

**THE IMPORTANCE OF MOVEMENT-BASED GAMES IN TEACHING
VOLLEYBALL TO YOUNG LEARNERS IN PRESCHOOL AND GENERAL
EDUCATION SCHOOLS AND IN IMPROVING THEIR PHYSICAL FITNESS.**

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Annotation: The article discusses creating conditions for young volleyball players to develop their individual abilities, reveal their vital skills and the reserve capacities of their bodies during long-term training periods, as well as gradually improving their physical fitness and abilities. It also considers opportunities for mastering and enhancing technical-tactical skills in their chosen sport.

In the initial stage of training young volleyball players, attention is given to children’s physical development, strengthening of the musculoskeletal system, and the formation of physical qualities (speed, coordination abilities, agility, etc.). The article also highlights the importance of using national movement-based games in volleyball training, taking into account the characteristics of the child’s body, their level of physical development, and preparedness.

Keywords: Physical qualities, preschool education, general education school, volleyball players, reserve (capacities), technique, tactics, coordination abilities, movement-based games, personnel (cadre), education system, physical education, physical culture, individual (personality), social maturity, spirituality, physical development, physical training.

Today, in our society, large-scale efforts are being made to promote a healthy lifestyle, create modern conditions for the population especially the younger generation to engage regularly in physical education and mass sports, strengthen young people’s confidence in their willpower, strength, and abilities through sports competitions, and foster qualities such as courage, patriotism, and loyalty to the Motherland. In addition, systematic work is being carried out to identify talented athletes among the youth and to further develop physical education and mass sports.

In recent years, like all sports, volleyball has been striving toward significant development due to a well-considered policy. For instance, in accordance with the Resolution of the Cabinet of Ministers dated October 25, 2018, “On Further Improving the System of Republican Sports Competitions Among Schoolchildren and Students,” volleyball has secured a strong position in continuous competition programs, which clearly demonstrates this progress. In modern volleyball, the effectiveness of game skills that involve jumping is directly related to explosiveness and jumping endurance. In the process of training highly skilled volleyball players, special attention to developing explosiveness and jumping endurance is of great importance.

To improve and develop the physical development and fitness of young volleyball players, it is necessary to start selecting them from early childhood, beginning with preschool education institutions, and involve them in the appropriate training activities. Only in this way can promising volleyball players be prepared who are skilled and capable of achieving high results.

In the Republic of Uzbekistan, volleyball not only secures a place in the three-tiered sports competitions and provides the foundation for organizing them, but it also plays an unparalleled role in instilling healthy lifestyle habits among schoolchildren and students. It contributes to creating an effective system of moral, physical, intellectual, and labor education, ensures

personal and national security, supports the country's economic development, and helps enhance the state's international reputation.

It is known that in the past, volleyball attacks were mainly executed through vertical jumps. However, in recent years, the performance of these skills from the defensive zone has been increasingly emphasized, highlighting the need to consistently develop diagonal jumping abilities. Quick movement, powerful strikes, and the ability to perform skills effectively over a long period without losing efficiency are also of primary importance. Therefore, in sports training, special attention should be paid to qualities such as speed, strength, agility, endurance, and flexibility.

It is also well known that throughout life, a person is engaged in activities such as play, study, work, and leisure. During the early stages of life, play is the primary activity, which continues alongside study; later, as play decreases, study and work gradually take precedence.

In preparing young athletes, as well as promising volleyball players, it is recommended to use not only specialized exercises but also movement-based games effectively. Such games help young children avoid becoming bored with regular training and have a positive impact on their mood.

Since ancient times, humans have had a natural need for play, which fills the gaps in life, helps expend excess energy, and accumulates the strength that is lacking. In games, a person's life, work, experience, worries, struggles, and achievements are reflected. Through games, we can also study the history of humanity, as well as the problems, dreams, and intentions of people.

Games have traditionally been considered a means of promoting health by our ancestors. Through folk games and competitions, our forebears developed mental clarity, spiritual vitality, and physical strength. Games have historically been a key factor in shaping healthy generations. Through games, children prepared for life, practiced overcoming difficulties, and learned to achieve success in work and struggle.

Reforming general education schools, strengthening the upbringing of the younger generation, and educating them in the spirit of community, diligence, and social responsibility are extremely important tasks. Movement-based games include physical exercises aimed at overcoming various challenges and demonstrating different skills and abilities. In addition, competitions that bring joy to children are also considered a part of movement-based games.

Movement-based games include exercises such as walking, running, jumping, throwing or tossing objects, and climbing, and they help improve children's motor skills.

Games such as "Target on the Ground," "Throw Again," "Volleyball with a Run-Out," "Double Ball Game," and "Stop-and-Hit Game" require children to demonstrate explosiveness, jumping endurance, agility, and strength.

Target on the Ground

Preparation for the game: On each side of the volleyball court, a circle with a diameter of 1.5 meters is drawn in front of the attack line. Two teams are positioned at different distances from the net. One team's players hold a tennis ball in their hands.

