EDUCATION OF PHYSICAL QUALITIES IN YOUNG VOLLEYBALL PLAYERS AND THEIR TYPES

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The general task in the process of educating a person for a long year of power as a physical quality consists in the comprehensive development of power and the assumption of its high degree of manifestation in various motor activities.
In concrete conditions in a particular activity, the upbringing of power in essence is a hallmark of specific tasks.
Exercises performed with overcoming external resistance
a) theft of items,
b) resistance of the partner,
d) resistance of elastic products,
e) exercises in which the external resistance of the body is carried out by weighing it with its own weight.
The choice of the amount of resistance in the upbringing of power is one of the main issues of methodology.
Breathing should be in a special order at the time of performing strength exercises. The limit tension is possible only when a person is exhausted, the respiratory muscles, the sound path is tightened in a closed state. Tension increases strength indicators. There are a few basic rules that must be followed to prevent frustrated employees when doing strength training:
1) only in the case where it is necessary, it is possible to allow tension only at the time of the short-time maximum voltage
2) newbies should not be given too many exercises with a voltage close to the limit and limit;
3) you should not breathe deeply to the maximum before doing strength exercises, this will increase the pressure in the chest and the changes that will be during the tension;

4) since the strength indicators in breathing are also the same as in tension when the sound tubes are narrowed, it is possible to give maximum intensity without stopping the breath;

5) it is necessary to insist that new practitioners are in the middle of the exercise, exhale and exhale.

The power that a person can manifest depends on his state of mind. For every action, there are cases in which the most and least power of the posture is manifested. There are three ways to do this.

The first way is to choose the first aunt of the mistress. The second way —from special devices and exercises performed with shock absorbers the benefit is. This is also the value of the exercises performed with shock absorbers and espanders.

The strength of some muscle gruppes is different from each other. It is accepted to call the ratio of the maximum strength of various muscle gruppes a power topography. In order to get a complete picture of the topography of strength in any person, it is necessary to measure the strength of his Cube muscle gruppes as much as possible. In people who are not involved in sports, muscles that resist the force of loading, adjusting the buttocks and legs, bending the arms, will be best developed. If strength training is used at the beginning of the main part of training, their effectiveness will be greater. At some point, you will have to move strength training to the end of the main part of the lesson; this will have less impact on the body of those who practice these exercises.

In training microcycles in various sports, strength training is carried out on different days. In sports quick-strength types, it is recommended to carry out strength training as early as the first day after the rest of the cycle. The frequency of strength training sessions depends on a number of factors, the level of training of the engaged. Experiments show that it will be effective to do 3 sessions per week with new practitioners, but it will be more useful to do 1, 2 or 5 sessions per week. In qualified athletes, the frequency of training may be greater.

In practical classes, it is studied from physical qualities the types of strength qualities, its dependence on weight, training and sports. Methods for measuring muscle strength, the laws of dependence of strength on physical qualities of a person are revealed. Methods of training muscle strength, organization and conduct of exercises with a partner and weight of their own weight, resistance of rubber espanders and weight of items, as well as loving loads in strength training are analyzed. It is directly involved in the conduct of strength training in a Sport, and the effectiveness of the training is analyzed.

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Speed quality-refers to the functional characteristics that determine the speed characteristic of movements in a person, as well as the time of the action reaction. There are three main forms of rapid manifestation:

1) latent time of action reaction;
2) some movement speed;
3) frequency of movements.

The forms of rapid manifestation are not related to each other. This is especially true of time pointers, where the speed of motion of the motion reaction is often unrelated to the pointers.

In most movements performed at maximum speed, two phases are distinguished from each other:

1) speed deviation phase
2) nibatan stabilization phase of speed.

The Start acceleration is a characteristic of the first phase, and the speed at a distance is a characteristic of the second phase. The ability to quickly increase the speed and the ability to pass the distance at high speed-relatively unrelated. Since the start acceleration is good, the distance speed can be low or, more.

Reaction lagent time consists of five components:

1) the appearance of excitation in the receitor;
2) transmission of excitation to the central nervous system;
3) Turn along the nerve pathways of lambing and be an effector signal dressing;
4) conversion of the signal from the central nervous system to the muscle;
5) excitation of the muscle and the appearance of mechanical activity in it.

Nurturing the speed of a simple reaction.

The reactions will be simple and complex. A simple reaction is to respond with an action known from a previously known signal advance. All other types of reactions are complex reactions. Fastness is characteristic of very many simple reactions: in some situations, people who quickly make a decision come to an

idea even faster than in other conditions. Knowing the variety of exercises that are done quickly improves the rate of a simple reaction. Exercises on the speed of reaction practically do not affect the speed of movements. In the upbringing of the speed of a simple reaction, several styles are used. The most common of these is the way in which you react, as quickly as possible, to a suddenly appearing signal or a change in the surrounding situation. This technique will soon show positive results in training sessions with new practitioners.

Reaction speed is of great importance in these cases, special methodologies are used to improve it. One of these methodologies is the analytical approach methodology which consists of improving the speed of reaction under mitigated conditions and the speed of further action.

