



Development Of Student Volleyball In Uzbekistan

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Abstract: the article discusses the issue of popularization and development of student volleyball in Uzbekistan. It serves as a means of physical development and health promotion for the general population, and, as a result, is very popular among students around the world.

Key words: volleyball, development, concept, student sports.

In recent years, our teams in team sports have not been developing so successfully. An example is volleyball. Very few competitions are held in this sport, for example the Major League tournament, and therefore our National Team is noticeably weakening. The fact that there are almost no qualifying rounds among young people puts the fate of our team in the future at risk. The situation is getting more and more serious.

The concept for the development of physical culture and sports of the Republic of Uzbekistan until 2025 defines the goals, objectives for implementation and the main directions of long-term development of the sphere of physical culture and sports, including

- sports facilities of higher educational institutions have the ability to cover about 50 percent of students; in practice, only 21 percent of students take part in sports events;
- due to the insufficient organization of work by public authorities at the local level to create conditions for the widespread involvement of the population, especially young people, in physical education and sports, ensuring the physical perfection of the younger generation, the coverage of young people who have expressed a desire to engage in physical culture and mass sports remains low;
- the potential of personnel, sports facilities of higher educational institutions and secondary schools are not used to the proper extent based on the specifics of the regions;



- due attention is not paid to attracting students to team sports in educational institutions;

For the development of youth, including student sports, it is necessary:

- creation of additional conditions for the meaningful organization of youth leisure, development of e-sports on a systematic basis;

- awarding the winners (1st place) of the republican stage of the “Children’s Sports Games” in team sports a certificate with a three-year validity period, granting the right to receive the maximum score in specialty subjects at the entrance exams to higher educational institutions; - development of youth public organizations and volunteer movement in the field of physical culture and sports;

- implementation of measures for the further development of student sports in Uzbekistan, including the creation of sports clubs in each higher educational institution and their specialization in at least one sport, as well as the organization of all stages of the Universiade sports competitions;

- introduction of a system of providing graduates of specialized boarding schools with benefits in the form of additional points when passing professional (creative) exams for admission to higher educational institutions in the field of “physical culture and sports”;

- carrying out critical analysis and monitoring of republican sports competitions to identify talented athletes, including all stages of three-stage sports competitions “Umid Nihollari”, “Barkamol Avlod” and “Universiade”;

The issue of expanding opportunities for volleyball at the mahalla level, at the place of residence of citizens, was also discussed. To increase the level of development of volleyball in the country, it is necessary to look for talented guys everywhere, create a situation of competition among them and ensure their symmetrical development. What this means is that future masters need to be taught to play and hit the ball confidently with both right and left hands. The same applies to right and left turns, using the capabilities of both legs. For more effective development of volleyball in the country, it is necessary to gather as many of the most experienced coaches and specialists as possible.

First of all, the re-creation of backyard volleyball teams, that there should be as many as possible at least small grounds with volleyball nets hung there, and also that the existing eight schools of higher sports excellence have all the conditions and means to attract children to engage in these sports, maybe even in the evening, when the sports grounds become free. It is also necessary to provide



for competitions among volleyball fans, as well as measures to expand the scope of beach volleyball.

During the period from 2015 to 2021, the Children's Sports Development Fund commissioned 897 facilities and this process continues. At the same time, 82 percent of all structures were erected in rural areas, i.e. 735. The material and technical base has been strengthened, the methodological support of these institutions and the staffing of professional trainers has been improved. The number of sections in various sports has increased significantly. Football, volleyball, basketball, tennis, rhythmic gymnastics, and wrestling have been developed.

This year, three international competitions were organized in our country, and a new strategy for the development of volleyball in countries bordering Uzbekistan is being developed. In addition, the parties exchanged views on the participation of Uzbek athletes in international competitions.

The meeting also made it possible to reach long-awaited agreements on holding the U-17 Asian Women's Championship in Tashkent on June 6-13, 2022 and the U-23 Asian Club Championship in Uzbekistan in 2023.

By holding these championships in our country, the Asian Volleyball Confederation will provide Uzbekistan with a set of world-class volleyball equipment worth 56 thousand US dollars. At the same time, the parties agreed to organize training seminars at the international level for Uzbek judges and coaches.

