

**THE IMPORTANCE OF DYNAMIC DRILLS IN SHAPING THE VOLLEYBALL PLAYERS' ENDURANCE**

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This article provides an overview of shaping the endurance of young volleyball players through active games.

**Keywords:** Physical qualities, volleyball, fitness, development, shaping, endurance.

**INTRODUCTION**

Active games are diverse and are specific to the social, economic, cultural, and spiritual conditions of various nations and peoples, especially during the period of our country's independent development. Active games have gained significant attention in the context of promoting the physical and psychological well-being of the younger generation, particularly during the era of our country's independent development. Volleyball is an important sport that plays a significant role in promoting the health and physical development of the younger generation. In this regard, the initial stages focus on developing the physical qualities of athletes, particularly in terms of vertical and diagonal jumps, agility, and speed. Basic physical exercises and weighted resistance using weights (ankle weights and weights attached to the belt) can help develop these skills. However, in the early stages of preparation and training groups, children find it challenging to perform exercises focused on developing these physical qualities. As a result, it is essential to develop these qualities through special active games that match their age and physical abilities. Active games are crucial in shaping the endurance and resilience of young volleyball players. The choice of games and exercises that are consistent with the age group's specific developmental goals is of paramount importance.

Young children need special games that target the development of their endurance and resilience, especially when it comes to developing the ability to jump. These games should focus on repetitive exercises such as "parachutists," which are intended to enhance precise landings, "who's taller," "who can jump farther," "who can jump more accurately," and other jumping exercises. The development of strength qualities in young children is critical for their future success in sports. This means that the training process must include the development of skills, not just strength and speed. Active games can help develop these strength qualities, particularly when they aim to enhance physical qualities such as jumping ability, resilience, and agility.

Physical exercises that focus on developing these qualities should be structured into group activities and team games. Games and exercises designed to develop specific skills related to jumping length, height, agility, and speed, are of great importance. In particular, exercises like "Overcoming hurdles," "Back-and-forth jumping," "Kangaroos," "Jumping with a pole," and "Jumping over hurdles" play an essential role in developing endurance and resilience. Selecting and performing games and exercises that correspond to the goals and objectives of training are

crucial for achieving positive results. In physical education, good results are achieved when active games are integrated into the physical education process. Sports games, especially volleyball, are essential for fostering a healthy and physically developed younger generation. In this regard, the development of endurance and resilience in young volleyball players is critical, and basic physical exercises should be organized using different forms and training aids, including balls, rubber bands, and trainers.

In conclusion, active games are essential for developing the physical qualities of young athletes, particularly when the emphasis is on developing endurance and resilience. The choice of games and exercises should align with the age and physical abilities of the children, and activities should be motivating, engaging, and goal-oriented. These games not only help improve physical qualities but also allow young children to demonstrate their individual skills and qualities. Teachers should use active games to help children learn different habits, distinguish between positive and negative qualities, and cultivate values such as kindness, courage, and teamwork. Furthermore, active games enable teachers to engage children in activities that reinforce a sense of discipline and responsibility. The selection of games and activities should be consistent with the specific age group's developmental goals, allowing the children to connect with the game, understand its purpose, and analyze their own actions in comparison to those of their peers. Teachers can enhance the effectiveness of games and activities through proper preparation and adherence to educational principles. Finally, the development of physical qualities through active games also contributes to developing the children's work ethic, determination, and commitment.

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