

**SPECIAL TRAINING BASED ON THE USE OF ADDITIONAL SPORTS
EQUIPMENT OF THE TRAINING GROUP OF VOLLEYBALL GUIDES***Ankabayev Dilmurod Bakhtiyorovich**Director of Zarbdor district sport school*

Annotation: In this article, a number of measures are being taken to develop volleyball type. It is also reported that volleyball players can use additional appliances

Key words: Volleyball, trending, competition, skalka, dumbabell and katchelel

Today in our country, volleyball sports is considered as one of the priorities, especially in the development and popularization of children's sports. "Increasing and implementing a healthy lifestyle among children and youths, wide involvement of a healthy lifestyle among the creative and intellectual potential of the younger generation, their wide involvement among children and youth plays an important role." In recent years, the initiative of the President of the Republic of Uzbekistan, such as its active efforts, and direct leadership is one of the priorities of the policy of the policy of the policies of our physical education, mass and professional sports state. While Volleyball in our country is one of the most popular sports, however, our athletes will have enough mistakes and deficiencies in international sports because we do not develop special operation in preparation of women, we will not be able to attain the goal we have set. This is one of the current issues in the training system of highly qualified athletes in the volleyball. The main means of training such as other sports in volleyol is exercise. They are very different. Therefore, they will be held in place in place in addressing the tasks set in a certain teaching stage. Such a category is based on the competition of women volleyball players. Due to this, exercises are divided into two large groups: main or compete and assistant or trainings. All exercises are included in the component of the trainings depending on its direction. These preparations are: general physical; special physical; Technical; Tactic; an integral (unit match). Each type of preparation is the unique leading tools, using them, with special functions. However, the exercises belonging to a preparation will be closely linked to other preparations. For example, if the quality of speed is not properly developed in the engaging, it cannot perform the training of the attack. In this case, it is advisable to give exercises on the development of the quality of speed of effort. Because increasing the volume of repetition of the attack shock does not yield efficiency.

Volleyball is a team sport, which is important, such as speed, power, endurance and coordination. It is necessary to develop special physical training in the women's volleyball and to improve competition and achieving high results. In this case, the use of additional sports equipment plays an important role in improving the efficiency of training.

The importance of special physical training

Special physical training is a process that provides athletes with physical qualities necessary for their sport. Volleyball players include women strength, speed, endurance, elasticity and balance for women. This preparation is important in preparing athletes for competitions, storing injuries

and improving the general physical situation. Additional sports supplies help the volleyball guide to increase the special physical training of women. The following equipment is widely used:

1. Dumbbell and Kettlebell: It's very effective to increase the power. They help strengthen hands and leg muscles.
2. Resistance Bands: These accessories are useful in increasing muscles and increasing the elasticity. They can be applied to perform different exercises.
3. Stable top obstacles: These equipment helps to develop speed and relocation's ability. They allow athletes to increase speed and accuracy when moving to athletes.
4. Obstacles to stretch muscles: they are very important in raising the elasticity and preventing injuries.
5. Conical: Ideal Equipment to increase speed and endurance. Cardio-vascular system can be strengthened using the conical.

Here are examples showing how effective use of additional sports equipment in the training program:

1. Power classes: Exercise such as Squat, Deadlift and Press to do with Dumbbell and Kettlebell.
2. Endurance lessons: Actions performed using the contribution of the Resistance bands, for example, boosting the shoulder and breast muscles.
3. Speed sessions: Exercise aimed at increasing sprint with obstacles and speeds.
4. Elasticity and balance: Exercise of muscle stretching and exercises performed with Conical.

The effectiveness of the tools in volleyball movements often directly depends on the methods of their application. Methods are the task assigned level, is selected and applied depending on specific conditions. Depending on the task, it can be used differently, using exactly one tool in different methods. In addition, in each type of preparation, the sequence of tasks and tours also has a logical connection. Should the tasks of preparation type, changing the quality of preparation, varies. For example, preparatory exercises are the general structure of the technical method being studied. Close exercises will be a bridge in the transition of special physical training in technical training. The technical exercise, built on a certain level of complexity, will help form tactical skills. On this basis, there are later tactical actions. The main feature of vocational training in volleyball is aimed at acquisitions of movement and specialized knowledge on it. Training of action in volleyball is based on general principles and stems from the laws of formation of action skills and competencies.

In the first stage - to get acquainted with the learned method. At this stage of teaching, the movement is to containing the ability to perform in general in its main version. In this stage, engaged, mastered the basis of a new training technique. The dynamic stereotype is based on the stage. Specific features of this stage: not sufficiently accurate in terms of phase and time of

actions; the fact that muscle actions are not clear; the lack of rhythm of the movement; availability of unnecessary additional action; is the absence of intimacy between complex action.

The Importance of Special Physic Training

Volleyball players include women strengths, speed, endurance, elasticity and Balance for women. This preparation is important in preparing athletes for competitions for competitions, storing enforcement and improving the general physicals Situation. Aditance sports supplies help the volyular guide to increase the special physic training of women. The following equipment is widly USED:

1. Dumbbell and kitTlebell: It's very effective to increase the power. They help straignen hands and leg muscles.
2. Resistance busse buks: These accessories are canocy in Increasing muscles and increaser.
3. Stable top obstacles: thesse equisget helps to develop speed and relocation's ability. They allow athlete to increase speed and accuracy when moving to athletes.
5. Coocal: ideal equipment to increase speed and ellance. Cardi-vascular system can be strenghened using the focalka.

Based on the above characteristics, in the first stage of training, the following tasks will be resolved:

- 1) making an imagination on the movement;
- 2) fill it with certain actions to absorb the new effort underaching;
- 3) destroy unnecessary actions, muscles;
- 4) Achieving the action completely in the early position of the movement.

The use of different methods in the primary teaching stage will also have its own character. The starting time of training efforts is to acquaintance with these actions. This is achieved through the importance and characterist of actions, as well as to perform it directly. When the learner should understand the purpose of the actions, the interview needs to help you create the efforts to absorb action.

The efficiency of additional sports equipment is of great importance in raising special physical training of women volleyball equipment. With the help of these equipment, athletes can improve their powers, their speed, and endurance. By organizing the training program properly, volleyball players will improve the chances of achieving high results. Each athlete should constantly develop his physical fitness, as it is important not only in success, but also in maintaining a healthy lifestyle.

References:

1. Tampetyants L.R., Pulatov A.A. The theory and methodology of volleyball. Textbook. Tashkent-206S.
2. Official rules of volleyball. L.R. Anphetyants' um. Tah. OST. Tashkent - 2002 y. -53 s.
3. Goncharova O.V. Development of physical abilities of young athletes. T. UzDechanized is Nash. 2005y.
4. Olagov A.A., Isroilov Sh.X. The theory and methodology of volleyball .. Tashkent - 2007 - 148 s.
5. Khakimov, S. T. (2022). Increase in Phyosic Text Championship, DIFFERTIATED by Young Text Alcording to the Game. Academic Research in Educational Sciences, 3 (3), 549-556.
6. Khakimov, S. T. (2022). The Ways To Enhance The TRAI Process of Young Volleyball Plays. Mental Enlightenment Scientific-Methodological Marthocal Journal, 2022 (2), 118-135