

**DEVELOPMENT OF DEXTERITY OF YOUNG VOLLEYBALL
PLAYERS WITH THE HELP OF A MOVABLE NECK**

Annotation: The relevance of the problem. Modern volleyball is associated with a high intensity of loads, stability, distribution and switching of attention, the maximum reaction speed of players, their visual-motor coordination, fine differentiation of musculoskeletal sensations, space and time perception of various movements.

Key words: sport, physical education, volleyball.

Effective performance of game actions, technical techniques and tactical combinations throughout the game is based on a high level of development of the motor qualities of volleyball players. The ever-increasing complexity of volleyball tactics puts forward more and more complex problems for sports pedagogy, among which one of the most important is to increase the level of reliability of solving typical collective sports motor tasks by volleyball teams.

The effectiveness of the competitive activity of volleyball players is largely related to the level of development of the leading motor and coordination qualities, the improvement of which is largely carried out through the training of the vestibular apparatus. Among the special manifestations of physical qualities of volleyball players, it is necessary to develop "explosive" strength, speed of movement, jumping ability, speed, jumping and playing endurance, agility, which is interrelated with coordination abilities and vestibular stability.

Comprehensive physical training contributes to the accumulation of a stock of motor skills, on the basis of which the ability to master and variatively use the technique of playing volleyball - special dexterity-develops. A prerequisite for the manifestation of dexterity in a game that is replete with falls, accelerations, jerks, jumps, sudden stops is vestibular stability. Excessive excitation of the vestibular

analyzer causes a decrease in the functions of the visual and other analyzers, as a result of which the accuracy of movements decreases and, as a result, errors appear when performing technical techniques and in the tactical drawing of the game.

The body length of volleyball players, participants of the largest competitions, is steadily increasing. An increase in the body length of volleyball players is associated with an increase in the power of attacking strikes and the effectiveness of blocking, which significantly determines the final result of the game. However, tall players, as a rule, have less coordination and vestibular stability, and play less effectively in defense than players of medium and short stature.

One of the most effective ways to increase vestibular stability is special physical training. However, in the scientific and methodological literature, insufficient attention is paid to the means and methods of developing coordination abilities and vestibular stability in volleyball players, there is no scientifically based technology for improving them, taking into account the morpho functional characteristics of athletes.

In this regard, the development of methods of special physical training of volleyball players to improve their coordination abilities and vestibular stability is a very urgent problem.

The object of the study is the educational and training process of volleyball players aged 17-21 years at the stage of sports improvement.

The subject of the study is special physical training and morpho functional features of volleyball players.

Working hypothesis. It was assumed that the development and application of methods of special physical training for the development of coordination abilities and increasing vestibular stability, taking into account the morpho functional characteristics of volleyball players, will contribute to maintaining their high performance in conditions of high-intensity gaming activity.

The purpose of the study: to develop a method of special physical training to improve the coordination abilities and vestibular stability of volleyball players at

the stage of sports improvement, taking into account their morphological and functional characteristics.

Scientific novelty. New data on the somatomedin features of volleyball players at the stage of sports improvement at the age of 17-21 years were obtained. For the first time, a method of special physical training of volleyball players at the stage of sports improvement was developed, justified and experimentally tested, taking into account their somatomedin and functional indicators, which allows to increase the coordination abilities and vestibular stability of athletes, which determines the reliability of the game actions of volleyball players.

The theoretical significance and practical significance lies in obtaining new information about the impact of the developed methodology of special physical training of volleyball players, taking into account their morpho functional features, which is an important addition to the theory and methodology of volleyball.

The developed technique allows to increase coordination abilities and vestibular stability of volleyball players, and as a result to achieve stability of game skills in the conditions of competitive activity.

The main provisions submitted for defense: - the revealed somatomedin features of modern volleyball players and the insufficient development of their coordination abilities and vestibular stability make it necessary to develop an appropriate method of special physical training, a significant factor in countering the decline in vestibular functions is the anatomical and biomechanical stability of the cervical spine associated with the strength of the neck muscles and its length;

- the developed set of control exercises for determining coordination abilities, vestibular stability and reliability of performing technical techniques allows you to objectively monitor the level of special physical fitness of volleyball players at the stage of sports improvement;

- the method of special physical training of volleyball players, taking into account their morpho functional features, provides the development of coordination abilities, increasing vestibular stability and reliability of performing technical techniques in conditions of complex coordination of game activities.

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