

## Methodology of Teaching Sport

Hakimova Nargiza

Lecturer, Termez State University

### Abstract

Its purpose is to increase the level of development of motor qualities and functional capabilities of the athlete's body for this stage of training in strict accordance with the requirements of the chosen sport. This means, first of all, the development of basic physical qualities: strength, speed, endurance and flexibility. At the same time, one should not forget about the possibilities of accompaniment to improve the coordination of movements, their expressiveness, dexterity and accuracy.

### Introduction

The main means of developing physical qualities are, first of all, exercises in one's own sport, as well as special exercises.

Exercises that increase an athlete's basic physical fitness are performed at competitive intensity, slightly lower (85 - 90%) or higher. These three modes of intensity are used in the final stage of physical training, as well as in the development of any motor quality.

The main special physical training is carried out in some sports (for example, in jumping: athletics, water skiing, throwing) at the end of the training period and in the first part of the competition, in other sports. requires endurance for long work, - throughout the competition period. Thus, skiers, skaters, rowers, runners build endurance through repetitive training in their respective sports and use these three intensity modes throughout the competition.

The last stage of training - the total duration of basic special physical training is very wide - varies from one month to several months. It is less in sports with a long competition period, such as hockey and football, where there is not enough time for a long phase of special physical training. This lack of time is compensated by conducting special physical training in parallel with the main training (before and after the lesson, with the team and individually). The duration of the main special physical training reaches several months in sports with a relatively short competition season (for example, in one-period annual training for skaters, ski jumpers, athletes). After the main specific physical training phase, when they move on to training in their sports, the achieved level of development of these physical qualities must be maintained throughout the competition, they cannot be maintained at the required level by training alone. . in their sport. Further improvement of physical qualities of young athletes should be continued during competitions.

The number of intercity competitions increased significantly, which led to the emergence of various technical methods, the development of volleyball tactics, and the growth of players' physical fitness. During this period, the players began to widely use the methods of forcefully entering the ball on the field, cheating shots, paying attention to the passing technique, the



importance of defense increased, the game became fast and intense, as a result, the demand for the players' mobility increased.

In 1931, on the initiative of BLKEI, the All-Union complex "Ready for Labor and Defense", which is the basis of physical education, was introduced to our country. This event is a general and special physical training of volleyball players

created an opportunity not only to improve, but also to attract young people to volleyball training. Competitions held on the grounds of many cultural and recreational parks were of great importance in the mass development and promotion of volleyball. Spectators gather around 20 squares of the Central Park of Culture and Recreation in Moscow. The games were a good school not only for Muscovites, but also for foreign guests. Therefore, in the 1930s in Germany, the rules of the volleyball competition called "Volleyball - the Russian national game" were published in the form of a booklet.

The championships were held among the strongest teams of different cities. In 1931, the men's and women's teams of Moscow, Dnepropetrovsk and the owners of the field met in Kharkiv. Women from Moscow won, all three men's teams had one loss and one win. These matches highlighted the increased importance of the "fast-paced" game.

Since 1932, volleyball has been included in the program of all major spartakiades as an equal sport. For this reason, the issue of regularly holding all-Union volleyball competitions every year was raised.

In the spring of 1932, a volleyball section was established under the All-Union Council of Physical Education, and it included A. Potashnik (chairman), volleyball Oskolkov, M. Wilgrat, Yu. Bagon, volleyball Kryuk and others.

Before 1932, the "Soviet Union" championships, which were called the "All-Union Holiday of Volleyball Players", began to be held regularly. The SSJI volleyball championship was held for the first time in Dnepropetrovsk on April 4-6, 1933. The women's team (Moscow, Dnepropetrovsk, Kharkiv, Baku, Minsk) and 5 men's teams (Moscow, Dnepropetrovsk, Kharkiv, Tbilisi, Minsk) took part in the competition. The games, which were held in rotation, attracted a large number of spectators. After the exciting first round, exhibition games of Moscow mixed teams were held.

Competitions held on the grounds of many cultural and recreational parks were of great importance in the mass development and promotion of volleyball.

In the 1930s, the rules of the volleyball competition called "Volleyball - the Russian national game" were published in the form of a booklet in Germany.

The championships were held among the strongest teams of different cities. Since 1932, volleyball has been included in the program of all prestigious sports competitions as an equal sport. For this reason, the issue of regularly holding the country's volleyball competitions every year was raised.

The "Union" volleyball championship was held for the first time in Dnepropetrovsk, Russia, on April 4-6, 1933. The women's team (Moscow, Dnepropetrovsk, Kharkiv, Baku, Minsk) and 5 men's teams (Moscow, Dnepropetrovsk, Kharkiv, Tbilisi, Minsk) took part in the competition. The games, which were held in rotation, attracted a large number of spectators. Interestingly, after the first round, exhibition games of mixed teams from Moscow were held. Each team consisted of 3 women and 3 men.



In 1934, the second "Ittifoq" volleyball championship was held in Moscow. Women's and men's teams of 9 members participated in it. Leningrad, Sverdlovsk, Gorky, Rostov, Tashkent teams have now appeared on the national field. At the end of this year, the Moscow national team went on a trip to the Far East and held exhibition matches in Vladivostok, Chita, Ulan-Ude, Novosibirsk and Tyumen. This undoubtedly created the conditions for the widespread spread of volleyball in the Far East and Central Asia.

The event that strongly encouraged the popularization of volleyball among young people was the "All-Union" championship of schoolchildren held in August 1935. The first round of these competitions, in which teams from 12 cities and regions participated, was played in the order of elimination, and the final games were held in a round-robin manner. Three teams for each city team: senior and junior boys and senior girls participated.