"Sensomotor methodology" is based on the independent connection of its ability, which differs in reaction speed from one tenth of a second to one hundredth of a second and from one hundred to one short-term intervals. People with a good perception of time microintervals usually have a high reaction speed.

The exercise is carried out in three stages: at the first stage, the engaged act in an attempt to react to the signal at maximum speed. After each attempt, the teacher informs the engaged person of the time indicated by him.

Even in the second stage, the reaction and further actions are performed at the greatest speed. But this time the teacher asks the student how long he has performed the action in his opinion. After that, he is informed of the special time in performing the exercise. Constantly comparing the time he / she has taken with the actual time in doing the exercise will improve making the time more accurate.

At the third stage, the practitioner is advised to complete assignments at a predetermined variety of speeds. As a result, it teaches you to easily control the speed of the reaction.

Nurturing the speed of a complex reaction.

The reaction to the object in motion is more common in one-on-one shooting exercises and sports games. For example, let's look at the actions of the darbozaban at the time when the ball is kicked in the gate. The Derbent must fulfill the following:

1. view of the ball;
2. evaluation of the direction of the ball and the speed of its flight;
3. what to choose a plan to do;
4. this is the beginning of the implementation of the plan. When reacting to an object in motion, it is of fundamental importance to be able to see an object moving with great speed.

Training requirements are increased due to an increase in the speed of the item in motion, a sudden appearance of the object, a reduction in the distance between the athlete and the item. Selection is associated with the selection of what the reaction needs from possible driving responses in accordance with changes in the opponent's behavior or the surrounding conditions. The change in the conditions of the complexity of the selection reaction depends on the colorfulness of the possibilities, the variety of actions of the opponent when taking the gunner, one-on-one.

The duration of the exercise is determined by the length of the piece to be passed and the speed of movement along the distance.

The duration of rest intervals plays a huge role in determining the quantity and nature of the body's response reactions to the load.

The nature of rest, including filling with other, additional types of nauzas activity, has a different effect on the body depending on the main type of work and the intensity of additional work.

Takrorlashlar soni yuklamaning organizmga ta’sir etish miqdorini belgilaydi. An increase in the number of repetitions when working in aerobic conditions forces the heart to maintain a high level of activity of the vascular and respiratory systems for a long time.

Methodology for the development of endurance the methodology for increasing aerobic capacity.

In the process of physical education, three tasks are solved by influencing the aerobic capabilities of the body:

1) increase the maximum level of oxygen consumption;

2) develop the ability to maintain this level for a long time;

3) to increase the faster access of respiratory processes to the maximum amount.

In increasing aerobic capacity, one standard exercise technique is used, as well as repeated and alternating exercise styles. The main task when using repetitive and repetitive variable exercise techniques to increase aerobic capacities is to choose the best option for relaxation, relaxation with performance.

The intensity of work should be above the critical level, at the level of about 75-85% of the maximum intensity. The intensity of work is determined in such a way that the frequency of going to the end of the work beats up to 180 per minute in sufficiently highly qualified athletes.

The length of the pieces is working and about 1-1.5 min. is selected in such a way that it does not exceed.

Rest intervals should be such that further work takes place against the background of favorable changes that occurred after previous work.

It is recommended to fill the rest intervals with work that is not done so quickly. from getting to the aunt of work and vice versa, it becomes easier to move from the aunt of work to the aunt of rest, the recovery process is somewhat accelerated. The number of repetitions is determined by the capabilities of the engaged person to maintain a stable state, that is, to work in conditions where oxygen consumption is at a sufficiently high level. As soon as fatigue begins to appear, the level of oxygen consumption decreases.

Anaerobic capacity enhancement methodology. There are two tasks that must be dealt with in increasing anaerobic capacity.

1) phosphocreatine increase the fuicular capabilities of the mechanism;

2) tacomolization of the glycolytic mechanism.

As a tool, cyclic exercises of the appropriate intensity are usually used. The working time of the length of the pieces is about 3 — 8 sec. it is selected in such a way that you take it for granted. Rest intervals are approximately 2 - 3 min, taking into account the lack of oxygen. must be equal. It is useful to supplement the rest intervals with other types of work only at the time of the break between the repetition series. The number of repetitions is determined depending on the degree of readiness of the handlers.

Glycolytic mechanism.

When improving this mechanism, downloads are characterized by the following features.

1. The intensity of work is determined by the length of the distance chosen for the exercise.
2. The length of the pieces is about 20 sec of working time.from 2 min. it is selected so that it continues.
3. Rest intervals are determined by the dynamics of glycolytic processes.
4. In such a case, it is not necessary to fill the rest intervals with other types of work. But only if it is not completely motionless.
5. The number of repetitions in work with decreasing rest intervals, due to the rapid increase in fatigue, will not be much more.

Special measures to increase the stabilization system in relation to unfavorable changes in the internal environment are a factor in the upbringing of endurance. Increasing the physiological limits of stability; is the main task as the onshrish of the psychological limits of stability.

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