



PRELIMINARY STAGES OF DIDACTICS IN THE PROCESS OF ACMEOLOGICAL APPROACH TO VOLLEYBALL SPORTS

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Annotation

This article provides guidance and suggestions on the early stages of didactics in the process of acmeological approach to volleyball in physical education classes and extracurricular activities in secondary schools.

Keywords: physical education, student, method, time, class, age, sport, volleyball, wobbling, training, result, quality.

Today, there is a growing demand for further strengthening of educational work. Therefore, the upbringing of the young generation, who are the owners of our future, is becoming one of the key issues. Therefore, one of the priorities is to educate the younger generation in healthy thinking, medical culture, healthy lifestyle skills, quality education with modern knowledge based on national, universal and spiritual values. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated December 31, 1997 No 586 Decree of the President of the Republic of Uzbekistan on the establishment of the Fund for the Development of Children's Sports of Uzbekistan. This depends on the innovative and creative potential of professors and teachers, which creates opportunities for the rapid popularization of new educational technologies in the educational work of educational institutions. Acmeology, on the other hand, recognizes the highest levels of development.

Terms such as “movement activity training”, “movement training”, “movement skill”, “movement skill”, “theoretical knowledge” are used in teaching practice and serve the same purpose as physical education as mentioned above. We need to systematically implement the stages of gradual implementation of the system of ascension to the acmeological level in the process of physical education classes and post-class training in volleyball. Volleyball, in particular, plays an important role today with the rapid intensification of competition from year to year. In order to achieve high results in the



national championships in volleyball and the most prestigious international competitions, it is necessary to strengthen and expand the reserve of physical potential, and most importantly, to increase human resources. This factor is an important source in the systematic teaching of volleyball to students in physical education classes and classes, as well as in the development of pedagogical skills.

There is also a need for a comprehensive modern approach to this process. In particular, in the comprehensive intellectual development of children, all opportunities are being created for the formation of the younger generation, the development of a harmoniously developed personality in line with the development of society. We believe that it is important to choose ways to develop the physical qualities of volleyball players, to expand the range of movement movements, and most importantly to develop and improve the psychophysical processes and functions that provide the formation and development of tactical movements. Because the best results can be achieved in combination with other means of teaching, training and exercise, taking into account the specific tasks of teaching and the individual-group characteristics of the trainees. Therefore, it is necessary to choose a system of exercises on a scientific basis, aimed at improving their physical qualities and strengthening the skills of playing volleyball. Before starting volleyball lessons, it is advisable to acquaint students with its rules and ways to prevent injuries that may arise from the game process.

It is not recommended to spend too much time and attention on the most delicate aspects of these techniques when teaching students techniques such as putting the ball into play, receiving, passing, attacking, blocking. On the contrary, it is most useful to focus students' attention on components such as mastering the initial position, effectively completing game modes.

It is also important that in passing the ball to each other, the teacher requires the students to keep the ball in the air for as long as possible without dropping it on the ground and to control the ball. It is possible to make such a demand for other exercises, and even to organize competitions between small groups. The basic movement in volleyball is walking, running, stepping to the side, running backwards, stopping, jumping. In many cases, the movements are interpreted as not difficult and not given enough attention. This is a misconception. Because the choice of situation and place for the player to perform different actions directly affects the effectiveness of the action performed. It is therefore important to pay close attention to movement training. By teaching these exercises step by step, it is possible to systematically implement the system of step-by-



step implementation of the system of ascending to the acmeological level in the process of physical education classes in volleyball, as well as after-school activities.

- exercises on mastering techniques;
- Exercises for passing the ball with both hands from below;
- exercises in the process of putting the ball into play;
- Types of special exercises aimed at attacking;
- Barrier exercises;
- preparatory exercises;

Necessary, repetitive and important connections between the components of the learning process can be shown as their own laws of didactics.

Athletes follow their own high professional standards, while coaches follow their own. In a sense, these concepts can be applied to a physical education teacher as well as his or her students. Any coach who has certain achievements in a particular sport may not be able to work as a good physical education teacher in a higher education institution. Also, an experienced and qualified teacher of a higher education institution may not be able to properly manage coaching activities in a particular sport. The constructive (effectiveness) component of the coach is reflected in equipping students with the world-class knowledge available in the field of volleyball, teaching them the agenda, food hygiene, reading, recreation. For the athlete, these skills are reflected in the ability to make independent and correct decisions during the game and training, to determine the agenda and the content of independent work.

The main focus of all exercises should be to choose the method of movement according to the situation. For example, when receiving the ball, it consists of performing the above-mentioned exercises, linking the interaction of the partner with his own movement. The purpose of such exercises is to ensure accurate passing, reception, perfection of movements, as well as a high level of development of physical qualities. The essence of such exercises is that the participants are given the opportunity to choose the method of tactical action and evaluate its effectiveness.

In short, volleyball in physical education and after-school classes is highly developed through the gradual systematic organization and training of the sport.



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