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GAME TOOLS FOR PHYSICAL TRAINING IN VOLLEYBALL

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Annotation. Abstract: this article examines the effectiveness of the development of physical fitness among students playing volleyball. Students' physical qualities will be more effectively developed by gaming means compared to the use of outdoor games. Gaming means include outdoor games, exercises used in gaming conditions, etc. The inclusion of outdoor games in sports training not only helps to successfully solve a number of special problems, but is also always well received by those involved and increases interest in training sessions. In such conditions, the most correct strategy may be to develop students' special abilities for volleyball not through the exercises of the sport itself, but through the means available for this level of training. The latter may include outdoor games, play exercises, the content of which allows for targeted influence on the development of special, primarily coordination, abilities: orientation in space, speed and accuracy of reaction and rearrangement of motor actions, the ability to accurately differentiate spatial, force and temporal parameters of movements, sense of rhythm. Gaming means include outdoor games, exercises used in gaming conditions, etc. The inclusion of outdoor games in sports training not only helps to successfully solve a number of special problems, but is also always well received by those involved and increases interest in training sessions.

A special feature of training in volleyball is the length of time it takes to master the technical arsenal, which is caused by the high complexity of the technical elements of the game and certain requirements for physical readiness.

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The latter may include outdoor games, play exercises, the content of which allows for targeted influence on the development of special, primarily coordination, abilities: orientation in space, speed and accuracy of reaction and rearrangement of motor actions, the ability to accurately differentiate spatial, force and temporal parameters of movements, sense of rhythm [1].

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A variety of motor actions in outdoor games, gaming exercises and gaming activity itself in general have unique properties for the formation of vital skills and abilities of students, the comprehensive development of their physical and mental qualities [2].

In the process of games and exercises, students develop the ability to act together. Systematic repetition of outdoor games and exercises leads to improvement and consolidation of the necessary skills. An effective method for developing coordination and other abilities is the game method, which involves performing exercises either in a limited time, or in certain conditions, or with certain motor actions, etc.

It is noted that the method of organizing motor activity in the form of an outdoor game is widely used in the process of physical education and has a number of advantages over other methods.

The essence of the gaming method, which the author identifies with the game, is that motor activity is organized on the basis of the content, conditions and rules of the game. The author considers the characteristic features of the game method to be: great emotionality, against the background of which the motor activity and behavior of those involved take place; relatively independent (not regulated) choice of solutions to motor problems and their sudden occurrence in a constantly changing situation; complex 46 and various interactions between those involved during the game.

Some features of using the game method are highlighted: improvement of mastered motor actions; comprehensive development of motor abilities; identifying the personal characteristics of those involved and influencing the formation of moral, moral-volitional and intellectual personality traits. Outdoor games are one of the effective means of helping to relieve nervous tension and evoke positive emotions.

For this purpose, games are used not only with beginners, but also with qualified athletes. The concept of a gaming method is much broader in terms of means and forms of implementation than outdoor games. The game method has many features characteristic of games in physical education.

The game is presented as a system of characteristic physical exercises, that is, in the form of means of physical education. By identifying the gaming method with play, games in physical education can be used as an effective method of teaching and education. It is possible to use the game method at the stage of learning a motor action, subject to an increase in the degree of regulation.

In the physical education of students, outdoor games play a great role. When used skillfully and systematically, they have a positive effect not only on the ability to control movements, but also on the entire psychomotor sphere: the ability to quickly react, anticipate, quickly find, make and implement decisions.

The characteristic features of the gaming method include: pronounced elements of competition and emotionality in gaming actions; extreme variability of fighting conditions, conditions for performing motor actions, high requirements for creative initiative in motor actions; lack of strict regulation in the nature of motor actions and load; complex



manifestation of various motor skills and qualities in accordance with the tasks of gaming activity.

One of the authors believes that the game method is a way of organizing the acquisition of special knowledge, skills and abilities, the development of motor qualities, based on the inclusion of components of game activity (an imaginary game situation, plot, role, actions with objects, rules) in the learning process.

The gaming method can be presented in the form of a game and in the form of exercises in a gaming form, which, although they have common features characteristic of gaming activities, nevertheless differ from each other. The author explains this differentiation by the fact that physical exercises in the form of a game are motor actions, selected in accordance with the specific objectives of physical education and having a plot and role coloring.

They have one or more characteristics of gaming activity, but remain essentially physical exercises, since the nature of their implementation is completely subject to the laws of the technique of a given motor action, the load on the body can be strictly dosed, and the student's attention is focused on the technique of performing the action being studied [3].

One of the most important aspects of outdoor games is their widespread use and complex impact on the physical fitness of young people. Outdoor games contribute to the functional improvement of the body, the development of physical qualities and the formation of motor skills.

At the same time, the complex nature of the impact of most games creates certain difficulties in identifying games with a predominant influence on one or another physical quality. Also, outdoor games have one important advantage: those who play, depending on their individual fitness characteristics, regulate the intensity of the load, independently choosing moments for rest.

There are also negative aspects of outdoor games. The competitive nature of the games leads 47

to significant emotional intensity, mobilization of all forces and increased performance, the players get carried away and forget about fatigue.

Thus, game exercises are considered as one of the most effective means of developing and shaping a person's personality, as well as the development of his basic physical qualities and abilities.

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