

## INCREASE IN THE LEVEL OF PHYSICAL TEXT CHAMPIONSHIP, DIFFERENTIATED BY YOUNG VOLLEYBALLS ACCORDING TO THE SPECIALTY OF THE GAME

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### ABSTRACT

In the article, examples are given to increase the overarching harsh resistance of young volleyball players, the results of their research based on their play, based on daily enhanced work performance.

**Keywords:** endurance of the game, level of physical development, physical qualities, operational training, action measures, optimization, special training, coordination skills.

When achieving high sports leads to any kind of sports, the physical training of an athlete is of great importance. Therefore, in each specific sport, the problems of developing athletes are one of the most pressing problems at the present time. Physical fitness is much more in volleyball, which is highly technical and effective tactics for effortless movements and effective tactics. The physical course of volleyballs is largely determined by the results of the team achieved in the competition.

It is noted that the strengthening of volleyball players is the sum of strength, fast resources, which are constantly manifested in a certain order or proportion of each specific activity of the action (within 2-3 hours). Complex "complex" is an integrated quality, and the Foundation is resistant to.

The operational indicators of training young volunteers are mutually positive and interact with their level of physical development:

a) special speed with long dimensions of the body and its parts, the height of the growing part of the internal stocks and legs;

b) custom body components of the body absolute and relative muscle components of the absolute and relative muscle components, body and relative muscle parts, as well as with rose round connectors, internal connectors and paws; negative with a thick part of the body weight;

c) Total (maximum) power - with the body of the body with circulation (excluding the upper and lower parts of the body (excluding 11-15).

Based on the analysis of correlation models, the performance of young volleyballs under the age of 9 was revealed: the strength of the muscular power to throw the ball, throw the ball with the right hand, and the writer's hand. In addition, the general physical training performed in the strength of arms, legs and body muscles is unique to all age groups.

The invited strength of some manifestations is determined by the concept of "explosive power", that is, it is understood that the ability to maximize during this context is very short. Dependent, high-level, specific actions in an individual relation to the implementation of highly qualified absorptions based on the results of exploitation and athletes are very necessary [3].

The specialist, based on a high level of development of anaerobic power in the physical qualities of volleyball qualities, is the leading position of special stability. When the juxtaposition of milk is significantly accumulated, the ability to move in oxygen deficiency renders great illness. Since the physical qualities and abilities of the athlete, it is necessary to identify the key activities of the athlete in order to determine what kind of work the athlete is doing during the competition.

During the game of volleyball, the player performs very complex actions: make a lot of movements in the game, the barrier, or provide brutal flying shots, etc. At the same time, the place and sequence of actions of an action cannot be known in advance in volleyball. Situations during the game and therefore always changed for them.

During the competition, the volleyball player performs a very diverse action, can be conditionally divided into 3 groups: movement, transmission and jumping. Volleyballs must perform possible shocks and jumps, which are like rectangles. From here, in a volleyball game the player can split according to each of the three groups listed.

Based on the groups allocated to the action, the efforts are characterized by its environment, times and dynamic characteristics, quantitative and qualitative adjustments, which are always performed in their order, and are always performed for this work, this is typical for this.

In such situations, the volleyball player must perform specific special actions for volleyball only. Not only speed, but also aimed at performing special activities for volleyball.

It is also necessary to show the ball into play in order to demonstrate faster power in taking offensive shots and other technical elements to a certain extent.

The manifestation of strength in the performance of a particular activity is a fraction of a second, it has been proven that it will happen in a short time (the exchange time will last 0.8-0.25 seconds). It follows that the mobilization of power is fast, that is, it will be necessary not only for strength and hint, but also for combined interaction or "explosive power" or hint.

Therefore, in volleyball to complete all activities, it will be developed in volleyball, strength, effective efforts[2]. However, it is also necessary to keep in mind that volleyball is necessary for volleyball to be performed all the time during the game, accelerating.

This means the volleyball player can reach an average of 64 games during a five-party party, up to 250-330. On the basis of volleyball, all deficit heads will be fulfilled. It follows that it is necessary to perform some actions for a quick and certain tension, but also in 1.5-2.0 or more hours (one meeting time), but 1.5-2.0 or more hours (one meeting time ), it is necessary to master the speed of 1.5-2.0 or more, that is, it is necessary to be resistant to operational work or fast durability.

At the same time, it consumes a certain voltage indefinitely, as well as the zeal of power supply. In movement in volleyball, there are only cases of play that can only be accessed by volleyball, or the strength of patience is almost nonexistent. During the game, it is advisable to speak of rapid strength, withstanding all acts of every movement necessary to pass the match, and all muscles must be successful.

