



Methods and Rules of Movement in the Teaching Methodology of Adaptive Sports Games (Volleyball)

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Annotation: In the years of independence in our country, conditions were created for the population, especially the young generation, to regularly engage in physical education and mass sports, and several works were carried out to strengthen the confidence of young people in their will, strength and capabilities through sports competitions. is increasing.

Key words: Para volleyball, adaptive, amputation, phase, standard, vertical, combination, technical, innovative, trajectory

Introduction: In the years of independence in our country, conditions were created for the population, especially the young generation, to regularly engage in physical education and mass sports, and several works were carried out to strengthen the confidence of young people in their will, strength and capabilities through sports competitions. is increasing.

Through the system implemented in the field of paralympic sports in our country, famous athletes who are raising the flag of our country high in prestigious international arenas are growing up. The most important thing is that these competitions are becoming a means of introducing our youth to sports and a healthy lifestyle.

In order to create the necessary conditions for people with limited physical abilities and disabilities to engage in sports, to ensure their appropriate participation in international sports arenas and to receive state support, today all strata of the population are encouraged to participate in physical education and mass inclusion in sports, the importance of physical education and mass sports in the life of a person and family in all regions of our country, actively promoting that physical and spiritual health is one of the main conditions of maturity, to encourage young people to develop their abilities and talents A number of campaigning and promotion works are being carried out in order to eliminate the problems in the system of issues such as creating the necessary conditions for their production, selecting among them the owners of special talents in the field of sports and improving the targeted training system.

Teaching methods. When organizing practical training in para volleyball and achieving effective results, attention should be paid mainly to the accuracy of actions. Especially working with the ball, it is necessary to pay attention to the exact execution of the actions performed with the ball. In the teaching methodology of adaptive sports games (volleyball), the rules of movement styles are mainly focused on the movement of a para volleyball player.

A move is a player's action in selecting a field in preparation for the main game moves, the success of which must depend on how thoroughly they prepare.

Actions in para volleyball are performed mainly on the basis of supporting them and ensuring the

activity of hand movements.

With the amputated leg bent at the knee, it was possible to perform the act of movement in a certain degree of orientation of the heel part, i.e. forward bending, and the second healthy leg was also bent at the knee and bent outward.

Movements in healthy arms occur due to the push-off action of the leg.

When both legs are not below the knee, both legs are bent at the knee: one inward and the other outward.

The main movements are due to the movement of the hands. Without one leg above the knee during movement, the healthy leg will bend at the knee and point out.

The movement is performed by pushing off the inside of the healthy leg and pushing the heel to the floor. When both legs are amputated, movements are done with the hands. There are two steps in the training process. At the first stage, the main attention is paid to the correct position of the hands, especially the position of the fingers and hands when working with the ball.

In the second stage of the coach, when the opponent throws the ball accurately, exercises aimed at fully coordinating the movements of the hands and fingers are used. Such exercises are the main exercises during learning. Only after mastering the exercises, they move on to special exercises, in which the passing of the ball is carried out as in the game.

Direct and lateral kicking action. Executing this move is basically an effective side attack technique, and is a necessity when it comes to passing over the net and landing accurately on the next court. The basic and most common method is to attack directly in the move. After this stroke movement, the direction of the ball corresponds to the movement direction of the volleyball player.

In para volleyball, individual steps or sub-steps of the attack, such as jumps, jump movements, and return to the starting position, are not counted when performing attacking movements. Because performing the rules of action that do not correspond to the basic rules of this sport is prohibited in the game.

The main focus is on the selection of the necessary actions when performing the actions of throwing the ball into the game. The movement of the player towards the net depends on the trajectory of the ball: the higher the trajectory, the lower the movement speed or vice versa.

When executing a shot, a para volleyball player swings both arms forward. After moving from one place to another, one hand is held at shoulder level, then, while the working hand is moving, the elbows are close to each other and a slight bend is formed, the shoulder is pulled back, the body is slightly bent. It's important to remember that in para volleyball, each subsequent move must be in better condition than the previous one.

Hitting the ball begins with a sharp turn of the body and a forward movement of the hand. In this, of course, the elbow will hold the hand again. The efficiency of the final movements depends on the magnitude of the displacement amplitude and the reduction of the duration of this movement in the main phase of the movement.

Execution methods: When the stroke states of the hand movement and passing the ball move from the vertical axis to the left, in the stroke movement, the hand moves forward-right along a small area, so that the hand moves from above and from the right to the ball. At the same time, hands and thumbs are raised up.

Along with the movement of the arm, the left shoulder is slightly pushed forward. After hitting the ball, the hand is lowered forward.

As you move to the right in the kicking motion, the arm will come up from the left and move forward from the left side. The thumb of the right hand is lowered, and the left shoulder is slightly raised.

After hitting the ball, the arm drops slightly and the ball's trajectory in the air gives the appearance of flight.

Cheating methods. Sometimes in the game, one of the important tasks is to direct the ball closer to

the net, throw it over the fence or in an unprotected area. This situation is a form of implementation of technical actions.

When you're cheating on top of a hurdle in an unexpected stance move, the arm moves the same way as a straight shot: it goes up, slightly bent, and the elbow is pushed forward; before striking, when the arm is almost extended, the wrist stops moving forward and extends sharply upwards. There are a number of mistakes that can be made while playing offensive shots.

It is advisable to use leading exercises for precise implementation of game combinations.

1. Simulate an attack blow. Note the swing of the elbow and the alignment of the elbow in that position and the final movement of the arm.

2. Exercises performed standing alone against the wall: throwing a tennis ball on the floor with a hit against the wall, straightening the hand while throwing the ball and, of course, paying attention to the last movement of the hand;

3. Exercises on the grid:

a) throw the tennis ball over the net in the opposite direction; elbow

note the position of the joint, the alignment, and the final movement of the hand;

b) throw the ball with two hands through the net in the opposite direction; hands

note the alignment at the elbow joint and the final movement of the arms.

Special exercises that assist in performing actions through movement styles in para volleyball:

Ü Exercises performed in pairs: the partner holds the ball in his hand in front of the player, at a distance of 15-20 cm from him at the height of the outstretched hand.

When handling the ball, notice the arm extending forward in the final arm movement.

Ü In the same position, but pay attention to the position of the partner pointing the ball upwards.

Ü Paying attention to the fact that the main action of the opponent, after the lower part, is to strike first from the 4th zone, then from the 2nd and 3rd zones.

Summary. As a result of increasing competition in sports competitions and organizing practical training on movement styles and rules in para-volleyball, the opportunities to achieve the highest results are expanding.

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