



## The pedagogical significance of the stages and methods of teaching volleyball

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### ABSTRACT

The article describes the stages, methods and means of teaching volleyball lessons through techniques in order to achieve high efficiency.

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### Introduction

It is known that the prospective future of sports depends on the range and quality of sports resources. It is directly related to sports equipment, training bases, coaching skills, exercise training techniques and the art of teaching. Therefore, it is important to bring Uzbek sports to the world stage, to raise it to an international level, to organize children's sports on a scientific basis and to introduce effective pedagogical technologies in this regard. Only specific organizational and methodological measures are required to be implemented on a scientific ground. However, these qualities can be achieved by being extremely careful, gradually increasing the productivity in a "wavy" direction. Definitely, this process is more efficient and dynamic, based on the principles of continuity and regularity, as well as the application of training pressure in accordance with the functional capabilities

of the "object". Since 2000, our country has been holding a broad range of sports competitions such as "Umidnihollari", "Barkamolavlod" and "Universiada". However, there are different sports clubs in many regions, children's and youth sports schools, and even in some national local teams, the age of the children taken into consideration in the organization of training on a scientific basis, load planning, selection and application of general and specialized exercises, gender, physical and psychofunctional capabilities are not based on objective test results. Similar shortcomings and problems can be seen in the practice of training volleyball players.

The process of initial training in sports skills is the foundation of a multiyear sports training system. The better the initial training is based on its organizational, methodological, scientific, and logistical quality, the shorter and easier the training of sports assistants will be. But of course, it depends on the knowledge, professional skills and abilities of the specialist. Therefore, one of the most important parts of the training program is the technology of primary education [5,7].

One of the main conditions for effective results in the competition is the level of technical training and technical skills of the volleyball player. So, the ultimate goal of the training process is to be skilled at game technique.

Action-game skills - passing, receiving (defending), putting the ball into play, hitting, blocking - are mastered at exact stages, using specific techniques and facilities, perfected. This process is based on pedagogical, biopsychological and biomechanical principles.

The teaching process is a pedagogical process that requires great skills and professional training from the coach. However, teaching moveable performance techniques also depends on other important factors: the child's activity, the number, quality, duration of training, constructive technical equipment, training the conditions of the venue, the child's interests, the "wealth" of the action, the experience, etc. [3,8].

It should be noted that the duration of mastering the technique of movement depends on the family condition of the child, his social and economic capabilities, as well as his mental state.

The above information and the factors to be considered in the training process should be included in the planning documents based on an accurate methodological order. In addition, the identification of the child's internal "mystery" capabilities, as well as existing factors should be done through a selection program and exercises. The results should serve as a basis for the application of teaching methods, steps and technology.

The initial training process takes place in several stages, each of which involves its own methods and tools.

General developmental exercises are used to improve a player's physical fitness and the movement skills and competencies which is necessary for the player.

All exercises are combined in accordance with their direction and form the main components of special training: general physical, special physical, technical, tactical, game training. Each type of training has its own set of factors that can help you achieve your goals. However, all types of training are interrelated. For example, if a student is not physically prepared, he will not be able to perform the attacking technique well. In this case, it is better to train the student physically than to repeat the blow many times.

The first step is to get acquainted with the movement technique to be studied. It uses methods of narration, demonstration and explanation. The teacher uses visual aids as well as personal demonstrations, namely film, cartoon, diagram, field model, etc.

The demonstration should be accompanied by explanations. The first attempts of teachers form in them a primary sense of movement.

The second step is to learn the technique in a simplified way. Success in this phase of the study often depends on the correct choice of approach. They should be close to the movement technique being studied in terms of their structure and should be able to be performed by students. A movement with a complex structure (attack) is divided into the main parts (parts) that make it up. At this stage, management techniques are used (command, instruction, sight and hearing, visual perception, technical means, etc.) and visual movement (direct assistance of the teacher, use of auxiliary equipment), methods such as information (impact force on the ball, accuracy of fall, setting light or sound) will be of particular importance.

The third step is to teach the technique in a complex environment. The following methods are used: repetition method, performance in complex conditions, game and evaluation method, joint method, "circle" exercises. The repetition method is the most fundamental at this stage. Repetition only formulate a skill. Repetition to formulate skills requires practice in a variety of contexts (changes in movement conditions, gradual complication). Even when tired, exercises are performed, and joint and game techniques are aimed at simultaneously polishing technique and solving problems of developing special physical qualities, as well as improving technical and tactical training and game skills.

The fourth step is to strengthen the movement during the game. It uses a method of interpreting the actions performed (pictures, tables, educational films, cartoons), technical-tactical, special training tasks during the game, methods of play and "competition" (Table 1).

Preparatory and educational games involve the study, improvement and refinement of each method (skill). The highest means of strengthening a skill is competition.

Table 1

**Stages, methods and tools of volleyball training**

<b>Stages of teaching and their name</b>	<b>Teaching methods</b>	<b>Teaching aids</b>
Step 1: Gain an understanding of the skill being taught (action)	Explanation-analysis, demonstration-comment	Word, conversation, communication, discussion, pictures, templates, videos
Step 2: Training of skills in simple conditions (without additional tasks individually)	Training in parts, elements and phases, full training of skills, correction of errors, encouragement, return	Preparation-approach, orientation simulation and basic technical exercises

Step 3: Skills training in complex situations (assignment of situational tasks, in pairs, in trinity, etc.).	Complete skills training, enhanced speed and accuracy training, execution after different directional movements, training based on reproductive feedback, training based on mutual analysis and evaluation	All tools in stages 1-2, general and special exercises are used with great speed and accuracy, double, triple exercises, simulators and technical means
Step 4: Continuing, Improving, and Improving Teaching All	All Methods	Tool sand team games

Active teaching methods plays a great potential role. Among them, problem based learning (problem-solving) and self-assessment methods are of particular importance. Setting problem-solving tasks creates a situation, and self-assessment leads to more active motor activity, which increases the student's interest and teaches creative thinking [4,9].

There is no doubt that qualified volleyball players will develop in the future if the training stages, methods and tools of volleyball training are relevantly accomplished.

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