Game rules: At the leader's signal, two players from each team move toward the net simultaneously. The player holding the ball jumps as high as possible, emphasizing the movement, and throws the ball into one of the circles on the opponent's side. The player behind the net tries to block and interfere with the throw. If the attacker successfully lands the ball in the chosen circle, the team earns two points. If the ball crosses the net but does not land in the circle (or goes out of the court), one point is awarded to the opposing team.

Throw Again

Preparation for the game: Players are positioned on both sides of the net, similar to a volleyball game. Each team consists of 6–8 players.

Game description:The game begins when one team serves the ball into play. The opposing team receives the ball and plays it according to volleyball rules, sending it to the other side on the third touch. They can also toss the ball to one another and direct it to the opponent's side.

A player who makes a technical mistake is sent to the "prisoner line" on the opposite side and loses the ability to participate in passing the ball for their team. The game then resumes. A "prisoner" tries to catch the ball during play (without leaving the designated area) and toss it back into their side of the court without interference from the opponent. Their teammates can direct the ball back using any method allowed (up to three passes).

If the attack is successful, the "prisoner" returns to their teammate. If another mistake occurs, another player is sent to the prisoner line. Players on the attacking team may intentionally pass the ball to their teammates in the prisoner line during play.

The game lasts 10–15 minutes. During this time, one team may lose all its players (all sent to the prisoner line). The game ends according to the number of players remaining on the court.

Game rules:The game is played according to volleyball rules. It can also be played under simplified rules (after agreement), for example, allowing the ball to be caught in the air without holding it against a wall and returned into play. Other game moments can also be agreed upon before starting.

Volleyball with Player Elimination

Preparation for the game: Two teams are positioned on their respective sides of the volleyball court, as in a standard volleyball game.

Game description: At the leader's signal, the volleyball game begins. If a player from one team makes a third mistake, the referee removes them from the game. The team with fewer players restores play and sends the ball to the opponent's side. If the team makes another mistake during the game (the sixth mistake in total), the number of players is reduced by one again.

The game continues even if both teams have "lost" players. However, when the next third mistake occurs, the team decides tactically whether to remove a player from the game or keep the previous lineup, allowing the opponent to return a player to the court. (This rule should be applied as little as possible.)

The game consists of 3–5 sets. The game ends when the last player of one team leaves the court. Each set lasts 12–15 minutes. The team with more players remaining at the end of a set is declared the winner.

Game rules:

1. Mistakes are recorded according to standard volleyball rules.
2. After a player leaves the game, the opposing team that made the mistake serves the ball.
3. Players return to the game in the same order in which they left.
4. Players take turns serving the ball clockwise around the court, as in volleyball.

Double Ball Game

Preparation for the game: The game is played on a court. To conduct the game, a rope and two volleyballs are required. Players are divided into two equal teams and can position themselves anywhere on their side of the court.

Game description: At the teacher's signal, the first team strikes the ball with their hands and sends it to the second team. All players attempt to toss both balls to the opponent's side and ensure that the opponent receives both balls simultaneously. The game's outcome is scored in points. The game continues until one team accumulates 10 penalty points.

A mistake is recorded and one penalty point is given to the team in the following cases:

- a) The ball sent by the team lands outside the court without touching any player from the opposing team.
- b) Both balls simultaneously cross to the same team's side.

- c) The ball touches or passes under the rope.
- d) The incoming ball is caught and passed instead of being struck with the hand.

Game rules:

At the start of the game, and whenever both balls remain on the same side, the balls are struck from the center.

If one ball touches the other, the game is stopped and restarted.

Pedagogical significance:

The game requires participants to demonstrate attention, reaction speed, and agility. During fast-paced play, it develops skills in tossing, catching, and striking the ball. The game involves a unique sequence of movements for throwing and catching the balls, improving hand-eye coordination and overall dexterity.

In conclusion, it should be noted that training young volleyball players through these movement-based games yields excellent results. When a child performs the same exercises repeatedly, negative feelings such as fatigue, boredom, and disinterest in sports may arise. Movement-based games, however, provide children with unique enjoyment and excitement. They play a crucial role in developing and enhancing physical qualities, making them an essential tool in training. The classification of folk games is important not only as a means of education, recreation, and leisure but also as a significant instrument in physical education. Monitoring an athlete's physical condition is an integral part of the training system and ensures its effectiveness, aiming to achieve sports results. A monitoring system helps solve problems such as maintaining health, reaching the planned level of preparedness, and implementing training intelligently.

During the preparation of athletes, comprehensive monitoring of their physical condition is carried out, allowing continuous observation of the training process and assessment of the dynamics of the athlete's physical state under the influence of physical activity.

To effectively manage volleyball players' training, it is extremely important to regularly monitor their condition, performance, recovery from loads, adaptability, and progress toward reaching the highest level of sports form.

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