

VOLLEYBALL PLAYERS SACROVACHANITY SKILLS THE SIGNIFICANCE OF ACTIVATED GAMES IN FORMATION

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Abstract:

This in the article, moving games using young volleyball players sacro happiness skills formation about light up given

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Action games belong to a wide-ranging and colorful set of national values, and in terms of their nature and content, they were invented by different nations and peoples in socio-economic, cultural, household, and spiritual educational conditions specific to certain stages of human development. Regardless of the evolutionary and ethnogenetic basis of these games, interest in them is growing. Especially, during the period of independent development of our country, the state's attention is being paid to the issues of restoring movement games, using them as health, physical and psychological well-being. Sports games in the volleyball sport are also of great importance in educating the young generation to be healthy and physically fit. In this regard, from the initial stages, developing the skills of volleyball athletes (vertical jump, diagonal jump, lateral and backward jump, jumping speed, jumping endurance) qualities of athletes in the sport of volleyball, simple standard physical exercises, weights (arms, legs and waist) lead plates), equipment and simulators can be developed rapidly.

However, it is inevitable that the development of the qualities of jumping based on such an approach in the exercises conducted in the preliminary training and training groups will inevitably strain young children, first of all, such exercises tire them quickly, extinguish their interest, children only want to jump. they think about. Therefore, it is appropriate to use special action games, game-like relays in the development of the qualities of courage. Focusing on the advantage of developing jumping qualities in young children with the help of active games, he emphasizes that it is necessary to choose game exercises depending on how jumping skills should be developed. For example, if it is necessary to develop accurate landing , "parachutists", at the same time, a group of children recommends a "fishing" game exercise.

Long jump

it can be developed through the game of jumping to symbols drawn far from each other . "Who is higher", "who is farther", "who is more accurate" jumping exercises are among them.

They revealed the content and essence of the game exercises aimed at the development of physical qualities, as well as the formation of jump quality types, which are performed

individually, in pairs, in groups and in the team order. They have revealed the importance of many exercises that form the skill of jumping up, diagonally, lengthwise, sideways, backwards. Especially their " Jump over fences ", "Jumping from ice to ice", "Kangaroos", "Jumping with a rope", "Jump over hoop", playing various games wearing bags on the legs. Action games like playing are very useful in developing the qualities of agility and jumping endurance. It is very important to choose the right game and spend it in the right direction. But the game does not solve educational tasks all the time. In order to achieve a good result in the field of education, action games should be organized in an educational spirit and should be thoroughly familiar with the content and rules, and should have high pedagogical skills. Then he will be able to achieve educational and educational goals from action games. Children show their character and personality during the game. From this, the teacher learned about their different habits, negative and positive behavior taking, determining the appropriate activities, putting the game in a certain direction, it is possible to educate in them the qualities of honesty, courage, comradeship and a sense of their duty in the team. At the same time, it helps children in every way to show creative initiative without breaking the rules of the game.

The teacher should use didactic principles in the process of conducting games and always achieve their implementation. The teacher explains the content, tasks and rules of each game to the students. This allows them to have a conscious attitude to the game, to learn it correctly, to understand their mistakes and successes, and to analyze their actions in comparison with the actions of their friends. It is necessary for the teacher to make sure that the games played with the children are related to the overcoming of certain difficulties, that every task performed during the game is accomplished, and that the obstacles are complicated according to how they are conquered. This work teaches children to be diligent, and their will power increases. In conclusion, the teacher, while preparing for the game, determines its specific tasks, these tasks should be suitable for the children's age, that is, they should be able to perform them. It is very important to encourage students to take the initiative and actively participate in the organization and conduct of the game.

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