USE OF MODERN PEDAGOGICAL TECHNOLOGIES IN TEACHING THE SPORT OF VOLLEYBALL

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Annotation: Volleyball is not only an entertaining activity, but also an important educational activity that serves to increase physical activity. Therefore, it is of particular importance to organize volleyball lessons effectively and educate students as competitive and resilient individuals who can play this game at a high level. This article will discuss in detail the methods used in organizing and studying volleyball.

Keywords: volleyball, endurance, fitness, physical exercise, teacher, students, educational program, etc.

Entrance

Volleyball is one of the most effective and versatile means of physical education and personal development. Regular participation in this sport has a positive effect on many important systems of the human body, improving their functioning. Therefore, volleyball is recognized as an integral part of the physical education system in many countries of the world.

Today, volleyball has firmly taken a place in the curricula of children's and youth sports schools (CSSS), general education schools, academic lyceums and colleges, higher educational institutions and various sports organizations. Volleyball classes are also regularly organized in physical culture teams, sports sections and military units. This sport is widely used as a means of active recreation in parks, recreation areas, swimming pools and mass sports events, and is also useful for people leading a sedentary lifestyle.

A deep understanding of the dynamic mechanisms that determine the effectiveness of game techniques and tactics in volleyball allows coaches and teachers to properly organize the training process, rationally select exercises, and set loads in accordance with the level of preparation of students. This is an important factor in improving the skills of athletes and achieving high results.

The subject "Volleyball Theory and Methodology" occupies one of the leading places in the professional training of students studying in the field of sports activities. This subject serves to form theoretical knowledge, practical skills and professional competencies of future coaches. It is an important component of the process of training specialists in the educational field 5610500 - "Sports activities" in the higher education system of the Republic of Uzbekistan.

Within the framework of the discipline, students acquire the necessary knowledge and skills in the following areas:

1. General basics of volleyball theory;
2. Volleyball teaching methodology;
3. Theory and methodology of sports training;
4. Features of training teams of different ages and skills;
5. Organization of mass sporting events;

6. Medical, biological and psychological foundations of volleyball;
7. Methods of organizing and refereeing competitions;
8. Material and technical support for volleyball training;
9. Conducting research on volleyball;
10. Planning and monitoring the level of preparation of athletes.

In-depth study of the problems of modern volleyball theory and methodology allows young specialists to critically evaluate existing knowledge, systematically develop their professional skills, and apply new approaches in practical activities. In particular, the use of the problem-based learning method helps students develop their independent thinking skills and deepen their theoretical knowledge.



Figure 1. Development of the sport of "Volleyball".

The role of teachers with high moral qualities and pedagogical skills in the educational process is incomparable. Such teachers play an important role in the professional formation of young people, teaching them not only knowledge, but also life experience and professional culture. At the same time, each student must have his own opinion, be able to analyze any information and ask questions such as “Why?”, “Is this really so?” Only such an approach will serve to educate independent-thinking, knowledgeable and qualified specialists in the future.

Today, volleyball is one of the most popular team sports in the world. Playing this sport helps develop speed, agility, strength, endurance and coordination skills in the human body. Volleyball requires the athlete to assess the situation in a short time, make the right decisions and act in the best interests of the team. Therefore, volleyball is a sport that develops not only physical, but also mental and psychological preparation.

