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THE IMPORTANCE OF VOLLEYBALL IN THE PHYSICAL DEVELOPMENT OF YOUTH.

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Abstract. This article analyzes the role and importance of volleyball in the physical development of young people from a scientific, theoretical and practical perspective. The impact of volleyball training on the functional systems of the body, the development of physical qualities, the formation of psychological stability and the adoption of a healthy lifestyle is highlighted. The pedagogical potential of volleyball in educational institutions, its role in the social activity and spiritual and moral education of young people is also revealed.

Keywords: volleyball, physical development, physical education, youth, healthy lifestyle, sports pedagogy, endurance, agility, coordination, motor activity.

Аннотация. В данной статье анализируется роль и значение волейбола в физическом развитии молодежи с научной, теоретической и практической точек зрения. Подчеркивается влияние волейбольных тренировок на функциональные системы организма, развитие физических качеств, формирование психологической устойчивости и принятие здорового образа жизни. Также раскрывается педагогический потенциал волейбола в образовательных учреждениях, его роль в социальной активности и духовно-нравственном воспитании молодежи.

Ключевые слова: волейбол, физическое развитие, физическое воспитание, молодежь, здоровый образ жизни, спортивная педагогика, выносливость, ловкость, координация, двигательная активность.

Introduction.

In today's era of globalization and the development of digital technologies, ensuring the physical activity of young people is one of the important socio-pedagogical problems. The fact that modern youth spend a lot of time in front of computers, smartphones and other electronic devices is leading to a decrease in motor activity. As a result, hypodynamia, overweight, cardiovascular diseases and problems with the nervous system are emerging. In this regard, various types of sports, especially volleyball, serve as an effective tool for attracting young people to a healthy lifestyle. Volleyball stands out from other sports with its simplicity, popularity and high health-improving effect. This sport has a complex effect on almost all systems of the human body and serves the comprehensive physical development of young people.

The healthy, harmonious and physically fit growth of the younger generation is one of the important factors in the development of the country. Therefore, the scientific study of the importance of volleyball in the physical development of youth is one of the urgent issues.

History of the development of volleyball and its importance today.

Volleyball was created in 1895 by the American educator and sports expert William G. Morgan. Initially, this game was called "Mintonette", and later it was named volleyball due to the

nature of the ball being played in the air. Today, volleyball is a sport loved by millions of people in more than 200 countries of the world. Volleyball is recognized as one of the sports that attracts the most spectators at international competitions, the Olympic Games and world championships.

Interest in volleyball in Uzbekistan is also growing year by year. Volleyball training is regularly organized in schools, colleges, technical schools and higher educational institutions. This contributes to the healthy and harmonious growth of young people. The physiological effect of volleyball on the body of young people Volleyball training has a multifaceted effect on the human body. As a result of regular practice, positive changes are observed in all systems of the body.

Effect on the cardiovascular system. During a volleyball game, the athlete is constantly in motion. Running, jumping, turning and quick movements help to strengthen the heart muscles. As a result:

- ✓ the stroke volume of the heart increases; blood circulation improves;
- ✓ the elasticity of blood vessels increases;
- ✓ arterial pressure normalizes; the economy of heart activity is ensured.

Studies show that the cardiovascular system of young people who regularly engage in sports is much better developed than that of their peers who do not engage in sports.

Effect on the respiratory system. During volleyball training, the body's need for oxygen increases. This expands the vital capacity of the lungs and improves the functional capabilities of the respiratory system. As a result:

- the ventilation volume of the lungs increases;oxygen exchange improves;
- the respiratory muscles are strengthened;
- the body's resistance to hypoxia increases.The role of volleyball in the development of physical qualities.

Development of strength qualities. Strength is a person's ability to overcome external resistance or act against them. During volleyball training, various muscle groups are actively working.

In the processes of jumping, hitting and blocking:

- thigh muscles;
- calf muscles;
- shoulder girdle muscles;
- abdominal muscles;
- back muscles are actively developed. In particular, the so-called "explosive strength" quality is formed at a high level in volleyball players.

Development of speed qualities. In volleyball, the game situation changes in fractions of a second. The athlete must assess the direction of the ball and make quick decisions accordingly. As a result of regular training:

- reaction speed increases;
- speed of movement develops;
- decision-making speeds up;
- the functioning of the nervous system improves.

Develop agility. Agility is the ability to quickly and accurately perform complex movements. Volleyball is one of the most effective sports for developing this quality.

During the game, such actions as:

- quickly changing direction;
- maintaining balance;
- receiving the ball;

- landing after a jump develop agility.

Develop endurance qualities. Volleyball training develops general and special endurance.

General endurance: increases the ability to perform physical work for a long time.

Special endurance: helps to effectively perform technical and tactical movements during the game. Develop flexibility. Special exercises performed during volleyball training increase joint mobility.

Development of flexibility:

- reduces the risk of injuries;
- expands the amplitude of movement;
- helps to perfectly perform technical movements.

The psychological importance of volleyball. Sports activities also have a great impact on the human psyche. Young people who play volleyball:

- increase self-confidence;
- develop determination;
- strengthen willpower;
- increase their sense of responsibility;
- increase their stress tolerance.

Competitions teach young people to overcome difficulties, to accept success and defeat correctly. Volleyball also improves emotional well-being. During physical exercise, the body produces endorphins. This helps to improve mood and increase mental stability. The socio-pedagogical significance of volleyball. Volleyball is a team sport. Therefore, it has a great impact on the socialization process of young people. Through this sport, young people develop:

- Teamwork skills;
- Mutual respect;Discipline;
- Cohesion;
- Leadership skills;
- A culture of communication.

From a pedagogical point of view, volleyball teaches young people to strive for goals, properly allocate time, and operate in an environment of healthy competition. The importance of volleyball in educational institutions. Volleyball classes in school and higher education are an important means of physical education of young people. Volleyball lessons:

- increase students' physical fitness;
- form a healthy lifestyle;
- organize free time meaningfully;
- prevent harmful habits;
- increase social activity.

Today, the increase in volleyball clubs and competitions in the education system contributes to the development of sports culture among young people.

CONCLUSION. Volleyball is one of the most effective sports that has a comprehensive impact on the physical, psychological and social development of young people. Regular volleyball training develops physical qualities such as strength, speed, endurance, agility and flexibility. At the same time, it improves the functioning of the cardiovascular and respiratory systems, forms a healthy lifestyle and serves the spiritual and moral development of young people. Therefore, further improving volleyball training in educational institutions and sports organizations, developing sports infrastructure and widely involving young people in this sport are among the important tasks facing the state and society.

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