

**INCREASING COMPETENCE OF SPEED-STRENGTH QUALITIES IN  
PHYSICAL TRAINING OF VOLLEYBALL PLAYERS  
IMPROVING THE COMPETENCE OF SPEED-STRENGTH QUALI  
TIES IN THE PHYSICAL TRAINING OF VOLLEYBALL PLAYERS.**

*Robilova Sharofatxon Mamajonovna*

*Teacher, Fergana State University,  
Uzbekistan, Fergana city*

[sharofatrobilova486@gmail.com](mailto:sharofatrobilova486@gmail.com)

*Erkinjonova Sharofatxon Maqsudjon qizi*

*Student, Fergana State University,  
Uzbekistan, Fergana city*

**Abstract** In this article, the importance of physical qualities of quickness and strength in the training of young volleyball players is studied. The maximum, highest speed of a player is not only related to his speed, but also to his dynamic strength, dexterity, execution of technical methods specific to volleyball, speed in the game improves game technique and is inextricably linked with other physical abilities.

**Keywords:** agility, strength, physical attributes, combination, movement speed, skills and abilities.

**INTRODUCTION.** The importance of quickness in training volleyball players is very important. Without this quality, the athlete cannot put his situation in the game in his place. First of all, without quickness, many techniques in the game of volleyball will not work. The quickness of a volleyball player's game is the ability to complete the task in a short period of time. It is very important that the player's body adapts at the same time as he learns the style of speed. The maximum, highest speed of a player depends not only on his speed, but also on his dynamic strength, dexterity, and execution of technical methods specific to volleyball. That is why game speed, in turn, is inextricably linked with the improvement of game techniques and other physical qualities.

**MAIN PART.** Speed refers to the speed characteristic of individual movements, mainly a complex of functional characteristics that determine the time of the movement reaction. There are three main forms of speed manifestation:

1. Single movement speed (overcoming small external resistance);
2. Frequency of actions;
3. Movement reaction speed (hidden latency period).

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Two different phases are often distinguished in movements performed at maximum speed:

- a) speed-up (acceleration, pick-up) phase;
- b) the phase of relative stabilization of the speed (acceleration at the start).

The ability to increase speed and the ability to cover a distance at high speed are not equal in terms of speed. It may have very high starting speed and not be able to run fast in the distance, or vice versa. While the response to signals is good, the frequency of movement is also observed to be low.

In some types of sports (for example: jumping jacks), the speed of movement is combined with the manifestation of muscle power, and thus the complex nature of quickness creates a sharp movement. Therefore, the development of movement speed in sports that require agility, strength, especially exercises with high external resistance, plays a role as a means of developing muscle strength.

### RESEARCH RESULT

Therefore, in the development of quickness, it is necessary to try to maximize the speed of running and the frequency of movements that require great muscle strength. It is necessary to give more space to natural movements. Games, competitive sports and action games, exercises can also be of great help. It goes without saying that effective management of the training process of athletes depends on carefully developed planning documents. However, the careful development of planning documents must be primarily based on the results of pedagogical and psychophysiological control.

**Table 1**

### Methods of monitoring the educational process and normative tests

Normative tests	Controls
<b>Pedagogical methods</b>	
<ol style="list-style-type: none"> <li>1. 30 mg run</li> <li>2. Vertical jump from place</li> <li>3. Running and vertical jump</li> <li>4. 92 mg "arch" run</li> <li>5. 9-3-6-3-9 m. Running like a mochi</li> <li>6. Throwing a stuffed ball (1 kg) behind the head with two hands</li> </ol>	Stopwatch A measuring tape tied to the waist Scale on the basketball court Stopwatch Stopwatch Stuffed ball
<b>Physiological methods</b>	

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1. heart rate – 60 sec/time 2. respiratory rate – 60 sec/time 3. Nafas olib, nafas chiqarish	Sekundomer Sekundomer Sekundomer
<b>Pedagogical methods</b>	
1. Close the eyes and stop the stopwatch at "0". 2. Show 50% of the maximum wrist force on the dynamometer with the eyes closed	Stopwatch Dynamometer

Therefore, in the management of training process of highly qualified athletes during many years of training, regular control tests and basing on the obtained results are one of the important and priority conditions of modern sports practice. Table 1. control methods and normative tests of the educational process. Performing game exercises forces young volleyball players to exert maximum effort to achieve victory. Game material should occupy 50% of the total time in training. Each exercise is performed in a short time (10-15 seconds) in several series, the rest interval is 10-15 m.

Exercises aimed at developing speed are stopped when the young volleyball player's subjective feelings, external signs of fatigue or stopwatch indicators indicate a decrease in movement speed. This decrease serves as the first signal ("sufficiency criterion") to stop the work on the development of agility in this exercise. At least three requirements should be taken into account:

1. Exercises should be performed at maximum speed.
2. The exercises should be so well mastered by the participants that during the movement, emphasis should be placed not on the method of execution of the movement, but on the speed of its execution.
3. The duration of the exercise (or the length of the distance) should be such that by the end of the exercise the speed does not decrease due to fatigue.

The special quickness of a volleyball player is determined by his ability to move around the court in a short period of time and effectively perform the skills of the game in accordance with the requirements of the situation.

Speed is manifested in 3 different forms in volleyball:

- the speed of understanding various gestures and situations (teammate's gesture, change of the game situation and its assessment, position of the opponent player, etc.);
- act quickly and appropriately in relation to these situations;
- the speed of movement or multiple actions (pictures 1.2.3.4).

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Sample exercises:

- to respond quickly and accurately to the coach's various gestures with various actions:

For example: if the coach claps once - imitates the skill of catching the ball, if he claps twice - imitates a jump shot, raises one hand - imitates a jump pass, etc.;

- solving various tactical tasks in a short period of time on the model of the volleyball court (improving the speed of assessing the tactical situation and making the right decision);

- imitating the functional movement (skill) of the player of this zone in each zone (general speed is evaluated).

For example: zone 1 - throw-in;

Zone 6 - knocking down the ball directed by the opponent;

Zone 5 passing the ball entered by the opponent to Zone 2;

Zone 4 - high passed ball - jumping shot;

Zone 3 - short passed ball - jumping shot;

Zone 2 – In zones 2, 3, and 4, fencing, etc.

### **CONCLUSION**

In order to prevent extreme fatigue or strain in the development of these qualities, one repetition of exercises (or a set of exercises) performed at a high speed should be 20-30 s, the interval between exercises (rest) 1- 3 minutes, and the number of repetitions should be 4-10 times.

Sample exercises for developing fast and fast-strength endurance:

- "moky" running;

- "arch" run;

- "star" run;

- running diagonally (X) on the field;

- perform these exercises with weight equipment;

- simulating barriers in zones 2, 3, 4;

- Imitation of hitting in zones 2, 3, 4;

- imitation of "getting" the ball falling in different zones, etc.

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