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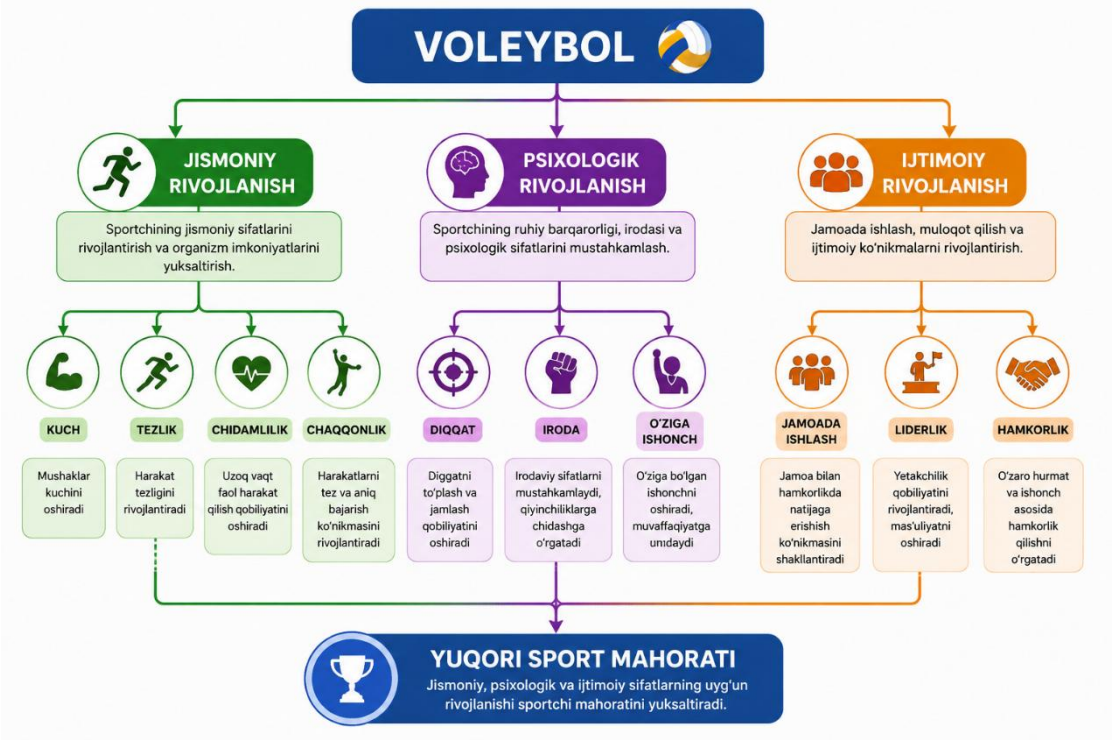


Diagram analysis: The diagram shows that technical and tactical preparation plays a key role in the training of volleyball players. At the same time, physical, psychological and theoretical preparation also have a significant impact on sports results.

The use of modern pedagogical technologies, interactive methods and information and communication tools in volleyball training increases the effectiveness of the educational process. With the help of video analysis, electronic presentations and digital programs, the possibility of analyzing the technical and tactical actions of athletes, identifying and eliminating their mistakes is expanding. This increases the quality of the coach's work and further improves the training of athletes.

In addition, volleyball training plays an important role in the formation of a healthy lifestyle among young people. Regular training increases the functional capabilities of the body, improves the functioning of the cardiovascular and respiratory systems, and helps prevent various diseases. Volleyball also forms important social qualities in athletes, such as discipline, responsibility, teamwork skills, leadership, and mutual respect. In-depth study of volleyball theory and methodology, continuous improvement of teaching methods, and organization of scientifically based training are among the urgent tasks of modern sports education. As a result, the opportunity is created to train highly qualified athletes, raise a healthy generation, and make a worthy contribution to the development of sports in the country.

Asking questions with a reasonable and scientific approach to established and established guidelines, theories and methods will help the process of cognition to proceed more effectively. Such an approach will accelerate the formation of the personality, the development of the ability to think independently and the growth of professional skills of young specialists. On the contrary, lack of independence and self-confidence can lead to the formation of a specialist in the future only as an executor.

Teaching volleyball requires a coach to have a deep knowledge of modern pedagogical technologies, effective teaching methods, and comprehensive training methods for athletes. One of the main tasks of a coach is to develop the technical, tactical, physical, and psychological readiness of players. Especially when working with young volleyball players, the coach's pedagogical skills are of particular importance. Because it is at the initial stage that a solid foundation is laid for the athlete's future success.

Constructive (creativity) and prognostic (forecasting) abilities play an important role in the work of a coach. Creative ability helps to choose the most effective ways to develop the athlete's skills, taking into account his individual capabilities. Prognostic ability allows you to assess the prospects of athletes in advance, identify their strengths and weaknesses, and determine the direction of future development.

Thus, volleyball is not only a sport that develops physical qualities, but also an important pedagogical tool that forms the will, independence, responsibility and teamwork skills of young people. In-depth study of volleyball theory and methodology, the application of modern methods in practice, and the systematic improvement of the professional skills of coaches are among the main factors in increasing the effectiveness of athletes' training.

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