The high demands on the functional capabilities of the body imposed by the modern development of sports pose the task of not only determining the current level of physical fitness, but also predicting it for the near future. The youthful body has fully formed physiological mechanisms of adaptation both to changing environmental conditions and to physical stress. The rapid growth of sports results in the modern sports movement is associated with the use of large training loads in the educational and training process, requiring the development of criteria for assessing the physical fitness of the functional state of the physiological systems of a young man and the implementation of training and competitive loads provided for by the program material. Achieving high sports results among volleyball players aged 18-20 years, in sports of a cyclic and acyclic nature, largely depends on the level of physical fitness and functional capabilities.



Volleyball is one of the largest and most independent branches of the system of physical culture and sports and has a unique history of development in Uzbekistan, its regions and districts. Although volleyball is one of the most popular sports in Uzbekistan, it has acquired a certain level of prestige in all regions of the country. In the city of Tashkent and the Tashkent region, in the cities and villages of the valley, volleyball has gained more “respect” than in other areas of the region. Although it is assumed that the reasons for this situation are almost related to the historical and social foundations of these regions, but the issue requires in-depth research, studying the historical background of the subject on a scientific basis. It is not clear when, where and under what circumstances volleyball was formed in Uzbekistan. However, according to some data, in 1921-24 volleyball began to appear in Kokand, Tashkent and Fergana. According to the story of K. Lebedev, a sports veteran of the 19th century, in 1924-25 many young people began to spread the game of passing the ball to each other in a circle. It is interesting that the rules of international volleyball competitions adopted during this period were significantly improved, the field is 9x18 m, the ball can be played only once, the composition of players in a team is 6 people, up to a height of 243 5 m (men uchln), the end of part of the game when the score reaches 15 points, putting the ball into play is all. all the rules of the game were similar to the rules of the modern game of volleyball.

However, the rules of volleyball in Uzbekistan in 1924-25 were still quite simple. According to V.I. Perevoznikov, a sports fan of that time, in 1926 he was a teacher at the Chemishev School in Tashkent. tournament rules, volleyball net and the ball brought in for the first time. On April 26, 1927, the volleyball team of the same school organized the first official competition, in which he showed great skill and became the winner of the competition. The tournament became a turning point in the popularization and development of volleyball. In one of the summer months of 1927, the Tashkent volleyball championship took place, in which 9 volleyball teams took part. The volleyball team of the Chernyshevsky school also became the winner of the tournament. The competitions held at the KIM stadium had a great influence on the popularity of volleyball. In 1992, there were 6 volleyball courts in Tashkent, which were located in the Chernyshevsky and KIM schools, the mechanical college (2), the Metalist sports complex and the Protintern DSK. In 1928, a volleyball tournament was held in Tashkent, in which 1,018 men's and 4 women's teams took part. Since 1929, the Tashkent



city volleyball championship has been regularly held. In the 1930s, volleyball teams were formed at the DSO "Dynamo". A significant contribution to the development of volleyball in Uzbekistan was made by the first coach of the Dynamo volleyball team B.A. Voroltsov.

At the same time, there is a shortage of qualified specialists, especially local instructors. A lack of coaches and organizers prevented volleyball from thriving in remote provinces and villages. In order to attract workers, especially women, to physical education and sports, including volleyball, the Tashkent City Council, together with the Tashkent District Committee, organized a nationwide practical week from April 25 to May 15, 1929. This event brought significant results. In particular, the number of people involved in physical education and sports, especially volleyball, has sharply increased. In many places, the construction of volleyball courts and other sports facilities has intensified. On September 30, 1929, in Samarkand, instructors and organizers of physical education and sports were trained from the youth of the local ethnic group. In 1933, the Uzbekistan Spartakiad took place. In the men's competition "Dynamo I" and in the women's competition "Uztrans" took first place.

1934 was an important turning point for Uzbek volleyball.) In particular, Uzbek volleyball players took part in the national championship in Moscow for the first time. This year, for the first time, volleyball was included in the program of the Central Asian and Kazakhstan Olympics. An important role in the further popularization of volleyball was played by the opening of the "Physical Culture Series" and the "House of Physical Culture" in Tashkent in 1936. In addition, the Tashkent Financial and Economic Institute opened a large gym for volleyball training and competitions.

In Samarkand, by decision of the khyakimlik and the city council, a volleyball school with 60 seats was opened. It should be noted that in the first developments of Uzbek volleyball A. Saakov, G. L. Keshishev, V. Kh. Slmurov, V. F. Shveduks, A. A. Bogachenko, B. A. The services of coaches such as Vorontsov are of particular importance.

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