Physical qualities obtained separately cannot manifest themselves in a state of divorce, that is, it works in the divorce itself in a varied level of mutual harmony. The creation of this lies in the fact that successful physical qualities are successfully determined in competition, are power, and other qualities, which are the only complex, complex, integrated quality[2].

It should also be borne in mind that the founder of volleyball is a set of strength, a quick resource, and many times that effort, power, explosive strength and other qualities that always work in a certain order or are treated. Complex, Complex, integrated quality that is collected from development (within 2-3 hours).

Once again, strength, and volleyball are very necessary, and other qualities are necessary, but it is always a difficult harmony, as they are not shown separately. Despite the apparent form, it is necessary to develop power, speed and diligence, not the individual or the stressors of the game[5.6].

The expansion of fast energy, which will always be foreseen by quick efforts or jumping in motion from place to place, is always performed as a quality. Perhaps volleyball according to the endurance of the game, according to the type of key act of the underlying action. Let's say the game "run" calls "jumping" in wrestling or transmission - "jumping" - "jumping" - "jumping" - "jumping" - telling the game "run", which is necessary to move in place.

Such an effort, such training of this problem is necessary for a deep understanding of this problem and to solve it in practice and to solve this problem. So the boundary player is conventionally conditional for his types - run, hit and jump are reserved, each of which helps to successfully transform the flow of any desired actions corresponding to the athlete.

Improving the training of athletes today can be done based on the optimal performance of this system. The task of developing the tools of the body's abilities after the dangerous size and competition is very important.

The analysis of the studied literature shows that volleyball is of great importance for physical fitness. At the same time, enough attention is paid to this department of volleyball players.

Studies have shown that over a period of 10 to 15 years, volleyball and volleyball differ depending on the integral interdependence and the number of its main components. Volleyball players aged 10-11 are divided by many indicators of physical fitness, business skills and complex and unusual contacts in parameters of plant functions. The number and continuation of such relationships will initially decrease such relationships as young as young (aged 12-13), and then increase later (4,7).

Taking into account the period tries, such as a certain physical adhesion, as a result of development related to the game, such as goal-oriented exercise, provides optimization of physical fitness and flexible control and increases their levels.

The structural structure of physical training trainings of various game amplifiers showed their similarity in the main components and images. At the same time, in each game specialization, complications of the clergy were identified. Attackers have a wide range of physical fitness, fitness, skills, business skills, autonomic challenges, and most parameters. The density of this interaction and their number decreases, while the number of passengers decreases and their number decreases.

Examination of the ball into the zone of the 6th zone in the study, the introduction of the ball from the 6th zone of the 6th

zone show that the results of the experimental group of young volleyball players of the indicators of special and technical training of the control group have a long-term advantage over the athletes-athletes (Table 1).

**Table 1. Changes in special and technical learning indicators as a result of grades ( $x \pm m$ )**

Indicators	Experimental group (n=15)		Control group (n=15)	
	At the beginning of the experiment	At the end of the experiment	At the beginning of the experiment	At the end of the experiment
Second gear (from 3-4 zones), the number of clear transmission	2,65±0,14	3,68±0,22	2,63±0,17	2,79±0,15
Ball reception (pass from 6 to 3 zone), the number of clear reception	3,64±0,17	4,02±0,12	3,25±0,21	3,43±0,23
Landing the ball into play (zones 1-5-6), the number of accurate shots	2,66±0,19	3,53±0,18	2,56±0,21	2,68±0,18

The junior differentiated volleyball players and their physical fitness training programs are equally developed in operational quality throughout the game. The test results, which reflect the level of operational capabilities, showed that volleyball players in all games were almost unified.

In addition, unlike other athletes, the main focus on the "striker" volleyball players was to develop appeals - in the Libero - to the "Libero" athletes - coordinating skills. As a result, a differentiated effect on this will lead to a significant increase in the level of physical qualities.

For the attackers "Fast resistance endurance by 9.3%" - "passengers" and Lieber in accordance with 4.2% and 3.8%.

Attackers (25.6%) and Output 25.6%) and the Libero test increased significantly to 35.2%.

A similar situation has been observed in volleyball players in the Libero. It is clear that the temporary means of a simple reaction of actions, which reflect these abilities in the

development of coordination skills in Libero volleyballs, are significantly increased - by 3.3% ("forwards" 8.5%).

Thus, the information obtained in the course of the study allowed young volleyball players that the physical training of young volleyball players and its specific function is based on a specialized specialty. This, in turn, will lead young volleyball players to improve the effectiveness of physical fitness and came to the conclusion that the need to differentiate this, depending on the game.

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