

**VOLLEYBALL AS A MEANS OF DEVELOPING THE PHYSICAL
QUALITIES OF CADETS OF THE ACADEMY OF THE
REPUBLIC OF UZBEKISTAN**

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Annotation. Physical education in higher education is a particularly significant part of the educational process, which has a positive effect on the general condition of the student's body as a whole. This article examines the impact of physical activity in the form of playing volleyball on the development of physical qualities of university students. Improving the ways and methods of playing volleyball is an urgent issue. That is why the purpose of the article is to consider exercises that help in preparing for the game of volleyball, thereby affecting the physical qualities of students.

Keywords: *volleyball, physical culture, physical qualities, professional physical qualities of engineers.*

Volleyball is considered to be one of the most popular and widespread games among the population. Volleyball has become one of the most popular sports due to the fact that it is easy to learn, widely accessible, and dynamic in the process. It should be noted that volleyball has received the greatest recognition among young people; for this reason, as a game form that develops and improves the physical qualities of students, it is included in the curriculum of the discipline "Physical Culture".

Volleyball is an athletic sport that can be practiced by athletes whose body condition can be characterized by a high and strong level of functional requirements. After reviewing the results of pulsographic studies and the observed fixed weight loss in athletes, you can make sure that volleyball is a sport that is characterized by a large amount of stress and intensity of the lesson. These characteristics place high demands on the physical condition of students who are directly involved in the game process.

It should be noted that volleyball is aimed at developing endurance due to the high saturation of jumps and the intensity of their performance. It is the intensity of the jumps that is a distinctive feature of volleyball against the background of other types of sports games.

In the conditions of the modern development of the world, the game of volleyball in physical education classes at universities does not lose its relevance, but even gains

its popularity. What are the challenges facing the volleyball games? Firstly, improving the health of students, and secondly, the formation of physical qualities that will definitely be useful to students of the educational institution in later life and professional work after completing their education, which will contribute to more effective activities of future specialists.

Professionally significant physical qualities of engineers studying at our university include: high efficiency and resistance to fatigue, stress resistance, strength, endurance, dexterity, attentiveness, fast reaction speed, high concentration and attention switching, well-developed memory, especially operational, high level of perception and developed observation, formed practical thinking, the ability to make decisions quickly in difficult situations, observation, high coordination of movement. All of the above qualities are a necessary requirement for practicing volleyball, therefore, physical education classes in general, as well as volleyball games in particular, must be organized competently.

In order for volleyball classes with students to be methodically competently and correctly constructed, the teacher must know the anatomical and physiological characteristics of the young organism. Only under this condition will volleyball classes contribute to the proper development of students' physical qualities.

The effectiveness of the learning process is directly related to many factors, in particular, the student's performance in a volleyball class. Performance is the student's ability to perform technical techniques and tactical combinations throughout the entire volleyball class. In other words, students should remain relatively active for a long time during training. Accordingly, it is difficult to imagine the entire training period without highly developed physical qualities of the body, such as strength, endurance, dexterity, speed, flexibility. All of them contribute to the production of thermal energy necessary for the work of individual muscle groups. Only in this case, the motor game actions will be effective.

In practice, it has long been proven that any physical activity has a beneficial effect on increasing the level of general activity of a student and his physical and mental performance, which cannot be said about students who avoid physical exertion and any kind of sport. The manifestation of these qualities occurs if classes are aimed at the primary development of endurance, ingenuity, the spirit of collectivism and strength.

Playing volleyball promotes the development of speed and its elementary forms – reaction time, frequency of movements and the speed with which students will move during the game process. Confirmation of this fact is that professional athletes are distinguished by an instant reaction, which is reflected in the range from 0.12 to 0.18, and a fairly high frequency of movements, which can be judged when working on a telegraph key. The maximum rate of movement is in the range of 70-90 strokes in 10

seconds and exceeds the indicators for this test of athletes of other sports, which indicates high mobility and lability of nervous processes.

Just like other sports, volleyball develops students' ability to perform a combination of complex combinations, forms the ability to make decisions as expediently as possible in connection with suddenly formed conditions and tasks, as well as their sudden changes, that is, it contributes to the mastery of dexterity.

A special place among students is occupied during the game by such characteristics of thinking that are associated with indicators of spatial coordination, visual perception and attentiveness.

