

**METHODS OF ENHANCING THE PSYCHOLOGICAL READINESS OF YOUNG
VOLLEYBALL PLAYERS**

Nurumova Dinara Maqsudova

Asia International University
Lecturer, Department of Physical Culture
nurumovadinaramaqsudovna@gmail.com

Abstract

This article analyzes the level of willpower training, perception skills, attention, and the development of sensory organs during the circular training of young volleyball players. The current issues and important aspects of the psychological preparation of young athletes in modern volleyball are described.

Keywords

Volleyball, training, willpower development, psychological preparation, sport, technique, vestibular system.

Introduction

In order to further popularize volleyball, improve the system for selecting talented athletes among young people, develop modern sports infrastructure for this sport, and ensure that national teams achieve high results in prestigious competitions, the Presidential Decree “On Measures for the Further Development of Volleyball” (PQ-274, July 19, 2024) was adopted. According to this decree, starting from 2025, the following competitions will be held annually throughout the Republic.

LITERATURE REVIEW AND METHODOLOGY

These include the “**Volleyball Stars**” **Uzbekistan Cup**, organized among students of higher educational institutions and pupils of professional and general secondary educational institutions. In addition, a three-stage competition titled “**New Uzbekistan**” (district or city – regional – republican stages) will be organized among employees of ministries and departments.

Another competition is the **Cup of the Ministry of Preschool and School Education**, which will be held among senior students of general secondary schools in three stages. Paravolleyball competitions will also be organized for persons with disabilities. Starting from 2025, once every two years, the international tournament “**The Great Silk Road**” will be held among the member countries of the Central Asian Volleyball Association (CAVA).

Physical education and sports, including volleyball, require teachers and coaches who are dedicated to their profession. Every student admitted to a higher educational institution in this field should develop as a well-rounded personality in accordance with the laws of the Republic of Uzbekistan “**On Education**” and “**The National Program for Personnel Training.**” In addition to mastering professional pedagogical knowledge, skills, and competencies, students should possess high moral and cultural qualities, broad outlook, independent thinking, creativity, and the ability to take initiative and responsibility in complex situations.

Volleyball has become very popular due to its accessibility, low cost, and exciting gameplay. With its dynamic attack and defense combinations, it attracts people of all ages and serves as a means of promoting health, physical development, and psychological well-being in cities, villages, neighborhoods, and at public celebrations.

Training sessions and games should always be conducted in sports halls with adequate natural (daylight) or artificial (electric) lighting. Insufficient or excessive lighting can cause eye strain, reduce visual accuracy, and negatively affect athletes' performance.

Different colors also influence human psychology differently. The psychophysiological function of color is associated with vision, perception, reduced fatigue, and improved lighting conditions. Among colors, white, yellow, and green positively affect visual functions, while black, red, purple, and blue can lead to faster fatigue.

Color can also influence the perception of temperature, length, room space, and even the perceived weight of objects. Colors affect the emotional state of a person and can have both positive and negative effects on the nervous system. Therefore, coaches should be aware of these factors and consider them during their training activities.

In developing visual distance estimation skills, an important requirement is to change the distance of passes, serves, and attacking hits during training sessions. It is beneficial to perform these technical actions at different speeds, directions, and heights.

Volleyball players should control the elements and phases of their movements during training and perceive them through visual feedback. All technical actions in volleyball are performed under conscious control.

For example, during a game a volleyball player must concentrate on controlling movements, regulate muscle tension and speed, evaluate the distance to the ball, and make quick decisions. These abilities are closely connected with the coordination of visual and motor skills developed through training exercises.

In volleyball, one of the most important technical skills is passing the ball, which requires precise coordination of the fingers and palms. This ability depends greatly on the athlete's level of training. Studies show that when a volleyball player reaches peak sports form, the accuracy of muscle tension can increase more than 2.5 times.

DISCUSSION AND RESULTS

Volleyball requires players to react with maximum speed. Players must be prepared to respond quickly in stressful situations and under time pressure. Their actions involve complex reflexes and decision-making reactions that must be performed both quickly and accurately.

In modern volleyball, complex reaction skills play a decisive role. Choosing the correct position on the court, reaching the ball in time, determining the speed, direction, and height of the ball, and considering both the player's and opponent's movements are key elements of successful reaction.

Children often experience emotional excitement and sometimes cannot fully control themselves during games. Psychological preparation includes general preparation such as developing motivation for regular training, improving movement skills, and learning to overcome difficulties, as well as preparing for competitions.

Psychological preparation methods include exercises aimed at overcoming difficulties, correcting psychological states, ideomotor training, and psychological self-regulation techniques that reduce stress and prepare athletes for future activities.

In working with children, it is important to develop willpower qualities. Coaches should clearly define tasks that require willpower, ensure they correspond to the age and abilities of the athletes, encourage timely completion of tasks, develop an active attitude toward physical training, and ensure adherence to rest and training regimes.

After games, it is recommended to discuss the results with children, either during rest or the next day. Such discussions help them evaluate their actions, recognize mistakes, and strengthen their psychological stability.

CONCLUSION

The level of attention and psychological readiness of volleyball players changes depending on their level of training and sports form. Studies show that players who stop training for one month may experience a decrease in attention by 25–30%. Therefore, psychological preparation of volleyball players, including tactical thinking, memory, perception, attention, and willpower, should be systematically developed through specialized volleyball exercises. This process forms the fundamental basis for training highly qualified volleyball players capable of achieving success in competitive environments.

REFERENCES:

1. L.R. Ayrapetyants, A.A. Pulatov. *Theory and Methodology of Volleyball*. Textbook for Higher Educational Institutions. Tashkent: Fan va Texnologiya, 2012.
2. Y. Masharipov. *Sport Psychology*. Study Guide. Tashkent, 2010. p.23.
3. X.B. Tulenova. *Psychology of Physical Education and Sport*. Lecture Notes. Tashkent, 2001. p.43.
4. A.A. Pulatov, Sh.X. Israilov. *Theory and Methodology of Volleyball*. Study Guide.