

DEVELOPING ANAEROBIC ENDURANCE OF VOLLEYBALL PLAYERS

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abstract

The future of any country, its future development is measured primarily by the physical and spiritual maturity of the people, the youth. At the same time, the realization of the physical and intellectual potential of the people, the formation of appropriate resources in this regard is becoming a guarantee of development and prosperity in the XXI century. It is important that the head of our state considers the development of physical culture and sports in our country as an integral and integral part of the formation of a unique effective system that can attract not only children and adolescents, but also the whole nation to the mass sports movement. The organization of events in this area in a harmonious and joint manner is proving its effectiveness.

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It is gratifying that the whole country has an effective national system in the field of physical culture and sports, which covers different segments of the population, and it is already recognized by foreign countries that it gives good results. In recent years, physical education and sports have become an integral part of young people's lives. The new social and economic conditions create wide opportunities for the development of physical culture and sports in our country. Many modern sports facilities are being built and the production of various sports equipment is being localized. The newly built sports facilities of the modern type and equipping them with sports equipment and facilities that meet world standards show that the number of regular participants in physical culture and sports is growing from year to year.

In the theory and methodology of training volleyball players in sports, the problem of their physical fitness never loses its relevance. [5, 16, 21]. The reason for this is that volleyball, like any other sport, has improved in recent years based on the natural development process of the game and radical changes in the rules. The modern game of volleyball places great demands on the athlete's ability to move and his functional capabilities. It is characterized by a high intensity of play movements that require maximum muscle strength and the ability to train them in a rapidly changing environment over a relatively large period of time. The game, which lasts up to two hours, is filled with a lot of technical means, sudden, fast movements, and jumps.

In the practice of sports training, the physical fitness of the athlete is necessary to maintain his health, shape the physical condition of the athlete, as well as increase the functional capacity of the body, develop physical qualities, effectively prepare for and participate in competitions. One of the most important physical qualities for a volleyball player is endurance. The uncertainty of time, the

abstraction of game duration is one of the main features of the volleyball game.

The ability to overcome adversity, to resist fatigue, is called endurance by the definition of scientists. Endurance must and must be developed not only by the athlete who dreams of victories and records, but also by every intelligent person. It is no coincidence that for thousands of years, endurance has been a prerequisite for saving the lives of our ancestors. Nowadays, medical and sports sciences strongly recommend that endurance exercise be included in everyone's lifestyle. The purpose of the study. To determine the impact of the training process aimed at improving the endurance quality of volleyball players. The development of general endurance is achieved by running for a long time in the gym, both in the gym and on uneven terrain, as well as by performing exercises with the rotation method, which includes exercises that can be performed quickly (long jump, tempo jumps, short-distance running, etc.) is applied. The exercises are repeated for one second in a row. The rest times between series are stored for 60 seconds. The number of repetitions in the training is 1-2, the rest time between them is 3-5 minutes.

During the sessions, we also used an exercise system to develop the individual endurance of the trainees. The development of special endurance has been facilitated by repetitive loads that are set on the basis of game exercises on the field (limited space) during training, as well as by the expansion of game parties that last for some time rather than in game view; reducing rest times between packages; adding new players to the game and making content abbreviated games, and so on. One of the key components of special endurance is the jumps these players perform. It has been proven that 90-95% of the points scored during a competitive game are scored in a clear fight (block, attack), so the jumping skills of volleyball players should be at a high level. For this purpose, a program of exercises to strengthen the flexor and extensor muscles of the arms and legs and jump.

1. Jump up while sitting upright and half.
2. Jump to a height of 50-60 cm and feed upright.
3. Jump up in the scissors method.
4. Deep sitting: step - jump - jump.
5. Jumping with the knees straight, putting a load on the leg muscles.
6. Running with the knee raised (the knee rises quickly and high).
7. Jumping off the ground on both feet and jumping over an obstacle (jump - turn away from an obstacle -jump - turn, etc.).
8. Imitate the block after one step (half sitting and deep sitting jump).
9. Jump with as high a mark as possible with a two-legged run.

Using control tests, we determined the level of development of general and specific endurance among volleyball players. The survey was conducted in two phases: September 2019 and April 2020. The following exercises were performed as control exercises: 1. 6 minute run. The test is used to determine overall durability. 2. Jump rope. Test to determine specific durability.

The results of the control tests are as follows:

- 6-minute run (meters.) The average performance of the 2nd stage is 1418,6-1480,7;
- Jumping rope (times). The average 2-stage index is 223,6-291,8.

Based on the above, we can conclude that the system of exercises for the development of general and special endurance used in training sessions in a group of volleyball players is effective and contributes to the development of these physical qualities. The fact that our students have repeatedly won prizes in regional competitions, as well as the winners of regional competitions in volleyball, testify to their

physical and motor training, as well as endurance to the games. We believe that this system can be recommended for use in physical education classes in secondary schools, as well as in the sports sections and classrooms of youth sports schools.

CONCLUSION.

The concept of “endurance” has long been associated with a person’s ability to perform muscles more or less effectively despite the onset of fatigue. Endurance is a unique physical quality. This manifests itself in the performance of a particular type of muscle activity in any person. Depending on the nature of muscle work, there are: static and dynamic endurance The ability to perform static or dynamic work for long periods of time; local and global endurance ability to perform work over a long period of time involving small numbers of muscles or large muscle groups (more than half of muscle mass); endurance ability to repeat exercises that require great muscle strength; anaerobic and aerobic endurance ability to do global work for a long time non-global. In sports physiology, endurance has long been defined as the ability to perform global dynamic muscle activity primarily or exclusively of an aerobic nature. This definition also meets the requirements of a physical education school program for exercise to develop endurance. Endurance depends on a number of physiological factors that limit it, the most important of which are BMD level, lung ventilation, limit of anaerobic metabolism, blood volume and composition, cardiovascular system and muscle structure. From the above, it is clear that there is a need to develop endurance in the process of physical education of the individual and the importance of consistent and systematic improvement of this quality among schoolchildren. It is known that the maximum increase in resistance to cyclic loads is observed in adolescents 14 years of age and continues active until 19 years of age. Later, the growth of endurance slows down a bit. Therefore, the best conditions for the development of this most important quality begin to manifest in students from the 7th grade onwards. or exclusively of an aerobic nature. This definition also meets the requirements of a physical education school program for exercise to develop endurance. Endurance depends on a number of physiological factors that limit it, the most important of which are BMD level, lung ventilation, limit of anaerobic metabolism, blood volume and composition, cardiovascular system and muscle structure. From the above, it is clear that there is a need to develop endurance in the process of physical education of the individual and the importance of consistent and systematic improvement of this quality among schoolchildren. It is known that the maximum increase in resistance to cyclic loads is observed in adolescents 14 years of age and continues active until 19 years of age. Later, the growth of endurance slows down a bit. Therefore, the best conditions for the development of this most important quality begin to manifest in students from the 7th grade onwards.

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