Students have to solve tactical tasks during the game, based on an urgent assessment of a large amount of information about a specific situation in time and space, comparing this situation with the existing experience behind them. In this case, the solution of tactical tasks is probabilistic in nature and the player chooses from a variety of solutions the one that, in his opinion, gives a high probability of a positive outcome. Thinking over the strategy of further actions in his mind, the player focuses on the object of the game, trains visual memory and non-verbal perception of reality. So, volleyball simultaneously develops both physical capabilities and tactical thinking.

The combination of the components disclosed in the table emphasizes the special importance of emotional and mental regulation in the process of competitive activity of volleyball players. It seems that visual perception determines the playing stability of volleyball players. The isolation of this factor emphasizes the importance of students' emotional balance in the game.

Teachers of higher educational institutions have noticed that the performance of general developmental, summing up and special exercises by students has a positive physiological effect on their body. Thus, during the warm-up process, the frequency of cardiovascular contractions increases, the stability of the vestibular apparatus improves, and the strength index also actively increases.

By the end of the training session, students have an increase in the field and depth of vision. There was also an increase in intensity, stability, and especially attention switching. This is directly explained by the increase in the overall performance of students, increased strength and mobility of nervous processes.

Volleyball is characterized by movements that are based on jumping, running, as well as throwing, passing the ball. To date, scientists in the field of medicine, biology, and sociology have revealed that regular organized volleyball classes significantly affect the functioning of all sensory organs. They mean certain analyzers, that is, functional units that are responsible for receiving and analyzing sensory information. This term was introduced by I. P. Pavlov. Regular volleyball has a positive effect on the musculoskeletal system, improves the performance of the gastrointestinal tract and circulatory system.

Of all the available and known physical qualities, the least studied and considered is such a physical quality as dexterity. It has been noticed that a student who has enough dexterity in volleyball may lack it in athletics. So, there are people who are able to perform certain movements better and faster, but who find themselves among the last when performing completely different exercises.

There are three degrees of dexterity: accuracy of movement, accuracy in speed, accuracy in speed under variable conditions. It is no secret that it is desirable for students playing volleyball to master all the listed degrees of dexterity. How to develop this kind of physical qualities? To do this, any exercises are used that will include elements of novelty that require rapid response to dramatically changing circumstances.

The article has already mentioned the speed and strength qualities of students; let's consider strength separately. It is logical that those who neglect to strengthen the muscular system cannot differ in the strength needed to play volleyball.

The central issue of the students' strength development methodology is the choice of the resistance value. If weightlifters perform multiple lifting of the barbell with the highest weight for a certain time to develop strength, then this exercise is not suitable for volleyball players, since this will negatively affect their performance of precision exercises.

It is impossible not to say about endurance as a physical quality of students. This term refers to the student's ability to perform gaming activities without reducing its effectiveness during a certain playing period. Conducting training aimed at developing endurance increases the functionality of the upper respiratory apparatus, and also works to improve the response of the cardiovascular system to functional stress.

In order to fully determine the methodology for developing students' endurance, it is advisable to take into account the nature of their gaming activities and the load that the student undertakes. The most effective methods of endurance development are interval, variable, repeated, and flow methods.

Volleyball in general should be considered not only as a sport that contributes to achieving high athletic performance, but also as one of the means of preparing people for industrial work, whose profession is characterized by the manifestation of physical qualities, high intensity, stability, speed and accuracy of attention switching, high reaction speed and accuracy of perception of muscular efforts. There is no doubt that volleyball is one of the means by which the physical qualities of university students are developed.

Systematic physical education and sports activities make police officers disciplined. And, if in the beginning discipline imposes familiarization with what is not always pleasant, then later discipline turns into self-discipline. Interests in physical culture develop into beliefs, views, and a subjective attitude to one's actions, associated

with a deep and well-founded confidence in the truth of knowledge, principles, and ideals that a person is guided by. They manifest themselves as personality qualities and include: awareness of the need to act in accordance with social requirements and norms; foresight of the consequences of choosing decisions, actions; criticality and constant monitoring of their actions, taking into account their consequences for other people; striving for self-realization in the objective world; self-reporting and self-assessment; willingness to be responsible for their actions; socially-responsible activity.

A positive, interested attitude towards the chosen type of physical culture and sports activity develops into responsibility, and, as a result, into organization, purposefulness, perseverance. There is a desire to accumulate a certain amount of knowledge, skills, and abilities. And then physical education is necessary not only because it is beautiful and fashionable, but also because it is necessary - for health, to increase one's creative potential.

Thus, physical culture as a necessary phenomenon of any type of activity acts as a process and result of professional education in the activities of an employee of the Department of Internal Affairs, not only as a man-made option to replace physical labor with physical exercises, but also provides an effective process of his personal development.

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