THE PROCESS OF PREPARING VOLLEYBALL PLAYERS
PLANNING AND MANAGEMENT.

Utepbergenov Genjabay Kutlimiratovich Teacher of Nukus State Pedagogical Institute

Annotation: In this article, the complexity of the Sports Training System from planning and managing the process of volleyball formation is that it consists in large part of interconnected and interacting processes (technical, tactical, psychological, etc.). As a result of your training, you will be able to move from one position to another. This process is never ending. The main distinguishing feature of sports training management is that it is a complex, self-governing human object. This allows the coach to develop the athlete's self-management skills in a variety of ways. The effectiveness of sports training is straightforward: the thief depends on the athlete's ability to self-manage and self-improvement. 'lishi darkor.

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The concept of management is the development of a goal plan (module) on a scientific and creative basis, the definition of prospects for requirements and standards, and the achievement of practical results through the management of these processes using advanced technologies. The training of highly qualified volleyball players and volleyball team during the training is a long-term pedagogical process, which is led by a coach. Management refers to the change that occurs as a result of a regular effect on an object to achieve a specific goal. The process of training in sports is considered as a complex dynamic system, the subject of which is a teacher-coach, and the objects of management are athletes, teams or study groups.

The complexity of the system of sports training is that it consists of a large number of interconnected and interacting processes (technical, tactical, psychological, etc.). As a result of your training, you will be able to move from one
position to another. This process is never ending. The main distinguishing feature of sports training management is that it is a complex, self-governing human object. This allows the coach to develop the athlete's self-management skills in a variety of ways. The effectiveness of sports training is straightforward: a thief depends on the athlete's ability to control and improve himself. The information received within the framework of the coach-athlete-team-coach system should be the basis of targeted management. One of the important conditions of management is creative cooperation aimed at the active development of the athlete's ability to self-manage and self-improvement. The main tasks of management are planning and organizing training, monitoring and comparative analysis. All of the units interact with each other to form a closed loop that ensures the periodicity and continuity of management. The management process lasts for one session or a week, in stages, throughout the annual training cycles.

Basic forms of preparation. The main forms of training volleyball players are sports and participation in competitions. They are interconnected, but at the same time, they have their own characteristics that determine the content of the main tasks of management. Therefore, training management is divided into 3 sections:
1. Manage the training process and preparation for the competition.
2. Team management during the competition.
3. Planning and preparation process

One of the main tasks of management is planning. It regulates not only the content of the entire training process, but also the performance of the coach. Planning means knowing the future and being able to predict it. The planning, training and coaching of volleyball players and volleyball teams should be based on the laws, principles, methods and technology used. Volleyball is a team game, so planning is done for both the team and the player. Volleyball, like other team sports, is characterized by the ability to improve the movement of not only individual but also team games in the fight against the team. Therefore, the formation of technical, tactical and game training is one of the most important conditions. The time allocated to the types of training is roughly distributed as

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follows: physical training - 20%, technical - 30%, tactical, game and competition training - 50%. These numbers may vary depending on the age, skill and level of training of the player. Curriculum development takes into account the age, qualifications, level of training, facilities, and key objectives of the group or team. The developed plans may include targeted changes or additional measures based on real indicators, observations and research results recorded during training and competitions. Each player and team will have a separate future plan (4 years), annual plan, meso- and microcycle plans (current plan, operational plan). In order to objectively and objectively assess the effectiveness of the planned training and competition workload, the opportunities achieved by the types of training should be monitored on the basis of normative tests. Types of planning. Multi-year sports training is a long-term pedagogical process, which is managed on the basis of specific target planning documents for different periods and stages. - Perspective plan is a conceptual program aimed at improving the sports skills of the team and players, which addresses the real goals and objectives set for different periods and stages of the annual training cycle. You can:

1. The purpose of the preparation. It designs the end result of the major competitions and the priorities of the training process.
2. Preparation of team composition and reserve content. In this direction, the team's ability to determine the composition of the team and the training of reserve volleyball players will be addressed.
3. Participation in competitions. This will be done in preparation for the competition. Modeling sessions will be organized in preparation for the main and intermediate competitions, and the results will be predicted.
4. Training downloads. The real situation in this area will be determined and tasks will be set, the volume of training loads for the preparatory years will be planned.
5. Periodicity of preparation. Tasks are planned for the annual training cycle and structure. Preparatory periods, stages, their duration and content are determined.
6. Preparation and level. Tasks and training are planned for each type of training.
7. Reporting, pedagogical and medical supervision. Tests, medical examinations and all other control periods are scheduled. The form of the collective perspective plan is given in Table 13. The individual perspective plan is developed in the following order

you can:

1. Athlete's general and anthropometric indicators.

2. Athlete's performance in all areas is planned: the function of the game in the team, physical qualities, the dynamics of technical, tactical, theoretical, psycho-functional training.

3. Goals and objectives of training:
   - The main purpose and direction of preparation;
   - Tasks on the volume of training;
   - Tasks by type of training;
   - Competition tasks.

4. Results of pedagogical and medical control: deadlines for tests are set

In a volleyball game, players have to move the ball as fast as possible. Therefore, in this or that game environment, the player needs to be highly prepared to play with the ball. To do this, perform different modes of action

There are different positions for attacking and blocking - high, receiving the ball into the game - medium, receiving an attacking shot or a ball returning from the obstacle - low. In this case, the position of the total center of gravity depends on the nature of the next movement. It is also important to note that the height of the player and his coordination ability have a significant effect on the overall center of gravity. Therefore, the effective standing position should be such that the total center of gravity can be quickly removed from the base and allow the necessary movement and activity. or in dynamic situations (receiving the ball by moving the main base from one foot to the other, giving an offensive kick, or waiting to block).

In terms of height: high - above 2m, medium - up to 2m, low - up to 1m. Depending on the above, the ball is given a slow, fast and large acceleration. The
ball can be passed close to the net - up to 0.5 m and long - more than 0.5 m. The technique of passing the ball consists of the initial position, the movement of the hand against the ball, damping and directing the ball. After moving the ball from the initial position to the ball, the volleyball player is in a vertical position, the degree of bending of the legs depends on the height of the ball direction and flight speed, the soles of the feet are parallel or one foot (opposite the main hand) slightly forward. The hands are brought forward, the fingers are formed into an oval shape. The hands collide with the ball at the top of the face. In this case, the thumb receives the main load, and the index fingers become the main load. The middle finger, to a lesser extent, is nameless and silent, serving mainly to hold the ball from the side. The tension of the torso muscles of the arms and legs when directing the ball is explained by the mutual integrity.

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