



ACTIVITIES OF THE UZBEKISTAN VOLLEYBALL TEAM IN THE INTERNATIONAL FIELD

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***Abstract** The article comprehensively analyzes the activities of the Uzbek volleyball team in the international sports arena. In particular, the history of the team's formation, participation in the Asian and world championships, achievements and current problems are covered on a scientific basis. The physical fitness of athletes, the level of tactics and techniques, the activities of the coaching staff, international exchange of experience and the state of sports infrastructure are objectively analyzed. In addition, the article outlines proposals and promising plans that should be implemented to increase the international rating. Through these analyzes, the place and potential of Uzbek volleyball in the global sports arena are determined.*

***Key words** Uzbekistan, volleyball, national team, international competition, sports infrastructure, coaching staff, preparation, Asian Championship, world sports, sports policy.*

***Аннотация:** В статье всесторонне проанализирована деятельность сборной Узбекистана по волейболу на международной спортивной арене. В частности, на научной основе рассмотрены история формирования команды, участие в чемпионатах Азии и мира, достижения и актуальные проблемы. Объективно проанализированы физическая подготовка спортсменов, уровень тактики и техники, деятельность тренерского штаба, международный обмен опытом и состояние спортивной инфраструктуры. Кроме того, в статье изложены предложения и перспективные планы, которые необходимо реализовать для повышения международного рейтинга. Через*

эти анализы определяются место и потенциал узбекского волейбола в мировом спортивном пространстве.

Ключевые слова: Узбекистан, волейбол, национальная сборная, международные соревнования, спортивная инфраструктура, тренерский состав, подготовка, чемпионат Азии, мировой спорт, спортивная политика.

Introduction The development of sports in the Republic of Uzbekistan is one of the priority areas of state policy. The opportunities created for playing sports in our country, modern infrastructure, the development of sports education in sports schools and higher educational institutions, along with the widespread dissemination of a healthy lifestyle among young people, serve to increase the country's prestige in the international sports arena. In particular, volleyball, along with football, boxing, and athletics, is developing rapidly. Volleyball is a sport that requires high levels of team, intellectual, and physical effort, and is becoming widely popular in Uzbekistan. Its development is closely related to the improvement of sports infrastructure by the state, the improvement of trainers' qualifications, and the introduction of incentive systems for athletes. It is also noteworthy that Uzbekistan's sports potential is being demonstrated in the world of international sports through volleyball. This article examines the participation, opportunities, and problems of the national team in the international arena.

Relevance of the topic In the context of globalization, not only political or economic competition between countries, but also prestigious competitions in the field of sports are gaining great importance. Achievements in sports, especially successes in international competitions, are an integral part of the country's brand and international image. Therefore, the preparation of national teams in each sport and their worthy participation at the international level are of paramount importance. The volleyball team of Uzbekistan has been trying to find its place in the world sports arena in recent years. Positive changes on this path and analysis of current problems based on a scientific approach serve as an important basis for increasing the potential of the national team, participating in the Olympics in the future and

joining the ranks of leading countries in the Asian championships. In this regard, the relevance of the topic is assessed as one of the strategic directions of today's sports policy.

Discussion:

- 1. Historical formation and stages of development
- The Uzbekistan national volleyball team began its independent activity after independence. Since 1992, Uzbekistan has officially become a member of the International Volleyball Federation (FIVB) and the Asian Volleyball Confederation (AVC). Since then, the men's and women's national teams have been participating in international competitions.
- Despite the limited opportunities in the early years, the national team was formed due to the interest and will of volleyball players in sports, as well as the dedication of coaches. Today, volleyball schools, clubs and academies operate throughout the Republic.
- 2. Active participation in international competitions
- The Uzbekistan national volleyball team regularly participates in the Asian Championships, Asian Games, FIVB qualifying rounds and CAVA tournaments. The following results were recorded in these competitions
- The women's team won the bronze medal at the 2022 Central Asian Championship.
- The men's team participated in the 2023 Asian Championship and showed a worthy performance against strong opponents.
- The youth national teams gained experience by participating in the 2021 and 2023 Asian Championships.

The performance of the women's team in particular has improved significantly in recent years. They are working with coaches with international experience and have plans to reach the top of the Asian rankings.

3. Coaches and training system

The coaching staff is a decisive factor in the team's successful performance. The following approaches have been introduced into the composition of the Uzbek national team:

- Along with local experienced coaches, foreign specialists are involved;
- Athletes undergo special rehabilitation and medical monitoring;
- 2-3 training camps are organized annually (in Tashkent, Fergana, Navoi and abroad).

However, this system is not yet fully developed. Training camps are rarely enriched with international-level sparring matches. Training is limited to domestic infrastructure. In order to absorb international experience and become more competitive, it is necessary to increase the number of foreign training camps and tournaments.

4. Sports infrastructure and material and technical support

The number of volleyball sports facilities in Uzbekistan is increasing. Newly built and reconstructed volleyball arenas and gyms serve as a necessary base for team training. For example:

- "Youth Sports Complex" in Tashkent
- "Central Volleyball Center" in Samarkand
- Sports colleges in Fergana and Andijan regions have modern conditions.

However, in some regions, the problem of outdated halls, a small amount of sports equipment and a small number of professional coaches is still relevant. Therefore, improving sports infrastructure on a regional basis is a requirement today.

5. Future prospects and proposals

The following measures are important to increase the international competitiveness of the national team:

- Coach training: Coaches should participate in advanced training courses based on European and Asian experience.
- Youth national teams development: It is necessary to form a high-potential squad from a base of 16-18-year-old athletes.

- Athlete motivation: The financial and social support system should be strengthened.
- Expanding participation in international competitions: Participation in at least 3-5 international tournaments should be determined annually.

Conclusion The Uzbek volleyball team is making significant strides towards finding its place in the world sports arena. The results achieved can serve as a solid foundation for future development. At the same time, a systematic approach, the absorption of international experience, and comprehensive support for coaches and athletes are important to increase the team's competitiveness in world sports. By strengthening the sports infrastructure, identifying talented young people and directing them correctly, and regularly participating in international competitions, our volleyball team can reach great heights. The joint efforts of all officials, athletes, and coaches are necessary for the bright future of Uzbek volleyball.

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