

Acmeological Approach to the Development of Physical Qualities in Schoolchildren through the Sport of Volleyball

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Abstract: The article provides recommendations and research on the acmeological approach to the development of physical qualities in schoolchildren through the sport of volleyball. It is planned to train schoolchildren in volleyball and thus develop their physical qualities.

Keywords: Acmeology, professionalism, promotion, selection, sports, volleyball, development, selection, training, results, quality.

Involvement of the population in physical education and sports and improving health through sports have been recognized since time immemorial. This not only creates a healthy environment, but also serves to guide each young generation in a positive and creative direction. It is clear to all of us that our state has been paying special attention to this issue in recent years. In particular, every decision and decree issued in this regard creates the ground for the development of physical education and sports. Including the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan on the development of children's sports in the neighborhood of December 31, 1997 No. 586. Decree of the President of the Republic of Uzbekistan on the establishment of the Children's Sports Development Fund of Uzbekistan, October 24, 2002, No. PF-3154. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan on the establishment of the Children's Sports Development Fund of Uzbekistan, October 31, 2002, No. 374. Resolution No. 318 of the Cabinet of Ministers of the Republic of Uzbekistan dated July 18, 2003, on additional measures to promote children's sports and expand the production of sports goods for children, has been serving to a certain extent the development of the younger generation and increasing interest in sports. At the heart of this, our current achievements in sports, the fact that we took 22nd place in the Olympics, is a clear proof that our sport is developing day by day.

It is worth admitting that today, in our country, sports games are becoming more competitive day by day, and the level of formation of sports teams is increasing. Especially the volleyball sport has an incomparable role in increasing team spirit, harmony, solidarity, and love for each other among young students. Currently, various modern methods are used to develop the physical qualities of students through the sport of volleyball in physical education classes and extracurricular activities. The most important aspect of the acmeological approach to the development of physical qualities of schoolchildren through the volleyball sport is that it requires the high development of strength, endurance, speed, agility, and flexibility in students through the volleyball sport. "Acme" is the most productive period in a person's life.

Acmeology, in addition to commenting on human maturity, is also important to society for each individual to have an acme period for as long as possible.

Areas of acmeology: separately, there is a professional acmeology within the considered doctrine. in turn, it has its own instructions:

- pedagogical acmeology;

- school;
- acmeology of physical culture;
- social;
- military;
- medical.

Conditions for the formation of acmeology through volleyball in physical education classes and extracurricular activities:

- correct organization of time;
- formation of an active movement position;
- correct use of techniques and tactics;
- teaching quick thinking and foreseeing the situation;
- development of a system of specialized regular exercises;
- accurate determination of the levels of exercise contagiousness depending on age;

The study was carried out through the following exercises:

1. To receive the ball by holding the ball from below, two from above, and one from below.
2. Passing the ball over oneself in pairs and changing the height or direction of the ball depending on the behavior of the partner.
3. Accurately pass the ball to the target drawn on the wall and overtake the numbers shown on the scoreboard.
4. Passing the ball to zones 3, 4, 2 by staying between the 3rd and 2nd zones.

All exercises were performed on the basis of conditional signaling.

The main direction of the exercises is to choose the method of movement in accordance with the situation. For example: when receiving the ball, it consists of connecting the interaction of the partner with his own movement and performing the above-mentioned exercises.

The purpose of such exercises is to provide accurate ball passing, reception, perfection of movements, and at the same time, it also develops the indicators of physical qualities at a high level.

The essence of such exercises is that participants are given the opportunity to choose a tactical action method and evaluate its effectiveness.

Mastering the above-mentioned exercises together with theoretical knowledge creates an opportunity to master individual tactical movements in passing the ball and develop physical qualities.

In conclusion, we can see that 13-14-year-old girls are more mobile, have full self-control, and at the same time develop physical quality indicators at a higher level than girls of higher age. In older girls, it was observed that the mastery efficiency is lower due to some reasons, due to periods of puberty, sexual, physiological and other changes, due to lack of controllability and full attention to sports.

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