

EFFECTIVENESS OF USING INTERACTIVE TEACHING METHODS IN VOLLEYBALL TRAINING.

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Annotatsiya

Ushbu maqolada voleybol mashg'ulotlarida interaktiv o'qitish metodlaridan foydalanish samaradorligi tahlil qilingan. Interaktiv metodlar o'quvchilarning darsdagi faolligini oshiradi, jamoaviy ishlash va mustaqil fikrlash ko'nikmalarini rivojlantiradi. Tadqiqot Toshkent davlat jismoniy tarbiya va sport universitetida 60 nafar talaba ishtirokida o'tkazilgan bo'lib, tajriba davomida "aqliy hujum", "juftlikda ishlash", "rol o'ynash", "blits so'rov" kabi interaktiv metodlar qo'llanilgan. Natijalar shuni ko'rsatdiki, interaktiv metodlar asosida tashkil etilgan mashg'ulotlarda talabalar ishtiroki 20–30 foizga oshgan, o'zlashtirish samaradorligi esa 25 foizga yuqori natija ko'rsatgan. Maqolada interaktiv usullarning voleybol mashg'ulotlarini yanada qiziqarli, samarali va shaxsga yo'naltirilgan jarayonga aylantirishdagi o'rni ilmiy asoslangan.

Kalit so'zlar

voleybol, interaktiv metod, o'qitish samaradorligi, jamoaviylik, aqliy hujum, sport ta'limi, texnik tayyorgarlik.

Annotation

This article analyzes the effectiveness of using interactive teaching methods in volleyball training sessions. Interactive approaches enhance students' activity, teamwork, and independent thinking skills. The study was conducted at the Tashkent State University of Physical Education and Sports with the participation of 60 students. During the experiment, such interactive methods as "brainstorming," "pair work," "role play," and "blitz survey" were applied. The results showed that students' participation in interactive sessions increased by 20–30%, while learning efficiency improved by 25%. The article scientifically substantiates the importance of interactive methods in making volleyball lessons more engaging, effective, and student-centered.

Key words

volleyball, interactive methods, teaching effectiveness, teamwork, brainstorming, sports education, technical training.

Introduction. Today, the use of interactive teaching methods at all stages of the education system is becoming a pressing issue. In particular, the use of interactive methods in the effective organization of sports, including volleyball, is of great importance in developing students' independent thinking, teamwork skills, and mastering sports techniques.

Decree of the President of the Republic of Uzbekistan No. PF-6099 (October 30, 2020) and Resolution No. PQ-4812 (August 24, 2020) stipulate the need to modernize the field of physical education and sports, and widely use modern pedagogical technologies in the educational process.

In the game of volleyball, accuracy of movements, coordination, teamwork, and quick thinking play an important role. Therefore, the use of interactive methods by the teacher in the educational process increases the activity of athletes, making them the central subject of the lesson.

The purpose of the study is to determine the impact of using interactive teaching methods in volleyball lessons on student activity and learning levels, and to scientifically substantiate their effectiveness.

Methods. The study was conducted among 1st-2nd year students of Tashkent State University of Physical Education and Sports. A total of 60 students participated in the study: 30 were selected as an experimental group trained using interactive methods, and the remaining 30 were selected as a control group trained using traditional teaching methods.

The following interactive methods were used in the study:

- “Brainstorming” - finding tactical solutions in volleyball together;
- “Blitz survey” - quick questions and answers on the rules of the game and technical elements;
- “Working in pairs” - teaching each other movements, mutual analysis;
- “Role-playing games” - in-depth mastering the rules of the game by playing the role of a teacher and referee;
- “Multimedia presentations” - studying game techniques through video analysis.

The research used observation, questionnaire, experimental testing, and statistical analysis methods. The experiment lasted 10 weeks.

Results. According to the results of the study, volleyball lessons organized on the basis of interactive methods significantly increased students' participation in the lesson and the effectiveness of mastering. The following main results were noted:

Level of active participation in the lesson: 68% in the control group, 91% in the experimental group;

Indicator of correct performance of technical elements by students: 61% in the control group, 86% in the experimental group;

Index of team environment and interaction (based on the questionnaire): 6.2 points in the control group, 8.7 points in the experimental group;

The level of positive motivation towards the lesson increased by 24%.

According to the students, during the interactive lessons they were able to freely express their opinions, independently analyze mistakes, support each other and test their capabilities.

Also, in the video analysis-based lessons, students were able to eliminate their technical shortcomings faster by viewing and evaluating their own actions. This increased the learning speed compared to the traditional method.

Munozara. The results of the study confirmed that the use of interactive methods in volleyball training changes the learning process to a more effective, active and creative direction.

While in the traditional teaching process the teacher is the main source of information, in the interactive approach the student plays the role of an active participant, collaborator and analyst. This allows the implementation of the principles of person-centered education in sports training.

Foreign studies (for example, Kim & Park, 2021; López, 2022) also note that interactive methods have yielded positive results in sports training. According to them, interactive lessons direct athletes not only to physical, but also to intellectual development.

Initial experiences in introducing interactive methods in the sports education system of Uzbekistan are yielding positive results. But for their systematic application, it is necessary to:

- organize special courses on pedagogical technologies for sports teachers,
- introduce multimedia tools and digital analysis platforms,
- include a reflection and analysis phase in each training session.

Xulosa. Interactive teaching methods increase student activity, technical preparation and interaction in volleyball lessons.

Methods such as “Brainstorming”, “Working in pairs”, “Role playing” form communication, teamwork and strategic thinking skills of players.

Analysis of lessons using video and multimedia technologies reduces technical errors. The effectiveness of lessons can be increased by 20–30% through the use of interactive methods. In order to further improve volleyball lessons, it is recommended to create methodological guides based on interactive pedagogical approaches in higher education institutions.

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