Advantage of Increasing Movement Speed in Young Volleyball Players Based on Exercises with Determined Pulsometric Value

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Abstract: On the basis of the analysis of the results of the study, justification of the priority and necessity of the development of the velocity of volleyball players through exercises, the effectiveness of which should be determined by their pulse rate. It is noted that such exercises can prevent premature fatigue and preserve the quality of game actions.

Keywords: volleyball, speed, technique, control and experimental groups, running "Tree", pulsometrija cost.

Relevance of the topic. The ability to quickly and accurately execute technical-tactical actions typical of modern volleyball in accordance with the requirements of rapidly changing situations is of decisive importance. According to some experts, when teaching game skills, attention should be paid first to their technique, then to their speed, and only then to the accuracy of these actions ( Yu.D. Zheleznyak, 2002, 2005; A.V. Belyayev, M.V. Savin, 2009; A .A. Pulatov, 2017). A number of other scientists say that in the formation of sports movements, it is necessary to improve them in such a way that these movements are naturally performed during the competition (V.I.Lyakh, 2001, 2006; O.B. Nemtsov, 2003). But, it is appropriate to base on the pulsometric value of the special exercises used in training regardless of the formation of movement technique, speed and accuracy using the two approaches mentioned.

The purpose of the study. It is aimed to study the possibility of formation of movement speed-technique on the basis of exercises developed and pulsometric value determined on the example of volleyball players practicing in the SPMO group.

A set of exercises with a pulsometric value:
1. After running at maximum speed to zones 1-6-5 and passing the ball from above with two hands to 2 zones in each zone, run to 4-6-3-6-2 zones from 6 zones and receive the ball from below with two hands from each zone to perform an imitation of doing.
2. Children alternately settle in 6 zones (start), run to 6-2-6-3-4-6-5-6-1-6 zones (from right to left) and from left to right (left to right) in the position of a volleyball player competition - 3 times.
3. Running in diagonal directions from the corner of the zone 1 to the corner of the zone 4 from the corner of the zone 5 to the corner of the zone 2 - imitation of receiving the ball is performed in each zone - repeated 3 times.
4. 9-3-6-3-9 m. 3 times to perform the test of running on the ground.
5. Lateral running along the back line to 6x9 m.
6. Positioning in a column in 6 zones, performing an imitation of blocking at maximum speed in 3-2-3-4-3 zones in turn - repeated 3 times.

Research results and discussion. All the mentioned exercises are held in the form of a competition.
The effectiveness of these exercises was studied on the basis of 6 months of pedagogical experience. Control and experimental groups each consisting of 8 people were involved in the experiment.

The mentioned exercises were used only in the experimental group, and their pulsometric value is presented in Table 1. Traditional exercises were used in the control group.

The following methods and tests were used in the study: pulsometry - determination of heart contraction rhythm on a universal tonometer type "TU-25-18001-87", determination of movement speed and technique.

Movement technique was evaluated based on a 10-point expert system.

The results of pedagogical experience are shown in 2 tables.

Table 1. Used in the experimental group exercises and their pulsometric value

<table>
<thead>
<tr>
<th>t/r</th>
<th>Exercises used</th>
<th>Pulse Before the workout</th>
<th>Pulse After the workout</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Running to 1-6-5 zones, simulating a pass, running from 6 zones to 4-6-3-6-2 zones, simulating receiving a ball.</td>
<td>64.4</td>
<td>121.6</td>
</tr>
<tr>
<td>2</td>
<td>2x6-2-6-3-6-5-6-1-6 zone running competition</td>
<td>68.2</td>
<td>134.4</td>
</tr>
<tr>
<td>3</td>
<td>Diagonal running competition to zones 1-4 and 5-2</td>
<td>67.6</td>
<td>118.2</td>
</tr>
<tr>
<td>4</td>
<td>9-3-6-3-9 run 3 times per m</td>
<td>66.4</td>
<td>120.8</td>
</tr>
<tr>
<td>5</td>
<td>Lateral running along the back line to 6x9 m</td>
<td>65.8</td>
<td>124.4</td>
</tr>
<tr>
<td>6</td>
<td>3-2-3-4-3 quick movement to the zones to perform an imitation of blocking</td>
<td>68.2</td>
<td>126.2</td>
</tr>
</tbody>
</table>

It can be seen from the table that in NG, who continued to engage in traditional meaningful activities during the experiment, "Archasimon" running averaged 34.4 seconds before the experiment and 32.6 seconds after the experiment. The rate of increase in speed is 1.8 sec. expressed with

In TG, these indicators decreased to 34.6 sec. before the experiment and 30.2 sec. after the experiment. The rate of increase in speed was 4.4 sec. It can be seen that for 5 months, TG, who regularly followed the exercises proposed by us and whose pulsometric value was determined, recorded a significant increase in speed.

Running technique was also evaluated while taking this test. The point is that while running (moving) to volleyball, it is required to maintain a volleyball position (legs partially bent, torso bent forward).

Tables 2. Formation of speed of movement in volleyball players in the SPMO group under the influence of traditional and pulsometric value determined exercises

<table>
<thead>
<tr>
<th>Test exercises</th>
<th>Group</th>
<th>Before the experiment</th>
<th>After the experiment</th>
<th>Growth rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running speed in the &quot;arch&quot; direction (sec.)</td>
<td>NG</td>
<td>28.4±2.08</td>
<td>27.6±1.96</td>
<td>0.8</td>
</tr>
<tr>
<td></td>
<td>TG</td>
<td>29.6±2.52</td>
<td>26.2±1.14</td>
<td>4.4</td>
</tr>
<tr>
<td>Technique of running in the &quot;tree&quot; direction (points)</td>
<td>NG</td>
<td>3.2±0.08</td>
<td>3.8±0.09</td>
<td>0.6</td>
</tr>
<tr>
<td></td>
<td>TG</td>
<td>3.0±0.06</td>
<td>5.9±1.02</td>
<td>3.9</td>
</tr>
</tbody>
</table>

Note: NG- control group
TG - experimental group

The technique of running (movement) is evaluated by 3 experienced volleyball trainers involved in taking the test on an expert basis;

The evaluation is carried out according to the 10-point system; for example - the first expert announced the grade for technique as 4 points; the second announced 3.5 points, the third - 4.5 points; the announced total is divided by 3; so - 4+3.5+4.5=12:3=4 points.

In the 14-year-old children participating in our study, the running technique typical of volleyball players was demonstrated with poor results, despite the fact that they had been playing volleyball for 2-3 years. In particular, running technique did not exceed 3.0-3.2 points in both groups before the experiment. So, it can be said that in the training conducted in the traditional context, special attention is not paid to the formation of the movement technique.

Summary. At the end of the experiment, this poor technique in NG remained almost unchanged or increased by only 0.6 points. However, for 6 months, TG, who regularly used the exercises with emphasis on speed and technique proposed by us and whose pulsometric value was determined in his regular training, improved his running technique from 3.0 points to 5.9 points. The 5-month growth rate of the technique was a little less than 3 points. Therefore, it can be concluded that the set of specialized exercises used in TG has the power to rapidly shape both speed and technique.

It was found that the pulsometric value of the exercises intended for use in the experimental group differed depending on the intensity, content and technical complexity of these exercises. These exercises used during the experiment proved that it is possible to rapidly form the speed and technique of movement specific to volleyball.

restorative exercises, including calming the heart, were used. Such positive changes were not noted in NG, who continued to engage in activities with traditional content.

It is of practical importance to introduce the test exercises used during the experiment and speed exercises with pulsometric value into SPMO training.

REFERENCES

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