

**AGE-RELATED CHARACTERISTICS OF THE SPORT OF VOLLEYBALL****Davulov Ozodbek Qalandarovich**

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**Abstract:** This article analyzes the specific features of volleyball at different age levels. It highlights the changing requirements for the physical, technical, tactical and psychological preparation of athletes during childhood, adolescence, youth and adulthood. It substantiates how training methods and approaches should differ in each age group. This analysis is of practical importance for volleyball coaches, sports educators and specialists working with young athletes.

**Keywords:**

- Volleyball
- Age-related characteristics
- Sports training
- Physical training
- Technical skills
- Tactical approach
- Children's sports
- Youth sports
- Sports pedagogy
- Developmental stages

**Introduction** Volleyball is one of the most popular sports in the world today, playing an important role in the physical and mental development of not only professional athletes, but also the younger generation. Since this sport requires precision of movements, agility, strength, balance and coordination of tactics, it is necessary to take into account the age and developmental stages of the athlete when studying it and organizing the training process.

At each age, the physiological, psychological and social characteristics of the organism are different, which directly affects the form and content of sports training. While in childhood the main attention is paid to general physical development, in adolescence and youth technical and tactical preparation, psychological stability and competition experience are of great importance. This work systematically analyzes the age-related characteristics of volleyball, highlighting approaches, training forms and pedagogical principles appropriate for each age group. This can serve as a scientific, theoretical and practical basis for trainers, sports specialists and educators.

**1. Childhood age (8-12 years)****Features:**

- During this period, emphasis is placed on general physical development.
- Coordination, balance, speed of movement and agility are developed.
- Training in the form of a game (for example, training with soft balls).
- The basics of technical movements are taught: catching the ball, passing, shaking (serve).
- Physical exertion will be limited-avoiding overloads.
- A stimulating, interesting environment is created.

**2. Adolescence (13-16 years)****Features:**

- Technical skills are deepened: passes, receiving, offensive shots, blocking.

- Physical fitness is enhanced: strength, endurance, jumping ability are developed.
- Preparation for competition activities begins.
- Tactical skills are taught: positions, game combinations.
- Emphasis is placed on psychological stability (stress tolerance, communalism).
- Physiological changes are taken into account in girls and boys.

### 3. Ages (17-21)

#### Features:

- The technique is perfected.
- High levels of physical demands are used.
- Much attention is paid to tactical thinking and game analysis.
- Special training (e.g. functions of positional players) is carried out.
- Is the stage of transition to Professional sports activities.
- The frequency of participation in competitions increases.

### 4. Adults (22 years and older)

#### Features:

- High level of technique and tactics.
- Physical strength, endurance, jumping – at the highest level.
- Complex strategic approaches and positional games.
- Opponent analysis, game management skills.
- Psychological stability, leadership, experience play an important role.
- Protection against injuries, recovery processes are also relevant.

### Main content

The sport of volleyball requires multifaceted movements, a high level of coordination, quick thinking and a culture of team play. The training of athletes to these requirements directly depends on their age and stage of development. Therefore, it is necessary that the content and methodology of volleyball training differ depending on age groups.

During this period, children will not be ready for intensive sports loads yet. Therefore, training should consist of more game-like, fun and easy-to-complete tasks. The main goal is to coordinate movements, learn to work with the ball and form an interest in sports. Technical skills are taught in a simple form: ball transfer, reception, soft services.

At this stage, the adolescent organism actively develops, muscle mass increases, movement coordination improves. Therefore, physical loads can be gradually increased. Technical skills are deepened: blows, blocks, types of Service. At the same time, the basics of tactics are taught – roles in team play, location, defense and attack. Psychological education is also important: the culture of the formation of willpower, increasing self-confidence and working with the team is developed.

During this period, athletes approach the professional level. High-intensity physical loads, special training and individual approaches are used in training. The technique is perfected, specialization begins depending on the positions of the players. Tactical training deepens, competition activities gain regularity. It is necessary to work separately on the psychological training, stress resistance and motivation of athletes.

In adult athletes, the technique and tactics of volleyball will be fully formed. Training is based on high-level uploads, strategic planning, and competitor analysis. During this period, the priority is to increase individual and team results, maintain a stable sports uniform, prevent injuries and manage recovery processes. Attention to rehabilitation and restoration training is

enhanced so that the athlete has reached the peak of his activity, but a period of physiological decline can also begin.

### Suggestions

Development of age-appropriate training programs:

For each age category, it is necessary to develop separate methodological manuals and training plans. Through this, the physical and mental development of athletes is coordinated.

Extensive application of Game methodology in working with children and adolescents:

Especially at the initial stage (8-12 years old), the organization of the teaching process through games increases the interest of children and facilitates their involvement in sports.

Strengthening attention to psychological training:

At each age stage, it is necessary to work on the psychological state of athletes, to build self-confidence, teamwork and competitiveness in them.

Setting up training courses in age-related sports pedagogy for coaches:

Trainers must have continuous knowledge of young physiology, sports psychology and pedagogical approaches.

Constant control of the health of athletes:

Avoid excessive physical loads, orthopedic and

### Recommendations

Applying age-appropriate physical loadings:

Physical downloads for each age category should be determined individually, taking into account the stage of their development. Especially in adolescence, overtraining can have negative physiological effects.

Application of more universal exercises at the initial stage (8-12 years old):

At this age, the main focus should be on improving the general physical condition of children, developing coordination, balance and agility.

Deep attention to technique when working with adolescents (13-16 years old):

Excellent training in the technique of serve, pass, ball reception, hurdle and kick is one of the main tasks of this stage.

Establishing the upbringing of teamwork and Sports Ethics in young athletes:

Because volleyball is a team sport, athletes must respect each other, act for the benefit of the team, have a culture of treatment throughout the game.

Tactical knowledge and thinking y

### Conclusion

Volleyball sports require a training process, which is organized with an in-depth analysis of age-specific physiological, psychological and pedagogical characteristics. Since the stage of development, abilities and needs of athletes in each age period are different, the training methodology should also be selected in a suitable way.

During the study, it was found that while the formation of interest in the game of volleyball and the development of movement coordination in children 8-12 years old is a priority, at the age of 13-16 it is important to deepen technical-tactical skills and strengthen physical fitness. And with athletes over the age of 17, it is necessary to train at a specialized, professional level, work on their competitive activities and strategic thinking potential.

Through an in-depth study of this topic, it has been found that it is possible to effectively organize volleyball training, ensure the healthy and stable development of young athletes, and

increase the results of sports. Also, an age-based individual approach should be considered as an important factor for coaches, sports educators and Methodists.

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