In 1935, the players tried their hand at international matches for the first time what he saw left an indelible mark in history. Two friendly matches of our volleyball players with the Afghan team were held in Tashkent and Moscow. Despite the fact that the game was played according to Afghan rules (there were 9 players in the team, the game lasted up to 22 points, the players did not change places on the field), the country's volleyball players easily won.

One of the most popular games of 1936 was the VSSPS Cup with more than 100 teams. The cup was won by the Moscow women's and men's team "Medic".

Not only the technique and tactics of volleyball, but also the rules of the competition continued to change, that is, in 1935, the height of the net for men was increased to 2 m 45 cm, and from 1937, the height of the net for women was 2 m 25 cm. it has been.

The field was defined by a line of attack and the concept of front and back line players appeared, which limited the movements of individual players. In the same year, the place of putting the ball into the game was set 3 m from the back and right part of the field. Substitutions of players are allowed regardless of the reason (previously substitutions were only allowed after accidents).

The amount of training in different sports cannot be the same. But there should not be too big differences in the volume of training, for example, on the one hand, sprinters, jumpers, gymnasts, and on the other hand, long-distance runners, skiers, cyclists.

A very promising way is to significantly increase the duration of continuous repetition of physical exercises, selected sports and special exercises. In sports that require endurance for long-term work, 2-4 hours of continuous training every day is already enough.

Cyclical sports can also have a large number of repetitions - 100-200 or more per training day. To increase the number of repetitions, you can use lighter conditions for performing exercises (reduce the weight of the projectile, lower the height of the obstacle and the springboard for jumping, etc.). Intervals between repetitions should be minimal. In addition to training for your sport, special exercises are needed to strengthen the special foundation. Efficiency is very high. For example, many athletes need the ability to jump. For this, first of all, use exercises aimed at developing speed-strength qualities. Such exercises are performed continuously and for as long as possible with a maximum of 80-90% of movements. An example of this would be jumping on one leg for a 400m segment, then after a 5 minute rest do the same on the other leg, then after a short rest jump again for 400m but with jumping steps. Similar exercises

(initially with a smaller load, and after two weeks with a larger load) are initially included in the training 3 times a week. In the last month of the preparation period, they can be done every day. The muscles of the legs become elastic and strong, and the ligaments become strong and elastic.

Now there is no doubt that daily training is needed to build a special foundation. However, the load should be such that the athlete can fully rest and recover until the next training day. Therefore, the amount of daily training work should be determined according to the strength of the athlete and his recovery opportunities. In order not to make a mistake, the intensity and volume of the load should be deliberately underestimated in the first 2-3 weeks, so that the athlete is confident about the possibility of full-day training and checks his strength.

In the future, the load will gradually increase and be adjusted as needed. At the same time, it is mandatory to monitor the condition of the athlete and his self-control, on the basis of which the full recovery after work the day before is determined.

Various options are used in planning a specific foundation training session.

In the first option, the athlete runs the same distance at the same speed every day for 3-4 months. The time to complete the distance is a reliable indicator of the correctness of the training process. This time may change a little, but it will gradually improve.

In the second, most commonly used option, a microcycle consisting of three adjacent training days is used. On the first day, the intensity is slightly higher, and the duration of work is the smallest. On the second day, the intensity decreases slightly and the duration increases. On the third day, the intensity is even less, but the duration is the greatest. In this sequence, a "three-to-three" learning process takes place. The third option is a four-day microcycle. In it, after three days of training (according to the second option), one day of rest is given. This option is used when the athlete is not sufficiently prepared or in the initial period of training. The fourth option is a combination of all three options. First, the first option, after a month - the third, and after a month - the second. The general trend in this option is a gradual increase in average intensity. Do not be afraid that different loads will have a negative effect on the construction of a special foundation. First, this variety is small. It should be assumed that the three levels of influence located in the same zone in the direction of demands on the organism cause deeper and, so to speak, versatile and durable changes in organs and systems. coordination of their functions is more perfect.

It is not always recommended to conduct basic special training in parallel to build a special foundation. However, while building a specific foundation, the athlete should periodically (about once every 2 weeks) perform the exercises of their sport in competitive conditions or close to them. This allows him to exert great effort and prepare himself psychologically.

## **References**

1. Ўзбекистон Республикасининг “Таълим тўғрисида”ги Қонуни. –Т.: “Ўзбекистон”, 1997. – 25 б.
2. Ўзбекистон Республикасининг “Жисмоний тарбия ва спорт тўғрисида”ги Қонуни. –Тошкент, 4 сентябрь, 2015 йил.

3. Ўзбекистон Республикаси Президентининг “Ўзбекистон Республикасида жисмоний тарбия ва оммавий спортни янада ривожлантириш тўғрисида”ги 2017 йил 3 июндаги ПҚ–3031-сон Қарори.
4. Мирзиёев Ш.М. Буюк келажагимизни мард ва олижаноб халқимиз билан бирга курашимиз. –Т.: “Ўзбекистон”, 2017.
5. Аугаретыантс L.R., Pulatov A.A., Isroilov Sh.X. Voleybol. // Oliy o‘quv yurtlari umumiy kurs talabalari uchun o‘quv qo‘llanma. –Т., 2009. – 77 б.
6. Аугаретыантс L.R., Pulatov A.A. Voleybol nazariyasi va uslubi. // Oliy o‘quv yurtlari uchun darslik. –Т.: “Fan va texnologiya”, 2012. – 208 б.
7. Беляев А.В. Обучение технике игры в волейбол и её совершенствование. //Методическое пособие. – М.: “Олимпия”, 2008.

