

SELECTION FOR VOLLEYBALL SPORTS SCHOOLS AND
MASS VOLLEYBALL SPORTS COMPETITIONS

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Abstract

Theoretically substantiate and experimentally confirm the program for selecting children involved in volleyball.

Key words

Coach, volleyball, classes, training volleyball players, selection of children.

Introduction: The most pressing issue for volleyball coaches is the selection of children at the initial stage of sports training. Hence the relevance of this topic. The solution to this problem is possible only with a creative approach of the coach to this process.

Methods: Until recently, the improvement of sports skills was sought to be achieved mainly by increasing the duration of classes, their number per week, organizing long-term training camps, but this does not take into account the content and quality of classes, and little attention is paid to the personal characteristics of children who are involved in this sport. Training a volleyball player is a long-term process. It should be started at 10-12 years old, otherwise the main point of training is lost. It is impossible to achieve great results now by simply increasing the number of technical moves and the duration of the game. The key to successful training of volleyball players is the skillful and correct selection of children for volleyball classes in the Sports School, as well as taking into account their age-related mental characteristics in this process. Perfect mastery of volleyball skills largely depends on the level of development of abilities.

Correct recruitment and initial selection of children for volleyball lessons in a sports school is one of the decisive conditions that guarantee the success of training young volleyball players and replenishment of the reserve of master teams. The initial selection depends on numerous factors that determine the desire of a young athlete to practice a certain sport. Most often, we are talking about the simultaneous and mutual action of many factors, among which it is necessary to highlight:

- accessibility of a sports facility;
- ease with which you can start creating an organized team;
- determination of talent potential;
- inclination towards the chosen sport;
- more or less directed influences.

A wider interweaving of factors influencing the choice of a sport in itself indicates the possibility of numerous blunders, since there are more inconsistencies between various factors, for example, inconsistency of psychophysical potential with inclination towards a sport, inclination towards a sport and rejection of a certain sports group.

The factors that determine the sport orientation of a young person indicate that the coach, as a selection specialist, solves very complex and subtle problems, which have their own sport-pedagogical and psychological-sociological aspects. A sufficiently high level of professional training of the coach prevents mistakes, which include, for example, assessments based only on physical qualities or on the potential capabilities of the newcomer.

Success in volleyball and achievement of high sports results depend on a stable interest in the training, volitional qualities, diligence, perseverance, abilities for sports activities taking into account the specificity of volleyball, the level of special qualities, skills, abilities and knowledge in volleyball. Recently, the problem of staffing teams has become a very important problem in volleyball. The modern level of development of the game places high demands on players - the presence of versatility in training, a high level of performance of their playing function in the team, above average height data, athletic training. For children's and youth volleyball teams, a heterogeneous composition of players in terms of training level and anthropometric data is characteristic. That is why the task of selecting children for volleyball is especially relevant now. The preparation of high-class volleyball teams largely depends on its solution.

The selection process includes several stages:

1. At this stage, a lot of propaganda work is carried out to identify the interest of schoolchildren in volleyball; all students who have expressed a desire to play volleyball in Sports Schools are subject to careful study and medical monitoring.

2. This stage is the most difficult and responsible. At this stage, using a system of tests and special observations, data is obtained that can be used to judge the inclinations and abilities of children to successfully master the skills and abilities of playing volleyball. These data include: the level of development of physical abilities in relation to the specifics of volleyball players; the ability to master technique; anthropometric data.

All indicators are differentiated by their importance for the initial mastery of special skills and abilities of the game and the achievement of a high degree of perfection in these skills and abilities.

At this stage, the inclinations of abilities received at birth, the anatomical and physiological features of the body structure and its functional capabilities, as applied to volleyball, are consistently identified.

3. It is possible to fully judge children's abilities in volleyball only after they have started to learn special skills and abilities. The main indicator here is how quickly students master the technique and tactics of the game, their attitude to classes, diligence, etc. This is the longest stage, it can last from 6 months to one year.

4. If the first three stages revealed abilities and inclinations to volleyball in general, as a sport, then in the future the selection is carried out in terms of determining their game specialization, the most effective use of individual abilities as part of a team, etc.

