLAYERS

Rahmonov Shuhrat Yusupovich

Lecturer at the Department of Physical Education and Sports Games
Termez State University

Annotation. *The article examines the key features of physical training of adolescent volleyball players. Age and physiological characteristics of adolescents are analyzed, priority areas for the development of physical qualities such as speed, agility, strength and endurance are determined, taking into account the specifics of volleyball. Particular attention is paid to the principles of building the training process and methods of monitoring the physical fitness of young athletes.*

Keywords: *volleyball, physical training, adolescence, physical qualities.*

Introduction. Physical training plays a key role in the overall training of athletes, especially in team sports such as volleyball [3, 4]. The effectiveness of competitive activity directly depends on the level of development of motor skills, adaptive capabilities of the body and functional readiness [1]. Physical training is of particular importance during adolescence - a period of intensive physical, physiological and mental development, when the foundations of future athletic skill are laid [2, 4].

Adolescence (approximately from 13 to 16 years) is characterized by rapid growth and development of the body, instability of motor functions, as well as the onset of puberty, which is accompanied by changes in the hormonal system and psycho-emotional sphere [10, 11]. These factors require a cautious and scientifically based approach to planning physical activity. Incorrect organization of the training process can lead to overexertion, decreased motivation and even injuries or deterioration of the athlete's health [5, 6, 8].

Modern requirements for the training of volleyball players require a high level of development of such physical qualities as strength, speed, coordination, endurance and flexibility [12, 13]. In addition, playing volleyball requires athletes to be able to quickly adapt to changing game situations, make decisions quickly, and make precise and coordinated movements. All this creates the need for a comprehensive approach to physical training that takes into account both the general patterns of age-related development and the specific requirements of volleyball as a sport [7, 9].

Despite the existence of scientific and methodological works devoted to the physical training of young athletes, the issues of optimization of the training process in volleyball in adolescence remain relevant. There are certain contradictions between the volume of loads necessary to achieve a sports result and the capabilities of the adolescent body. This requires constant analysis, correction and individualization of training programs [14, 15].

The purpose of this article is to analyze the characteristics of the physical training of adolescent volleyball players, identify priority areas of training and substantiate effective methods and forms of organizing physical activity at this stage of sports development.

Physical training of adolescents involved in volleyball should be aimed at the comprehensive development of physical qualities necessary for a successful game. The peculiarity of volleyball as a sport is the combination of explosive, high-speed and coordination actions, which determines the priority areas of training. In adolescence, it is especially important to lay the foundation for physical fitness, not only to achieve current sports results, but also for further development [16, 17].

Speed and explosive power are key qualities for a volleyball player. They are necessary for jumping (attack, block, serve), moving sharply around the court and reacting quickly to game situations. Teenagers are recommended to:

- jump exercises (jumps in place, in depth, in height and in length);
- plyometric training;

- acceleration over short distances (5-10 m);
- reactive exercises with an external stimulus (start on signal, change of direction of movement).

Regular work on these qualities increases the effectiveness of game actions and the overall dynamism of the athlete.

Volleyball requires high precision of movements, orientation in space, the ability to quickly change motor programs. In adolescence, despite the instability of coordination due to body growth, favorable conditions are created for its development. Effective are:

- balance exercises (on gymnastic benches, platforms);
- training with changing conditions (non-standard balls, varying the height and speed of the serve);
- elements with a ball on an unstable support;
- game tasks for accuracy and agility.

Development of coordination contributes to better assimilation of technical elements and reduces the risk of injury.

Game endurance is necessary to maintain a high intensity of action throughout the match. In adolescence, you can actively develop both general and special endurance:

- general endurance - through cross-country running, variable-speed running, interval loads;
- special - with the help of repeated game episodes, shuttle running, circuit training with volleyball elements.

It is important to dose the load taking into account the level of physical fitness and to avoid overfatigue.

Strength in volleyball is manifested primarily in the legs (jumps), shoulder girdle (attacks, blocks) and core muscles (body stabilization). In adolescence, strength training is carried out mainly in the form of:

- exercises with your own weight (squats, push-ups, pull-ups);

- static-dynamic exercises (holding a pose, working with a ball in statics);
- light work with weights (depending on age and training);
- training of the muscular corset (planks, crunches, exercises on fitballs).

Strength training should be functionally related to game actions and not disrupt motor technique.

Flexibility provides range of motion and reduces the risk of injury, especially during falls and sudden movements. Flexibility development in adolescence is relatively easy, especially with regular exercise. It is recommended to:

- perform daily joint gymnastics;
- use static and dynamic stretches;
- introduce exercises for relaxation and recovery after exercise.

Flexibility is especially important for defense, when an athlete needs to react quickly and reach the ball in difficult body positions.

Physical training of adolescent volleyball players should be comprehensive, with a clear emphasis on developing the qualities that determine effectiveness in the game. It is important to adhere to the principle of gradualism, alternation of loads and taking into account the individual characteristics of athletes.

Physical training should be based on the principles of availability, variability and progression of loads. It is recommended to use game methods, circuit training, simulator and plyometric exercises. Training sessions should be planned taking into account:

- the teenager's biorhythms;
- alternating loads and recovery;
- regular monitoring and correction of training programs.

To assess the effectiveness of the training process, tests are used for strength (long jump from a place, squats), speed (10-20 m sprint), endurance (shuttle run), agility (coordination tests). The data obtained allows you to individualize training tasks and track the dynamics of the athlete's development.

Conclusions. Physical training of teenage volleyball players requires a comprehensive approach based on age-related characteristics and the specifics of the sport. Systematic and scientifically based impact on the development of physical qualities contributes not only to improving athletic performance, but also to the harmonious development of the adolescent body. Physical training is the foundation of the athletic development of volleyball players, especially in adolescence, when the body is most susceptible to training effects. This stage is critically important for the formation of the motor base, the development of strength, coordination, endurance and other qualities necessary for effective participation in competitive activities. Age-related characteristics of adolescents require a special pedagogical and physiological approach. Rapid growth rates, instability of the nervous system, hormonal changes and the formation of the psycho-emotional sphere determine the need for strictly individualized and step-by-step training, including a variety of methods and forms of the training process.

Thus, physical training of teenage volleyball players is not just a system of exercises, but a scientifically based, targeted and flexible process that takes into account the individual and age characteristics of athletes, their psychological maturity and the specifics of the game sport. Rational construction of this process is the key to successful sports development, injury prevention and the formation of a healthy, functionally developed athlete.

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