The problem of determining abilities, due to its complexity, is not exhausted by the complex of listed indicators, however, it includes a deep study of the child, his growth and development at previous stages, the heredity factor, the volitional sphere, etc. are of great importance.

Three most important selection subsystems can be distinguished:

1. Sports orientation, which is a sports and pedagogical process that includes at least three subsections:

- talent discovery, their direction towards a certain sport and their introduction to the initial phases of specialized sports training;

2. Selection, which is the process of periodic selection of the best athletes at various stages of sports improvement.

3. Team formation, which is the process of organizing, staffing and uniting a sports team.

To a greater extent, it is revealed that excellent physical and technical-tactical preparedness of players and teams are not necessarily sufficient to achieve top-class sports success. The largest sports competitions confirm the superiority of mentally strong and stable athletes and teams. Therefore, it is not at all surprising that recently there has been an increased interest in sports science and sports practice in various areas of applied psychology.

Modern volleyball places high demands on the athletes' bodies. The level of psychophysical development is an important factor in achieving high sports results. Physical development indicators for each age, on the one hand, help to program the training process, on the other hand, they are necessary for the implementation of

effective control and obtaining informative data, by which it is possible to effectively evaluate the process of long-term training at each individual moment. Thus, it is important to take into account the peculiarities of mental and physical development of children involved in volleyball at each age stage. The problem of the biological factor in the development of a teenager is due to the fact that it is at this age that cardinal changes occur in the child's body on the way to biological maturity, the process of puberty unfolds.

Results and Discussion: When forming study groups and selecting schoolchildren for volleyball lessons at an older age, one can take into account the interest and skill level, since the interests of older schoolchildren are more stable, and they may already have special skills in playing volleyball by this time. Moreover, the older the age, the greater the degree. From the above, one can conclude that abilities become more pronounced with age, at a younger age they are also there and there are inclinations, but they are hidden from view, and it is necessary to look for ways to reveal them. The selection, focus and improvement of volleyball players is carried out according to criteria that apply to assessments of:

- morphological abilities;
- physical and functional qualities;
- personality traits.

Since volleyball is a game where height data plays a very important role, coaches try to select children for the volleyball section based on height data. Perhaps, tall representatives of the population are the most interesting young candidates for volleyball players for volleyball specialists. Height is a very complex biological, medical, psychological and psychosocial problem, and the role of the coach in the selection of pronouncedly tall players is especially responsible and requires observance of subtleties. Height should be considered as an adaptation of the organism to living conditions. The limits of this adaptation are determined genetically. Height is an expression of excess energy, and as such it serves as an indicator of normal energy expenditure in a young organism.

Forecasting growth is one of the important tasks of a coach, since the final height of a player provides answers to numerous questions in the field of sports orientation and sports specialization. Volleyball specialists are most interested in body height, which is also the main parameter of total growth. Due to the high morphological homogeneity of the body constitution, some geometric principles can also be applied. Coaches mainly predict high growth in individuals in adolescence, who have pronounced differences in rapid, intensive, uneven growth. However, the features of the transitional growth phase should be perceived with some restraint. They only indicate that a young individual has entered or is in a

phase of intensive growth, but do not provide information on how long this phase will last. Forecasting only on the basis of the features of the transitional age in relation to growth can be very unreliable, since in experimental cases the final height can be achieved both within a few months and within a few years.

Coaches strive to obtain a more accurate estimate of final height when selecting. For this purpose, the height of the parents is often used as an element of predicting the final height of their child.

Conclusion: As a result of the literature analysis, we came to the conclusion that one of the main problems faced by coaches is the issue of high-quality selection of young volleyball players for sports sections and mass sports competitions.

Development of a program for the optimally effective selection of children for the volleyball section was one of the objectives of our study. To solve it, a system of control tests was developed.

From all of the above, we can conclude that the selection task is especially relevant, because the initial selection of children and the correct staffing of groups for volleyball classes at the Children's and Youth Sports School is one of the decisive conditions that guarantee the success of training young volleyball players and replenishment of the reserve of teams of a higher class of play.

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